Hand Card Booklet



1/11/2017

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

- 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

Sample health claim in food labels

Low fat diets rich in fruits and vegetables (foods that are low in fat and contain Vitamin A, Vitamin C

and dietary fiber) may reduce the risk of some types of cancer, a disease associated with many factors.



25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Two links contain 6.7 grams of say protein.



American Heart Association

Meets American Heart Association food criteria for saturated fat and cholesterol for

healthy people over age 2.

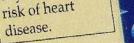
Soluble fiber from oatmeal, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of 1 or Instant

... increase calcium! Teen and adult women never outgrow their need for calcium, and fat free Mix'n Drink is a rich source of calcium to help build and maintain healthier bones! Regular exercise and a healthy diet rich in calcium reduce their high risk of osteoporosis later in life.

affect heart diseas diets low in saturated fat and cholesterol may reduce the risk of this disease.

While many factor

day to reque



Sample Food Label

| | | bout 2 | |
|--|--|---|-------------------------------------|
| Amount Per Servi | | | |
| Calories 220 | Ca | alories fror | |
| Total Fat for | | % Dail | - |
| Total Fat 5g | 0- | | 7 |
| Saturated Fat | . 29 | | 10 |
| Trans Fat 0g | Ema | | 5 |
| Cholesterol 1 | <u> </u> | | 5 10 |
| Sodium 240mg | | F ~ | |
| Total Carbohy Dietary Fiber | | by | 12 |
| Sugars 7g | oy | | 24 |
| Protein 9g | | | |
| Protein 9g | | | |
| Vitamin A | | | 5 |
| Vitamin C | | | 20 |
| Calcium | | | 20 |
| Iron | | | 8 |
| Percent Daily Value Your Daily Values m your calorie needs | | | |
| | Calories: | 2,000 | 2,50 |
| Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300n 2,400 375g |

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

Nutrition Facts Panel

Sample Food Label

| Nutrit Serving Size 1 co Servings Per Co | up (255g) | | cts |
|---|------------------------|-------------|-------------|
| Amount Per Servi | ng | | |
| Calories 220 | Ca | lories fron | n Fat 40 |
| | | % Dail | y Value* |
| Total Fat 5g | | | 7% |
| Saturated Fat | 2g | | 10% |
| <i>Trans</i> Fat 0g | | | |
| Cholesterol 1 | 5mg | | 5% |
| Sodium 240mg | | | 10% |
| Total Carbohy | drate 35 | g | 12% |
| Dietary Fiber | 6g | | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| | | | 50(|
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| Calcium | | | 20% |
| Iron | | | 8% |
| * Percent Daily Values Your Daily Values m your calorie needs | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat Sat Fat | Less than Less than | 65g 20g | 80g 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate Dietary Fiber | | 300g 25g | 375g 30g |
| Calories per gran Fat 9 • Cal | n: rbohydrate | •4 • F | Protein 4 |

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

List of Ingredients

Sample Food Label

Serving Size

| Nutrit | | Fac | cts |
|--|--|---|---|
| Serving Size 1 c | | | |
| Servings Per Co | ntainer Ab | out 2 | |
| Amount Per Servi | | | |
| | - 5 | | F |
| Calories 220 | Ca | lories fron | n ⊢at 40 |
| | | % Dail | y Value* |
| Total Fat 5g | | | 7% |
| Saturated Fat | 2g | | 10% |
| Trans Fat 0g | | | |
| Cholesterol 1 | 5mg | | 5% |
| Sodium 240mg | | | 10% |
| Total Carbohy | drate 35 | āg | 12% |
| Dietary Fiber | 6g | - | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| - Totom og | | | |
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| Calcium | | | 20% |
| Iron | | | 8% |
| * Percent Daily Values Your Daily Values m your calorie needs | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g |
| Calories per gran Fat 9 • Cal | n: rbohydrate | e4 • F | Protein 4 |

