

# Hand Card Booklet



## Hand Card 1

Fast-food or pizza places

Restaurants with waiter or waitress service

All-you-can-eat buffets

Places that sell mostly beverages such as a  
coffee shop or juice bar

Movie theaters, sports arenas, or other places  
of recreation

Grocery stores

Convenience stores

## Hand Card 2

- A. Less than 500 Calories
- B. 500-1000 Calories
- C. 1001-1500 Calories
- D. 1501-2000 Calories
- E. 2001-2500 Calories
- F. 2501-3000 Calories
- G. More than 3000 Calories

## Hand Card 3

Always

Most of the time

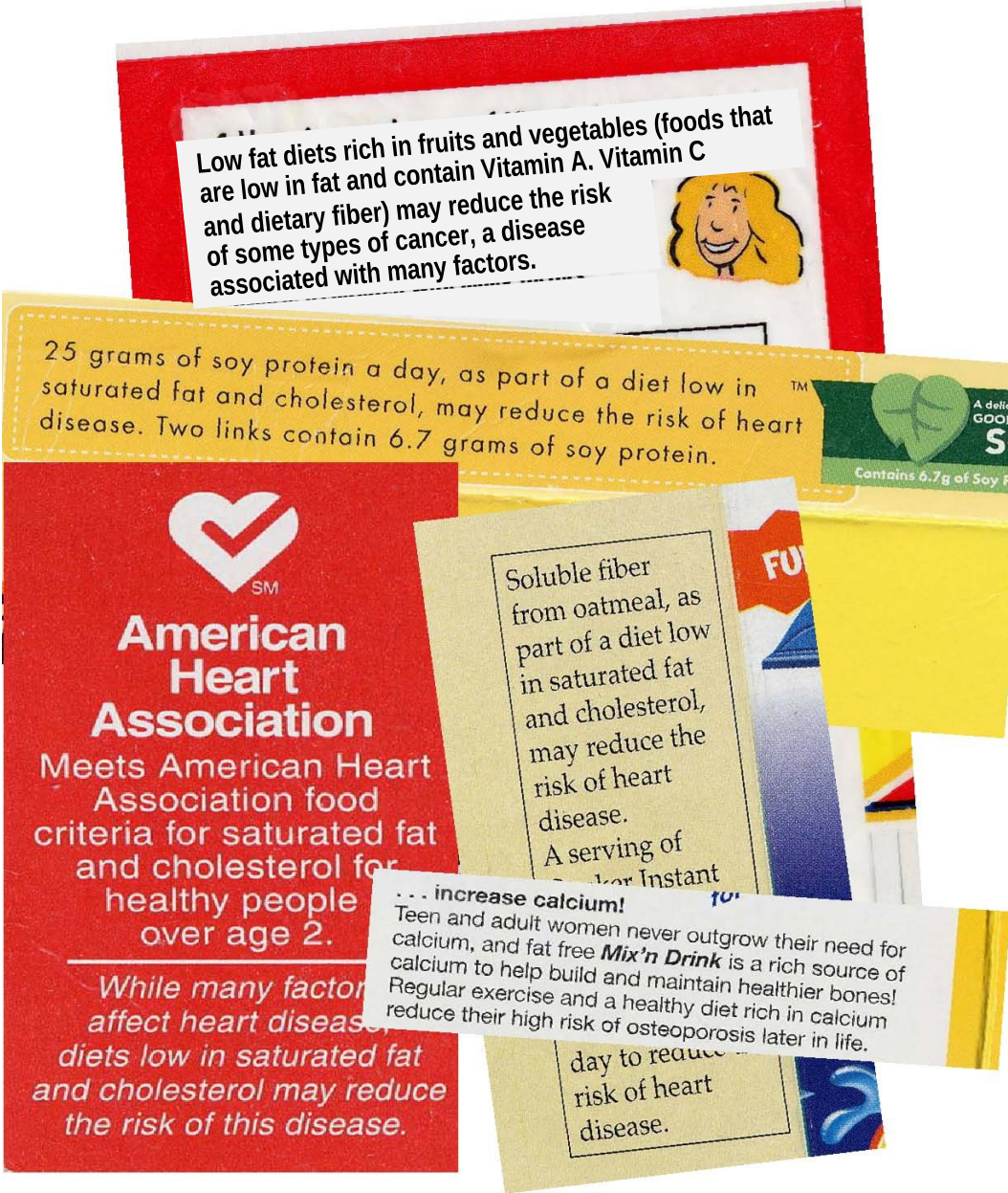
Sometimes

Rarely

Never

# Hand Card 4

## Sample health claim in food labels



## Hand Card 5

Always

Most of the time

Sometimes

Rarely

Never

# Hand Card 6

## Sample Food Label

**Nutrition Facts Panel** 

<b>Nutrition Facts</b>			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 220		Calories from Fat 40	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 5g			<b>7%</b>
Saturated Fat 2g			<b>10%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 240mg			<b>10%</b>
<b>Total Carbohydrate</b> 35g			<b>12%</b>
Dietary Fiber 6g			<b>24%</b>
Sugars 7g			
<b>Protein</b> 9g			
Vitamin A			5%
Vitamin C			20%
Calcium			20%
Iron			8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

INGREDIENTS: WATER, POTATOES,

## Hand Card 6

Always

Most of the time

Sometimes

Rarely

Never



Hand Card 8  
Hand Card 7

## **Sample Food Label**

# Nutrition Facts

Serving Size 1 cup (255g)  
 Servings Per Container About 2

## Amount Per Serving

**Calories** 220      Calories from Fat 40

### % Daily Value\*

**Total Fat** 5g      **7%**

Saturated Fat 2g      **10%**

*Trans* Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 240mg      **10%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 6g      **24%**

Sugars 7g

**Protein** 9g

Vitamin A      5%

Vitamin C      20%

Calcium      20%

Iron      8%

\* Percent Daily Values are based on a 2,000 calorie diet.  
 Your Daily Values may be higher or lower depending on your calorie needs

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.



List of  
 Ingredients

## Hand Card 9

Always

Most of the time

Sometimes

Rarely

Never

# Hand Card 10

## Sample Food Label

Serving Size ←

<b>Nutrition Facts</b>			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 220		Calories from Fat 40	
<hr/>			
			<b>% Daily Value*</b>
<b>Total Fat</b> 5g			<b>7%</b>
Saturated Fat 2g			<b>10%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 240mg			<b>10%</b>
<b>Total Carbohydrate</b> 35g			<b>12%</b>
Dietary Fiber 6g			<b>24%</b>
Sugars 7g			
<b>Protein</b> 9g			
<hr/>			
Vitamin A			5%
Vitamin C			20%
Calcium			20%
Iron			8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<hr/>			
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 11

