



Get the Facts

Lesson 1: Get the Facts on Serving Sizes

This lesson will teach participants how to read the Nutrition Facts Label and understand dietary recommendations for serving sizes and portion control.

Goals: At the end of this lesson, participants will be able to:

- ★ Understand the difference between a portion and a size
- ★ Estimate common serving sizes
- ★ Use serving sizes to create a healthy, balanced meal

Lesson 2: Get the Facts on Fat

This lesson will teach participants how to understand the information about fat on the Nutrition Facts Label. Will also discuss dietary recommendations for total fat - including saturated fat, trans fat, and cholesterol

Goals: At the end of this lesson, participants will be able to:

- ★ Understand the difference between oils and solid fats
- ★ Explain the benefits of oils and health consequences of diets containing solid fats
- ★ Compare food labels to select products lower in saturated and trans fats

Lesson 3: Get the Facts on Sodium

This lesson will teach participants how to understand the information about sodium and salt on the Nutrition Facts Label. Will also discuss dietary recommendations for sodium.

Goals: At the end of this lesson, participants will be able to:

- ★ Explain what products contain the most sodium
- ★ Understand the effects of sodium on blood pressure
- ★ Compare food labels to consistently select products with less sodium

For more information contact:

Nathan Tucker or Enereyda Garza
BLT Extension Assistants - Texas AgriLife Extension Service
1600-B Smith Road Austin, TX 78721
Phone: (512)854-9600 Fax: (512)854-9611
Email: NETucker@ag.tamu.edu or EGGarza@ag.tamu.edu