Sample Food Label

Number of servings per **mackage**

| Nutrit | | Fac | cts |
|--|--|---|---|
| Servings Per Co | ntainer Ab | out 2 | |
| Amount Per Servi | ng | | |
| Calories 220 | - 3 | lories fron | n Fat 40 |
| | | % Daily | v Value* |
| Total Fat 5g | | | 7% |
| Saturated Fat | 2g | | 10% |
| Trans Fat 0g | | | |
| Cholesterol 15 | 5mg | | 5% |
| Sodium 240mg | | | 10% |
| Total Carbohy | drate 35 | g | 12% |
| Dietary Fiber | 6g | | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| Calcium | | | 20% |
| Iron | | | 8% |
| * Percent Daily Values Your Daily Values m your calorie needs | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g |
| Calories per gran Fat 9 • Cal | n: rbohydrate | e4 • P | rotein 4 |

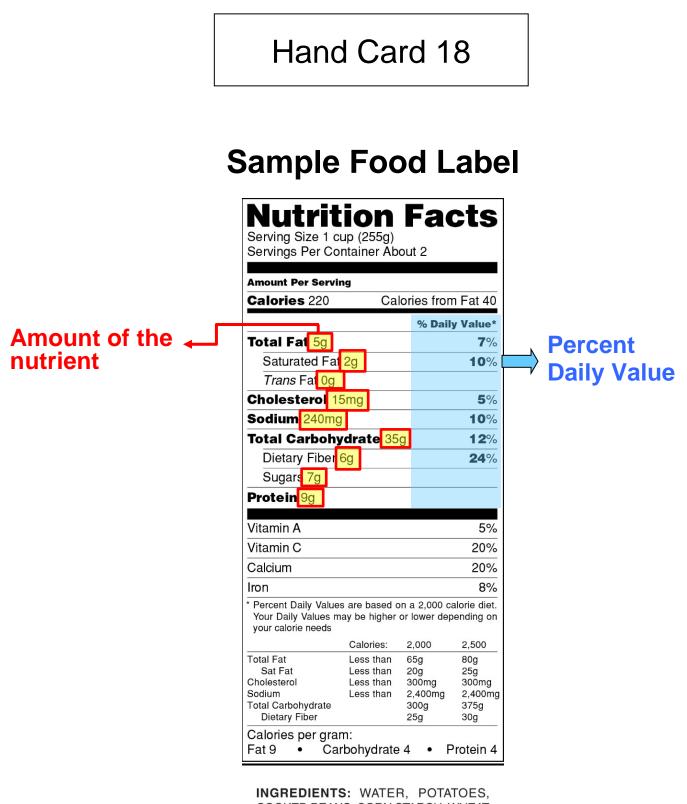
Sample Food Label

| | Nutrit Serving Size 1 cu Servings Per Con | p (255g) | | cts |
|------------|--|--|---|---|
| | Amount Per Servin | g | | |
| | Calories 220 | Cal | ories fron | n Fat 40 |
| | | | % Daily | Value* |
| | Total Fat 5g | | | 7% |
| | Saturated Fat | 2g | | 10% |
| | Trans Fat 0g | | | |
| | Cholesterol 15 | mg | | 5% |
| | Sodium 240mg | | | 10% |
| | Total Carbohy | drate 35 | g | 12% |
| | Dietary Fiber 6 | g | | 24% |
| | Sugars 7g | | | |
| | Protein 9g | | | |
| | Vitamin A | | | 5% |
| | Vitamin C | | | 20% |
| | Calcium | | | 20% |
| | Iron | | | 8% |
| Footnote (| * Percent Daily Values Your Daily Values ma your calorie needs | | | |
| | | Calories: | 2,000 | 2,500 |
| | Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g |
| | Calories per gram Fat 9 • Carl | 1: pohydrate | 4 • P | rotein 4 |

Sample Food Label

| Amount Per Serving | | | |
|---|--|---|---|
| Calories 220 | Calo | ries from | Fat 40 |
| | | % Daily | Value* |
| Total Fat 5g | | | 7% |
| Saturated Fat 2g | | | 10% |
| <i>Trans</i> Fat 0g | | | |
| Cholesterol 15mg | 9 | | 5% |
| Sodium 240mg | | | 10% |
| Total Carbohydra | ate 35g | | 12% |
| Dietary Fiber 6g | | | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| Vitamin A | | | 5% |
| Vitamin C | | 20% | |
| Calcium | | | 20% |
| Iron | | | 8% |
| Percent Daily Values are Your Daily Values may b your calorie needs | | | |
| | | 2,000 | 2,500 |
| Sat Fat Le Cholesterol Le | ss than a ss than a ss than a a | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g |