Always

Most of the time

Sometimes

Rarely

Never

# Hand Card 12

## Sample Food Label

Number of servings per package



<b>Nutrition Facts</b>			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 220		Calories from Fat 40	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 5g			<b>7%</b>
Saturated Fat 2g			<b>10%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 240mg			<b>10%</b>
<b>Total Carbohydrate</b> 35g			<b>12%</b>
Dietary Fiber 6g			<b>24%</b>
Sugars 7g			
<b>Protein</b> 9g			
Vitamin A			5%
Vitamin C			20%
Calcium			20%
Iron			8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

INGREDIENTS: WATER, POTATOES,

## Hand Card 13

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 14

**Sample Food Label**



# Nutrition Facts

Serving Size 1 cup (255g)  
 Servings Per Container About 2

## Amount Per Serving

**Calories** 220      Calories from Fat 40

### % Daily Value\*

**Total Fat** 5g      **7%**

Saturated Fat 2g      **10%**

*Trans* Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 240mg      **10%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 6g      **24%**

Sugars 7g

**Protein** 9g

Vitamin A      5%

Vitamin C      20%

Calcium      20%

Iron      8%

\* Percent Daily Values are based on a 2,000 calorie diet.  
 Your Daily Values may be higher or lower depending on  
 your calorie needs

Footnote ←

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 15

Always

Most of the time

Sometimes

Rarely

Never

# Hand Card 16 Hand Card 15

## Sample Food Label

<b>Nutrition Facts</b>	
Serving Size 1 cup (255g)	
Servings Per Container About 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 40
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 7g	
<b>Protein</b> 9g	
Vitamin A	5%
Vitamin C	20%
Calcium	20%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<b>Calories per gram:</b>	
Fat 9    •    Carbohydrate 4    •    Protein 4	

Percent Daily Value

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 17

Always

Most of the time

Sometimes

Rarely

Never

# Hand Card 18

## Sample Food Label

<b>Nutrition Facts</b>			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
<b>Calories</b> 220		Calories from Fat 40	
		% Daily Value*	
<b>Total Fat</b>	5g		7%
Saturated Fat	2g		10%
<i>Trans</i> Fat	0g		
<b>Cholesterol</b>	15mg		5%
<b>Sodium</b>	240mg		10%
<b>Total Carbohydrate</b>	35g		12%
Dietary Fiber	6g		24%
Sugars	7g		
<b>Protein</b>	9g		
Vitamin A			
		5%	
Vitamin C			
		20%	
Calcium			
		20%	
Iron			
		8%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Amount of the nutrient



Percent Daily Value



**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 19

When deciding to buy a food product, between the **percent daily value** and the **amount of nutrients** on a food label

I use....

