Science 14

Unit C: Matter and energy in living systems

Food labels and diets

Two lunches, two labels

- A packaged soup and a homemade bowl can look like the same meal.
- The label on the package lists sodium, fat and calories per serving.

Nutrients and two diet patterns

- A nutrient is a substance in food the body uses, such as protein or fat.
- A mixed diet includes animal foods and plants. A vegetarian diet is built from plants, sometimes with dairy or eggs.

Key terms

nutrient

A substance in food that the body uses, such as protein, carbohydrate, fat, vitamins or minerals.

mixed diet

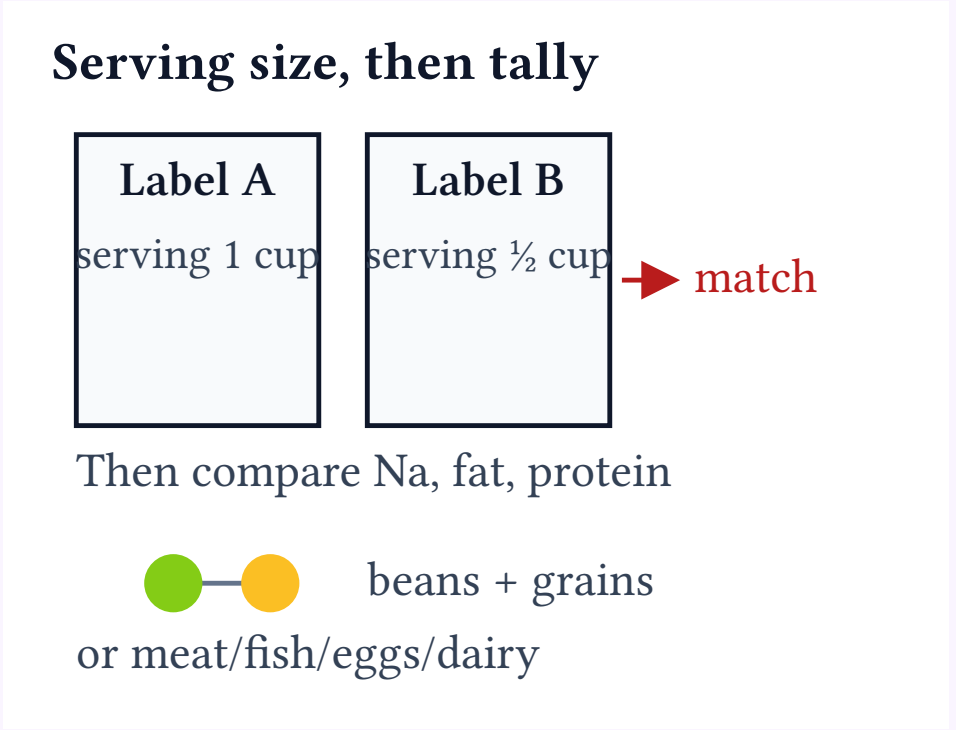
A pattern of eating that includes foods from animals and from plants.

vegetarian diet

A pattern of eating built from plant foods, sometimes with dairy or eggs, and planned so nutrient needs are met.

Serving size, then the nutrient tally

- Match the serving sizes first, then compare sodium, fat, and protein.
- Beans with grains can cover protein in a vegetarian pattern. Meat, fish, eggs, or dairy can cover it in a mixed pattern.



Two cups of soup

- The label says 700 mg of sodium in one cup.
- Two cups are two servings, so the sodium is 1400 mg.

Crackers and soup

- Five crackers are one serving and one cup of soup is another.
- Write both serving sizes before you compare the sodium.

Sodium and blood pressure

- A high-sodium pattern raises the sodium you eat in a day.
- That pattern is linked with higher blood pressure.

Bring a label, leave with a tally

- The serving size tells you how much food the sodium and fat numbers belong to.
- A diet works when the day’s foods cover protein and the other nutrients the body uses.