Training your Students to be “Food Detectives”

What’s the best snack to pack? Label reading How to identify hidden ingredients The truth about advertising claims on food products Healthy vs Junk (cost per kilogram)

Presented by: Cheryl Peat & Rick Baldock – Project Officers, ACHPER eat well be active – Primary Schools Project
Growth in Children

- In a child's first year of life they triple their weight.
- In the years following, a child will have a much slower growth and weight gain.
- From age 4 -10 the average wt gain is 1.5-2kg.
- 10 – 12 yrs, average at 2.5kgs.
- 12-13 yrs, average at 4 kgs.
Food Needs

Children need a wide variety of foods for a well balanced diet

<table>
<thead>
<tr>
<th>Age</th>
<th>Cereals, breads</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Dairy</th>
<th>Meats, fish, poultry</th>
<th>Extra foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-8 yrs</td>
<td>4</td>
<td>4.5</td>
<td>1.5</td>
<td>2</td>
<td>1.5</td>
<td>1-2</td>
</tr>
<tr>
<td>9-11 yrs</td>
<td>5</td>
<td>5</td>
<td>2</td>
<td>2.5</td>
<td>2.5</td>
<td>1-2</td>
</tr>
<tr>
<td>12-13 yrs</td>
<td>6</td>
<td>5</td>
<td>2</td>
<td>3.5</td>
<td>2.5</td>
<td>1-3</td>
</tr>
</tbody>
</table>
Simplifying Food Labels

Some things to think about:

- **Serve Size**
  - The manufacturer picks this.

- **Ingredient List**
  - Listed in descending order of amount in product i.e: largest first, smallest last
  - Percentage of key ingredients of total product i.e: % of a strawberry yoghurt which is made of strawberries
Nutrition Information Panel

- Per 100g most useful
- Use to compare similar products

To work out the fat content in the above product:

- Look in the ‘per 100g’ column
- Go to the row labelled ‘fat’
- The fat content is 22.3g per 100g or 22.3% fat
- The saturated fat content is 10.3g or 10.3% saturated fat
What snack will you pack?

- Dairi Farmers Squeezie Yogurt
- Uncle Tobys Le Snak Tasty Cheese
- Uncle Tobys Fruit Fix

Achper Australia
South Australia Branch Inc.
Choosing the best option

Fat: Aim for less than 10g per 100g
- Choose the product with less fat (especially saturated fat)
- Look for <2g/100g in dairy products

Sugars: In general choose products with sugars < 15g/100g
- Consider natural sugars found in fruit and milk
- Check the ingredient list to determine the main source of sugar
- Less than 25g sugar/100g if the product contains fruit
Choosing the best option

Sodium: Less than 400mg/100g is a good choice

- The LESS the better

Fibre

- The MORE the better
- More than 3g/ 100g is a good choice
- Look for > 8gm/ 100g for breakfast cereals
So what snacks are the best choices?
Sometimes ingredients may be listed by a name you are not familiar with. Check the list below

<table>
<thead>
<tr>
<th>Fat</th>
<th>Sugar</th>
<th>Fibre</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal fat</td>
<td>Fructose</td>
<td>Whole wheat</td>
<td>Salt</td>
</tr>
<tr>
<td>Shortening</td>
<td>Lactose</td>
<td>Whole meal</td>
<td>Sodium</td>
</tr>
<tr>
<td>Beef fat</td>
<td>Honey</td>
<td>Whole grain</td>
<td>Rock salt</td>
</tr>
<tr>
<td>Lard</td>
<td>Sucrose</td>
<td>Bran</td>
<td>Sea salt</td>
</tr>
<tr>
<td>Dripping</td>
<td>Sugar, raw</td>
<td>Wheat bran</td>
<td>Onion salt</td>
</tr>
<tr>
<td>Cream</td>
<td>Invert sugar</td>
<td>Barley bran</td>
<td>Celery salt</td>
</tr>
<tr>
<td>Butter fat</td>
<td>Glucose syrup</td>
<td>Rolled oats</td>
<td>Garlic salt</td>
</tr>
<tr>
<td>Tallow</td>
<td>Malt, malt extract</td>
<td>Barley</td>
<td>Booster</td>
</tr>
<tr>
<td>Coconut oil</td>
<td>Dextrose</td>
<td>Oat bran</td>
<td>MSG</td>
</tr>
<tr>
<td>Palm oil</td>
<td>Treacle</td>
<td>Wheatmeal</td>
<td>Meat/ vegetable</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Extract</td>
</tr>
<tr>
<td>Vegetable fat</td>
<td>Golden syrup</td>
<td>Rye</td>
<td>Stock cubes</td>
</tr>
<tr>
<td>Chocolate</td>
<td>Molasses</td>
<td>Buckwheat</td>
<td>Sodium bicarbonate</td>
</tr>
</tbody>
</table>
## Hidden Ingredients

