

Spotlight on Nutrition

Fun, Family Fitness and Nutrition Tips

Mason City Schools

National School Breakfast Week

March 4-8



Office of Child Nutrition

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New Food Label

In 2020, all food products in the United States will have an updated food label. The Food & Drug Administration (FDA) put new regulations into effect in May 2016, so some foods have already been updated to include the new label.

Why is breakfast the most important meal of the day?

- Breakfast “Starts your Engine” (metabolism) at the beginning of the day
- Breakfast helps children stay “on track” (focused) while in class
- Breakfast helps to keep one’s “engine” (body weight) in check
- Breakfast acts as a “piston” to spark energy for physical activity
- Breakfast helps to provide “fuel” (nutrients) necessary for children to grow



 Academy of Nutrition and Dietetics

NATIONAL NUTRITION MONTH®

For more nutrition fun, visit

<https://www.eatright.org/food/resources/national-nutrition-month/national-nutrition-month-games>.

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

New: added sugars

Change in nutrients required

Label Reading Tips

1. Pay attention to serving size vs. servings per container.
2. Be mindful of calories per serving and how many servings you are consuming.
3. Use the 5/20 rule in regards to Daily Values: 5% for sodium, saturated fat, trans fat, and cholesterol; 20% for vitamins and minerals.
4. Check ingredients. The ingredients listed first are the ones that are used in greater amounts. The list decreases by the amount of ingredient. Know what you are eating.