



NUTRITION
Part two

Food Label

A panel found on a package of food which contains a variety of information about the nutritional value of the food item.

CARBOHYDRATE (CARBS)

Essential nutrients that are the body's main source of energy.

PROTEIN

Chains of amino acids which are an essential part of all living organisms, especially as structural components of body tissues such as muscle, hair, etc.

GLUTEN

A mixture of two proteins in grains, especially wheat.

GLUTEN-FREE

(of food or a diet) not containing gluten.

SATURATED FAT

Saturated Fats that are solid at room temperature, such as the fat in meats, poultry skin, and foods made from whole milk.

They increase blood cholesterol levels and the risk of heart disease.

UNSATURATED FAT

Fats that are liquid at room temperature, such as the fat in vegetable oils, nuts, fish, and olives.

TRANS-FAT

An unhealthy substance that is made through the chemical process of hydrogenation of oils.

FIBER/FIBRE

The parts of fruits and vegetables that cannot be digested. Fiber is of vital importance to digestion; it helps the body move food through the digestive tract, reduces serum cholesterol, and contributes to disease protection.

VITAMINS

Any of a group of organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body.

MINERALS

In the context of nutrition, a mineral is a chemical element required as an essential nutrient by organisms to perform functions necessary for life. The five major minerals in the human body are calcium, phosphorus, potassium, sodium, and magnesium.

SUPPLEMENT

A product taken orally that contains one or more ingredients (such as vitamins or amino acids) that are intended to supplement one's diet and are not considered food.

SKIM

A thin layer of a substance on the surface of a liquid.

SKIMMED MILK

Milk from which the cream has been removed.

NO ADDED SUGAR

No sugar added means the manufacturer has not added any sugar to the product.

LEAN (MEAT, POULTRY, FISH)

Lean meats are meats with a relatively low fat content. Skinless chicken and turkey and red meat, such as pork chops, with the fat trimmed off are examples of lean meat.

GM PRODUCT

GMO stands for Genetically Modified. This means that the product was created, or partially created, by engineers in a lab.

UBSTANCES
) ARACHIDES,
GÉNÉE, AMIDON DE
EL, DEXTRINE DE
KTRINE,
DE COCO ET/OU
GOMME ARABIQUE.

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Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 210	
Fat / Lipides 12 g	18 %
Saturated / saturés 7 g + Trans / trans 0.1 g	36 %
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 22 g	7 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 19 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %

COCOA BUTTER, SKIM MILK, LACTULOSE, MILKFAT, PEANUT BUTTER,
- CORN SYRUP, DEXTRIN, COLORING (INCLUDES BLUE
BLUE 2 LAKE, BLUE 2), GUM ACACIA.
CONTAINS PEANUTS, MILK AND SOY. MAY CONTAIN TREE NUTS

**PARTIALLY PRODUCED WITH
GENETIC ENGINEERING.**

who

CALC

25

1.3%L

©M&C Chocolate Candies are made of the finest

Serv. Size 1 Bottle

Amount Per Serving

Calories 200

% Daily Value

Total Fat 0g **0%**

Sodium 65mg **3%**

Total Carb. 55g **20%**

Total Sugars 55g

Incl. 55g Added Sugars **110%**

Protein 0g

Coca-Cola[®]

NUTRITION



I love **spicy** food, especially **curries** - the hotter the better! My sister prefers **mild** curries.

SPICY **adj.** : having the strong taste because spices have been used to flavour it.

CURRY /'kʌri/ **noun**: an Asian dish of meat and vegetables, etc. cooked with hot spices, often served with rice.

MILD (of a flavour) **adj.** : not strong

Those cakes are too **sugary** for me. They have a **sickly** taste.

SUGARY adj. : tasting of sugar

SICKLY adj. : that makes you feel sick because It's too sweet.

They had some delicious **savoury** snacks at the party. They were very **moreish**.

SAVOURY *adj.* : having a taste that is salty not sweet.

MOREISH *adj.* : if food or drink is moreish, It tastes so good that you want to have more of it.

The breakfast buffet was very poor quality: the coffee tasted **bitter** and the fruit juice was **sour**.

BITTER **adj.** : (of food) having a strong, unpleasant taste; not sweet

SOUR **adj.** : having a taste like that of a lemon or of fruit that is not ready to eat.