<table>
<thead>
<tr>
<th>Fat</th>
<th>Sugar</th>
<th>Fibre</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monoglycerides</td>
<td>Treacle</td>
<td>Hi-maize starch</td>
<td>Baking powder</td>
</tr>
<tr>
<td>Milk solids</td>
<td>Glucose syrup</td>
<td>Resistant starch</td>
<td>Sodium metabisulphate</td>
</tr>
<tr>
<td>Hydrogenated oils</td>
<td>Brown sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Margarine</td>
<td>Corn syrup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate or carob</td>
<td>Concentrated fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seeds, nuts &amp; coconut</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Additives on Food Labels

- In Australia there is approximately 300 substances/chemicals permitted in manufactured food under the Food Standards of Australia and New Zealand (FSANZ) Guidelines.
- A ‘food additive’ isn’t really a food, it is a substance added to food to achieve a technical function, such as improving taste, colour or preventing food from going off.
- Some additives can be dangerous to our health & all packaged food must display the ‘food additive’ number that represents the type of additive.
The following additives should be avoided as much as possible

<table>
<thead>
<tr>
<th>Additives</th>
<th>Function</th>
<th>Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preservatives</td>
<td>Makes food last longer</td>
<td>200-203, 210-219, 220-228, 249-252, 280-283.</td>
</tr>
<tr>
<td>Antioxidants</td>
<td>Prevents food changing colour</td>
<td>310-312, 319-321</td>
</tr>
<tr>
<td>Flavour Enhancers</td>
<td>Makes food taste nicer</td>
<td>620-625, 627, 631, 635</td>
</tr>
<tr>
<td>Colours</td>
<td>Make the colour of food more appealing</td>
<td>102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155, 160b</td>
</tr>
</tbody>
</table>
Food Claims

Many food companies make claims that we as consumers believe, but how accurate are the claims?

The information was compiled by:

eat well be active.

Community Programs

From the following references

1. www.accc.gov.au/content/item.phtml?itemId=771468&nodeId=303812cdfa698071341bf9f1ac983066&fn=Food%20descriptors%20guidelines.pdf

CLAIM:

Food product says: “Fresh "on the package

WHAT DOES IT MEAN?

It can refer to the nature of the food (i.e. not frozen or preserved), its age (i.e. put on sale close to time it was produced), its taste, or even part of a brand name!

CHECK THE LABEL to see the nutritional content
What are the benefits of a Nude Food Day?

• Reduce rubbish and protect the environment
  • Approx 30 kg/student/year of waste is thrown away from school lunches alone\(^1\)
  • Provide students the opportunity to understand the impact of their daily activities on the environment and develop strategies to minimise this

• Encourage healthier food and drink choices
  • Approx 15% of foods consumed at school are packaged snacks. 90% of these are considered to be ‘junk’ foods
  • Nude foods are generally cheaper and healthier providing greater nutritional value in comparison to packaged foods\(^2\)

Nude Food Activities

- Rubbish Audit
- My Nude Food lunchbox
- Nude Food Cookbook
- How much fat and sugar is in that?
- How much is that snack in your lunch box?
Does it cost more to eat fresh and healthy versus...
Cost of foods

Crackers & cheese
$11.60/kg

Cheese spread & biscuits
$22.40/kg
Cost of foods

Apple
$4.00/kg

Fruit strap
$38.30/kg
Cost of foods

Air-popped popcorn: $2.95/kg

Potato crisps: $13.05/kg
Cost of foods

Block cheese
$10.00/kg

Cheese wedge
$19.80/kg
Classroom Activities

- Healthy eating guidelines
- Food diaries
- Is your lunch, green, amber or red?
- How bad is that ‘Junk’?
- Hidden ingredients
- Design your own food product that meets our guidelines
- How many tea spoons of fat or sugar is in your food?
Fat & Sugar Content of Foods
Acknowledgements

Thank you to

• **Sonya Stanley** - Healthy Weight Coordinator' - Adelaide Hills Community Health and was recently the Project Coordinator for *eat well be active* Morphett Vale Community Project

• *eat well be active* Morphett Vale Community Project

• **Community Nutrition unit Tasmania Resource Kit**

• **Right bite** – Eat Well SA

• **Carolyn Dent** - Healthy Weight Coordinator - Yorke and Lower North Health Services

• **3 Cheers Program** – Sarah Bourke on behalf of Netball SA.
ACHPER (SA) can offer this session to your School/Site.

Contact ACHPER (SA) for more information
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Or visit our website www.achpersa.com.au
Or telephone 08 8363 5700