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



COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

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

l 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 **Nutrition Facts** Serving Size 1 cup (255g) Servings Per Container About 2 Amount Per Serving Calories 220 Calories from Fat 40 % Daily Value* Amount of the Total Fat 5g 7% Percent nutrient Saturated Fat 2g 10% **Daily Value** 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 80g 65g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg 2,400mg 2,400mg Sodium Less than Total Carbohydrate 300g 375g **Dietary Fiber** 25g 30g Calories per gram: Fat 9 Carbohydrate 4 Protein 4 ٠

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

l 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

Sample Food Label

| | ntainer Ab | | |
|--|--|--|--|
| Amount Per Servi | ng | | |
| Calories 220 | Ca | lories fron | ו Fat 40 |
| | | % Daily | y Value* |
| Total Fat 5g | | | 7% |
| Saturated Fat | : 2g | | 10% |
| <i>Trans</i> Fat 0g | | | |
| Cholesterol 1 | 5mg | | 5% |
| Sodium 240mg | 9 | | 10% |
| Total Carbohy | ydrate 35 | ġ | 12% |
| Dietary Fiber | 6g | | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| Calcium | | | 20% |
| Iron | | | 8% |
| Percent Daily Value Your Daily Values m your calorie needs | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat Sat Fat Cholesterol Sodium | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g | 80g 25g 300mg 2,400mg 375g |

- 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

Sample Food Label

| Servings Per C | ontainer A | bout 2 | |
|---|--|--------------------------------|--------------------------------|
| Amount Per Serv | ing | | |
| Calories 220 | Ca | alories fror | m Fat 40 |
| | | % Dai | ly Value* |
| Total Fat 5g | | | 7% |
| Saturated Fa | at 2g | | 10% |
| <i>Trans</i> Fat 0g | | | |
| Cholesterol | 15mg | | 5% |
| Sodium 240m | g | | 10% |
| Total Carboh | ydrate 3 | 5g | 12% |
| Dietary Fiber | r 6g | | 24% |
| Sugars 7g | Sugars 7g | | |
| Protein 9g | | | |
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| Calcium | | | 20% |
| Iron | | | 8% |
| Percent Daily Valu Your Daily Values your calorie needs | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat Sat Fat Cholesterol Sodium | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg | 80g 25g 300mg 2,400mg |

- 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

Sample Food Label

| | 1000 | | |
|--|--|---|---|
| Nutrit | | Fa | CLS |
| Serving Size 1 cu Servings Per Cor | | out 2 | |
| | | | |
| Amount Per Servir | | | |
| Calories 220 | Ca | lories fron | n ⊢at 40 |
| | | % Dail | y Value* |
| Total Fat 5g | | | 7% |
| Saturated Fat | 2g | | 10% |
| <i>Trans</i> Fat 0g | | | |
| Cholesterol 15 | 5mg | | 5% |
| Sodium 240mg | | | 10% |
| Total Carbohy | drate 35 | g | 12% |
| Dietary Fiber 6g | | | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| Calcium | | | 20% |
| Iron | | | 8% |
| * Percent Daily Values Your Daily Values m your calorie needs | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g |
| Calories per grar Fat 9 • Car | n: bohydrate | •4 • F | Protein 4 |

Sample Food Label

| Nutrit | ion | Ea | ate |
|--|--|---|---|
| Serving Size 1 c | | Га | 513 |
| Servings Per Co | ntainer Ab | out 2 | |
| | | | |
| Amount Per Servi | | , | F |
| Calories 220 | Ca | lories fron | n Fat 40 |
| | | % Dail | y Value* |
| Total Fat 5g | | | 7% |
| Saturated Fat | 2g | | 10% |
| Trans Fat 0g | | | |
| Cholesterol 1 | 5mg | | 5% |
| Sodium 240mg |) | | 10% |
| Total Carbohy | /drate 35 | g | 12% |
| Dietary Fiber | 6g | | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| | | | 20% |
| | | | |
| * Percent Daily Value | s are based o | n a 2 000 o | 8% |
| Your Daily Values m your calorie needs | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g |
| Calories per gran Fat 9 • Cal | m: rbohydrate | •4 • F | Protein 4 |