- Only percent daily value
- Percent daily value more often
- Both percent daily value and the amount of nutrients about the same
- The amount of nutrients more often
- Only the amount of nutrients

# Hand Card 20

## Sample Food Label

<b>Nutrition Facts</b>			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 220		Calories from Fat 40	
		<b>% Daily Value*</b>	
<b>Total Fat</b>	5g		7%
Saturated Fat	2g		10%
<i>Trans Fat</i>	0g		
<b>Cholesterol</b>	15mg		5%
<b>Sodium</b>	240mg		10%
<b>Total Carbohydrate</b>	35g		12%
Dietary Fiber	6g		24%
Sugars	7g		
<b>Protein</b>	9g		
Vitamin A		5%	
Vitamin C		20%	
Calcium		20%	
Iron		8%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Amount of the nutrient

Percent Daily Value

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.



## Hand Card 21

When deciding to buy a food product, between the **percent daily value** and the **amount of nutrients** on a food label

I use....

- Only the amount of nutrients
- The amount of nutrients more often
- Both the amount of nutrients and percent daily value about the same
- Percent daily value more often

- Only percent daily value

# Hand Card 22

## Sample Food Label

<b>Nutrition Facts</b>	
Serving Size 1 cup (255g)	
Servings Per Container About 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 40
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 7g	
<b>Protein</b> 9g	
Vitamin A	5%
Vitamin C	20%
Calcium	20%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 23

- 5 percent of the calories in one serving of the product come from Vitamin A
- One serving of the product contains 5 percent Vitamin A by weight
- One serving of the product supplies 5 percent of the Vitamin A you should have in a day

# Hand Card 24

## Sample Food Label

<b>Nutrition Facts</b>	
Serving Size 1 cup (255g)	
Servings Per Container About 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 7g	
<b>Protein</b> 9g	
Vitamin A	5%
Vitamin C	20%
Calcium	20%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 25

- One serving of the product supplies 5 percent of the Vitamin A you should have in a day
- One serving of the product contains 5 percent Vitamin A by weight
- 5 percent of the calories in one serving of the product come from Vitamin A

# Hand Card 26

## Sample Food Label

<b>Nutrition Facts</b>	
Serving Size 1 cup (255g)	
Servings Per Container About 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 7g	
<b>Protein</b> 9g	
Vitamin A	5%
Vitamin C	20%
Calcium	20%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 27

Always

Most of the time

Sometimes

Rarely

Never



# Hand Card 28

## Sample Food Label

<b>Nutrition Facts</b>			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
<b>Calories</b> 220		Calories from Fat 40	
		% Daily Value*	
<b>Total Fat</b>	5g		<b>7%</b>
Saturated Fat	2g		<b>10%</b>
<i>Trans</i> Fat	0g		
<b>Cholesterol</b>	15mg		<b>5%</b>
<b>Sodium</b>	240mg		<b>10%</b>
<b>Total Carbohydrate</b>	35g		<b>12%</b>
Dietary Fiber	6g		<b>24%</b>
Sugars	7g		
<b>Protein</b>	9g		
Vitamin A			5%
Vitamin C			20%
Calcium			20%
Iron			8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	• Carbohydrate	4 • Protein 4

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 29

Always

Most of the time

Sometimes

Rarely

Never

# Hand Card 30

## Sample Food Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 235mg	<b>6%</b>
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 31

Always

Most of the time

Sometimes

Rarely

Never

# Hand Card 32

## Sample Food Label

<b>Nutrition Facts</b>	
Serving Size 1 cup (255g)	
Servings Per Container About 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 7g	
<b>Protein</b> 9g	
Vitamin A	5%
Vitamin C	20%
Calcium	20%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.



