

Nutrition label worksheet answer key whopper sandwich

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Media Platforms Design TeamThe days of trying to decipher complicated ingredient lists may soon be over: Supermarkets across the country are launching programs that rate the nutritional value of thousands of products. All of them analyze foods against federal guidelines for healthy eating, then award stars, numerical scores, color bars, or checks according to how well an item measures up. Some programs are simple; others, far more detailed. Here's the lowdown on how each one works — and how to use them to make the healthiest choices for your family.Guiding StarsMedia Platforms Design Team Products that meet the nutritional standards get one, two, or three stars for a "good," "better," or "best" rating. Of the more than 50,000 items that have been rated so far, about 25 percent have received stars. Stars appear on a label posted on the store shelf next to pricing info.How the program works:Stores: 1,500 Hannaford, Food Lion, Bloom, and Sweetbay supermarkets. (Available in some stores since 2006.)Who's behind the ratings: Hannaford developed the program with input from researchers at Tufts and Harvard universities, Dartmouth School of Medicine, and the universities of North Carolina, Southern Maine, and California-Davis. Smart ways to use it: The three-star concept is easy to understand, but since the program doesn't provide info on what makes a particular product good, it might be best used to compare very similar items (two types of yogurt, for example, or several frozen-entrée choices).NuValMedia Platforms Design TeamHow the program works: Foods are scored between one and 100 (higher is better). The system considers good and bad components of food — and how strongly they impact health. So far, more than 50,000 products have been tested. Scores are posted on the store shelf next to pricing info.Stores: Price Chopper and Hy-Vee supermarkets in early 2009; another 15 chains are expected to roll out the system by year's end. Who's behind the ratings: A multidisciplinary group of experts led by David Katz, M.D., director of the Yale-Griffin Prevention Research Center in Connecticut.Smart ways to use it: You can compare similar items (iceberg lettuce rates 82, while romaine scores a perfect 100). Or weigh choices across aisles: For a supper side dish, you could consider, say, baking potatoes (93), white rice (57), or pasta (81 for Barilla Tri-Color Rotini).Nutrition IQMedia Platforms Design TeamHow the program works: Products that meet baseline criteria for good nutrition are further evaluated to identify their top one or two benefits among seven categories: fiber, calcium, whole grains, protein, low sodium, low saturated fat, and low calories. Color-coded bar labels on the shelf call out benefits.Stores: By end of year, the program will be in more than 1,300 SuperValu stores, including Albertsons, Jewel-Osco, and Shaw's.Who's behind the ratings: The Joslin Clinic, an affiliate of Harvard Medical School.Smart ways to use it: The system is valuable for people who are watching their intake of particular nutrients (if you're following a low-sodium diet, say, or aiming to get ample calcium). Note: The first phase of the program covers only packaged and processed foods.Smart ChoicesMedia Platforms Design Team For foods that make the nutritional cut, the label includes a check mark,calories per serving, and number of servings — all on the front of the package. The program is voluntary; since companies must pay to participate, smaller producers may opt out.How the program works:Stores: With labels on the package, Smart Choices Program will be found wherever you shop beginning in mid-2009.Who's behind the ratings: A partnership of food manufacturers and retailers, as well as public health and nutrition-science organizations, including the American Dietetic Association and the American Heart Association.Smart ways to use it: Handy for on-the-run shopping: You can simply grab a product with a check mark, knowing it's met dietary guidelines. Or try limiting your kids' cereal choices, for example, to varieties that earned checks. In this section: Nutrition Education Resources & MaterialsSubscribe to Email Updates En Español (Spanish) The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. FDA is requiring changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This is the first major update to the label in over 20 years. The refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Learn about What's New with the Nutrition Facts Label, including details on calories, serving sizes, added sugars, and more. Education Campaign "The New Nutrition Facts Label: What's in it for You?" education campaign was developed by FDA to raise awareness about the changes to the Nutrition Facts label, increase its use, and help consumers, health care professionals, and educators learn how to use it as a tool for maintaining healthy dietary practices. The education campaign includes outreach through many channels including social media, indoor/outdoor advertising, videos, and consumer-friendly downloadable educational materials. In 2018, FDA announced the Nutrition Innovation Strategy, which sets a strategic course for taking action to reduce preventable death and disease related to poor nutrition. As part of the agency's strategy, this new campaign supports consumer education as a key element of FDA's ongoing public health efforts. PDF (344KB) View and share the campaign outreach materials to spread the word about the new Nutrition Facts label using the Social Media Toolkit, which includes: Interactive Label Get more details on everything that's listed on the Nutrition Facts label. Visit the Interactive Nutrition Facts Label to explore the label, from top to bottom. This tool provides a detailed look at all the information listed on the Nutrition Facts label, helpful tips for a healthy diet, and downloadable fact sheets to keep and share. Important Information for Specific Groups Enter your E-mail address to receive the quarterly CFSAN News for Educators newsletter on food safety, nutrition, and cosmetic safety. Back to Top The way we conduct meetings changed over night. Or has it?Given we are no longer able to meet in person, event organizers and professional speakers have been scrambling to recreate their live meetings using virtual platforms. In other words, automate what has been done in the past.If a speech was to be given in front of a live audience, it is now delivered as a webinar. Same content. Same delivery method. But now in front of a camera instead of 1,000 faces.Unfortunately, nearly every virtual meeting I have attended simply tried to replicate the face-to-face experience - and it failed.To create better meetings, we need to ask different questions. What if we didn't just replicate, but instead we innovated? Here are some questions that might get your thinking differently about your next virtual meeting: What can we do in virtual meetings that we can't do with live in-person meetings? How can we take full advantage of virtual options? For example, how can we take advantage of the ability to break people into smaller groups instantly - for short periods of time? How can we use polling to drive the direction of the conversation - and make real-time shifts in the content? What aspects of meetings do not require real-time participation? For those, what other options do we have for delivering that content? How can we maximize the value we get from the live virtual meeting? For example, how can we limit the live virtual experience to the interactive components, and deliver the rest via pre-recorded video that is sent prior to the meeting? How can we go beyond the meeting? What processes can we put in place to sustain results over the long-term? What happens after the event? For example, how can we get attendees to apply the concepts from the meeting? How can we create cohorts that tackle real-world problems? How can we measure the actual impact of a meeting? How can we engage people long after the meeting is over? When we return to face-to-face meetings, what aspects of virtual meetings will continue to out-perform the in-person meeting? For example, how can we use technology before and after an event to maximize the value we get from the live meeting?This is just a starter list of questions. There are literally dozens (or hundreds) of different questions that you could ask that would reveal previously invisible solutions. The point is, don't simply replicate or automate what you have done in the past. Rethink the entire meeting experience: before, during, and after the event. Use technology the best way possible to get the best results. Sometimes the ideal solution isn't a live meeting.

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