Sample Food Label

| Nutrit Serving Size 1 c Servings Per Co | up (255g) | | cts |
|--|--|---|---|
| Amount Per Servi | ng | | |
| Calories 220 | Ca | lories fron | n Fat 40 |
| - | | % Dail | y Value* |
| Total Fat 5g | | | 7% |
| Saturated Fat | 2g | | 10% |
| <i>Trans</i> Fat 0g | | | |
| Cholesterol 1 | 5mg | | 5% |
| Sodium 240mg | 9 | | 10% |
| Total Carbohy | drate 35 | g | 12% |
| Dietary Fiber | 6g | | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| Calcium | | | 20% |
| Iron | | | 8% |
| * Percent Daily Value Your Daily Values m your calorie needs | | | |
| Tatal Eat | Calories: | 2,000 | 2,500 |
| Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g |
| Calories per gran Fat 9 • Ca | m: rbohydrate | •4 • F | Protein 4 |

Sample food label with two columns

| Nutriti | on E | ante |
|--------------------------|-------------------|--------------------|
| Serving Size 1 cup | | acis |
| Servings Per Cont | | 2 |
| | | |
| | Per Serving | Per Container |
| Calories | 220 | 440 |
| | % Daily Value* | % Daily Value* |
| Total Fat | 5g 7 % | 10g 14 % |
| Saturated Fat | 2g 10 % | 4g 20 % |
| Trans Fat | 0g | 0g |
| Cholesterol | 15mg 5 % | 30mg 10 % |
| Sodium | 240mg 10 % | 480mg 20 % |
| Total Carbohydrate | 35g 12 % | 70g 24 % |
| Dietary Fiber | 6g 24 % | 12g 48 % |
| Sugars | 7g | 14g |
| Protein | 9g | 18g |
| | | |
| Vitamin A | 5% | |
| Vitamin C | 20% | 40% |
| Calcium | 20% | 40% |
| Iron | 8% | 16% |
| * Percent Daily Values a | are based on a 2 | ,000 calorie diet. |

Always Most of the time Sometimes Rarely Never Never seen

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)

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)

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)

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
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- 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)

Sample Food Label

Serving Size 📛

| Nutrit | | Fac | cts |
|--|--|---|---|
| Serving Size 1 c Servings Per Co | up (255g) Intainer Ab | out 2 | |
| Servings r er oo | | | |
| Amount Per Servi | ng | | |
| Calories 220 | Ca | lories fron | n Fat 40 |
| | | % Dail | y Value* |
| Total Fat 5g | | | 7% |
| Saturated Fat | | 10% | |
| Trans Fat 0g | | | |
| Cholesterol 15mg | | | 5% |
| Sodium 240mg | | | 10% |
| Total Carboh | ydrate 35 | g | 12% |
| Dietary Fiber | 6g | | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| | | | Eat |
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| Calcium | | | 20% |
| Iron | | | 8% |
| * Percent Daily Value Your Daily Values m your calorie needs | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300mg 2,400mg 375g 30g |
| Calories per gra Fat 9 • Ca | m: rbohydrate | •4 • F | 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 should eat

The amount of this food that people usually eat

Something that makes it easier to compare foods

Sample Food Label

Serving Size 📛

| Serving Size 1 c Servings Per Co | ntainer Áb | out 2 | |
|---|---|--|--|
| Amount Per Servin | · · | lories fron | a Eat 40 |
| Calories 220 | Ca | | y Value* |
| Total Fat 5g | | % Dali | y value* 7% |
| Saturated Fat 2g | | | 10% |
| Trans Fat 0g | -0 | | |
| Cholesterol 15mg | | | 5% |
| Sodium 240mg | | | 10% |
| Total Carbohy | drate 35 | g | 12% |
| Dietary Fiber 6g | | | 24% |
| Sugars 7g | | | |
| Protein 9g | | | |
| Vitamin A | | | 5% |
| Vitamin C | | | 20% |
| Calcium | | | 20% |
| Iron | | | 8% |
| * Percent Daily Value Your Daily Values m your calorie needs | nay be higher | or lower dep | alorie diet. bending on |
| Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Calories per grat | Calories: Less than Less than Less than Less than | 2,000 65g 20g 300mg 2,400mg 300g 25g | 2,500 80g 25g 300mg 2,400mg 375g 30g |

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