

# Hand Card Booklet



## Hand Card 1

Often

Sometimes

Rarely

Never

## 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

Strongly agree

Somewhat agree

Neither agree nor disagree

Somewhat disagree

Strongly disagree

## Hand Card 4

Very important

Somewhat important

Not too important

Not at all important

## Hand Card 5

Always

Most of the time

Sometimes

Rarely

Never

# Hand Card 6

## Sample health claim in food labels



## Hand Card 7

Always

Most of the time

Sometimes

Rarely

Never



# Hand Card 8

## Sample Food Label

Serving Size



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories 260</b>	<b>Calories from Fat 120</b>
	<b>% Daily Value*</b>
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 2g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 660mg</b>	<b>28%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein 5g</b>	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* 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



Percent Daily Value

INGREDIENTS: ENRICHED WHEAT FLOUR , WHEY, WHEY PROTEIN CONCENTRATE, DRIED CHEESE, SKIM MILK, BUTTERMILK, SALT, SODIUM PHOSPHATE, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID, YELLOW 5, YELLOW 6, LACTIC ACID



List of Ingredients

## Hand Card 9

Always

Most of the time

Sometimes

Rarely

Never

## Hand Card 10

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

- 1.** To watch my weight/lose weight
- 2.** A family member is trying to watch their weight/lose weight
- 3.** To watch for diabetes, high triglycerides, high cholesterol, high blood pressure or other health conditions
- 4.** A family member has a health condition (for example, diabetes, high triglycerides, high cholesterol, high blood pressure, etc)
- 5.** I am allergic to certain food(s)
- 6.** A family member has food allergies
- 7.** To avoid certain ingredients (such as MSG, high fructose corn syrup, color dyes, artificial preservatives, or hydrogenated oils, etc)
- 8.** To increase certain nutrients in my/family's diet (such as fiber, calcium, etc)
- 9.** To compare which brand/food is better/healthier
- 10.** To make better/healthier choices for me/my family
- 91.** Other (please specify)

## Hand Card 11

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

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

# Sample Food Label

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Fat 9	* Carbohydrate 4      * Protein 4

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## Hand Card 12

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 13

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 14