The food on the plane was **bland** and tasteless - it was like eating cardboard!

BLAND adj. : (of food) not having interesting taste

Eating at home

HOST: Right, there's more soup. Who wants -----**seconds**-----
(= a second amount of the same food that you have just eaten.) ?

GUEST: Oh, yes, please. It was absolutely delicious.

HOST: There's bread here. -----**Just help yourself**-----
(= to give yourself food or drinks, etc.).

GUEST: Thanks.

HOST: Be sure to -----**keep a bit of room**-----for some pudding. Can I
-----**re-fill**----- your glass?

GUEST: Ah, yes, thank you.

HOST: Say -----**when**----- .

GUEST: -----**when**-----! That's fine. Thanks.

Foods and drinks high in fat, sugar and salt

! Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.



NOT every day

Fats, spreads and oils

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.



In very small amounts

Meat, poultry, fish, eggs, beans and nuts

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.



2 Servings a day

Milk, yogurt and cheese

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.



3 Servings a day
5 for children age 9–12 and teenagers age 13–18

Wholemeal cereals and breads, potatoes, pasta and rice

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide.*



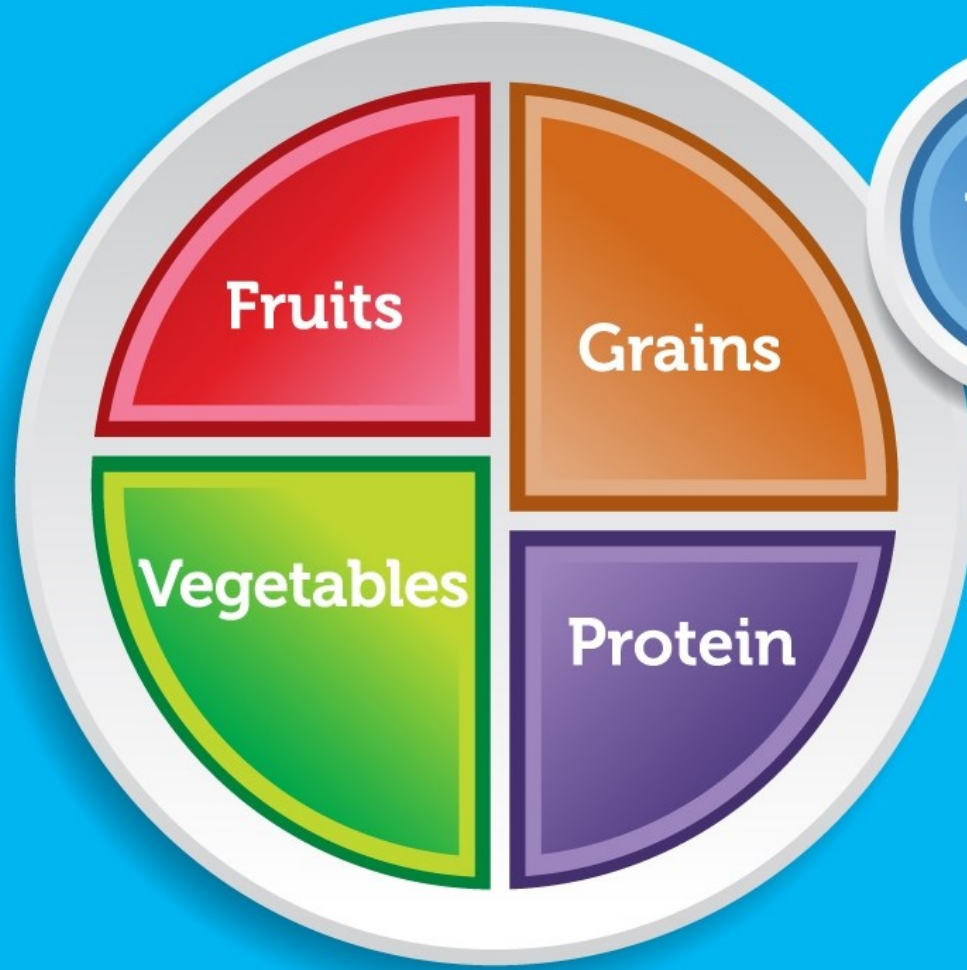
3-5* Servings a day
Up to 7* for teenage boys and men age 19–50

Vegetables, salad and fruit

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



5-7 Servings a day



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