## Hand Card 33

Always

Most of the time

Sometimes

Rarely

Never



# Hand Card 34 Hand Card 32

## Sample food label with two columns

<b>Nutrition Facts</b>		
Serving Size 1 cup (255g)		
Servings Per Container About 2		
	Per Serving	Per Container
<b>Calories</b>	220	440
	% Daily Value*	% Daily Value*
<b>Total Fat</b>	5g <b>7%</b>	10g <b>14%</b>
Saturated Fat	2g <b>10%</b>	4g <b>20%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	15mg <b>5%</b>	30mg <b>10%</b>
<b>Sodium</b>	240mg <b>10%</b>	480mg <b>20%</b>
<b>Total Carbohydrate</b>	35g <b>12%</b>	70g <b>24%</b>
Dietary Fiber	6g <b>24%</b>	12g <b>48%</b>
Sugars	7g	14g
<b>Protein</b>	9g	18g
Vitamin A	5%	10%
Vitamin C	20%	40%
Calcium	20%	40%
Iron	8%	16%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Hand Card 35

Always

Most of the time

Sometimes

Rarely

Never

Never seen

## Hand Card 36

### **The reason(s) that I check the food label when deciding to buy a food product is/are...**

- To watch my weight/lose weight
- A family member is trying to watch weight/lose weight
- To watch for diabetes, high triglycerides, high cholesterol, high blood pressure or other health conditions
- A family member has a health condition (for example, diabetes, high triglycerides, high cholesterol, high blood pressure, etc)
- I am allergic to certain food(s)
- A family member has food allergies
- To avoid certain ingredients (such as MSG, high fructose corn syrup, color dyes, artificial preservatives, or hydrogenated oils, etc)
- To increase certain nutrients in my/family's diet (such as fiber, calcium, etc)
- To compare which brand/food is better/healthier
- To make better/healthier choices for me/my family
- To watch for calorie content or certain nutrients (such as sodium, trans fat, sugar, carbohydrates, or protein, etc.)
- Other (please specify)

## Hand Card 37

### **The reason(s) that I check the food label when deciding to buy a food product is/are...**

- To compare which brand/food is better/healthier
- To make better/healthier choices for me/my family
- To avoid certain ingredients (such as MSG, high fructose corn syrup, color dyes, artificial preservatives, or hydrogenated oils, etc)
- A family member has a health condition (for example, diabetes, high triglycerides, high cholesterol, high blood pressure, etc)
- I am allergic to certain food(s)
- A family member has food allergies
- To watch for diabetes, high triglycerides, high cholesterol, high blood pressure or other health conditions
- To increase certain nutrients in my/family's diet (such as fiber, calcium, etc)
- To watch my weight/lose weight
- A family member is trying to watch weight/lose weight
- To watch for calorie content or certain nutrients (such as sodium, trans fat, sugar, carbohydrates, or protein, etc.)
- Other (please specify)

## Hand Card 38

**The reason(s) that I rarely or never check the food label when deciding to buy a food product is/are...**

- I don't have the time
- The print is too small for me to read
- I'm satisfied with my health so there is no need for me to check
- I have a good diet so there is no need to check labels
- I usually buy foods that I'm used to, so I don't feel that I need to check labels
- I buy what I/my family like, I don't care about the labels
- I don't think the food labels are important to me
- I won't know what to look for even if I read the labels
- I can't read English that well
- Other (please specify)

## Hand Card 39

**The reason(s) that I rarely or never check the food label when deciding to buy a food product is/are...**

- I don't have the time
- I won't know what to look for even if I read the labels
- I'm satisfied with my health so there is no need for me to check
- I can't read English that well
- I have a good diet so there is no need to check labels
- I buy what I/my family like, I don't care about the labels
- I don't think the food labels are important to me
- The print is too small for me to read
- I usually buy foods that I'm used to, so I don't feel that I need to check labels
- Other (please specify)

# Hand Card 40

## Sample Food Label

Serving Size ←

<b>Nutrition Facts</b>	
Serving Size 1 cup (255g)	
Servings Per Container About 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 7g	
<b>Protein</b> 9g	
Vitamin A	5%
Vitamin C	20%
Calcium	20%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

## Hand Card 41

Serving size is...

The amount of this food that people should eat

The amount of this food that people usually eat

Something that makes it easier to compare foods



# Hand Card 43

## Sample Food Label

Serving Size ←

<b>Nutrition Facts</b>	
Serving Size 1 cup (255g)	
Servings Per Container About 2	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 7g	
<b>Protein</b> 9g	
Vitamin A	5%
Vitamin C	20%
Calcium	20%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

Serving size is...

The amount of this food that people usually eat

The amount of this food that people should eat

Something that makes it easier to compare foods