

# HOW TO READ FOOD LABELS WHEN GROCERY SHOPPING

**Nutrition Facts**

Serving Size 1 slice (47g)  
Servings Per Container 6

**Amount Per Serving**

Calories 160    Calories from Fat 90

**% Daily Value\***

**Total Fat** 10g    15%

**Saturated Fat** 2.5g    11%

**Trans Fat** 2g

**Cholesterol** 0mg    0%

**Sodium** 300mg    12%

**Total Carb** 15g    5%

**Dietary Fiber** less than 1g    3%

Sugars 1g

**Protein** 3g

Vitamin A 0%    Vitamin C 4%

Calcium 45%    Iron 6%

Thiamin 8%    Riboflavin 6%

Niacin 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Quick Guide to % Daily Value:**  
5% or less is low  
20% or more is high

- 1 Be aware of the serving size which guides your calorie consumption
- 2 Know how many calories you are eating per serving
- 3 Know the amount of nutrients being eaten by the percentage (%) value contained in each serving
- 4 Take note of the ingredients

# PHYSICAL ACTIVITY CHART



In Collaboration With



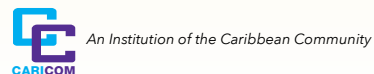
**TRINIDAD AND TOBAGO:**  
CARPHA Headquarters  
16-18 Jamaica Boulevard  
Federation Park, Port of Spain  
T: (868) 299 0820-29; 0895  
E: Postmaster@carpha.org

**SAINT LUCIA:**  
CARPHA Environmental Health and Sustainable Development Department  
Morne Fortune  
PO Box 1111, Castries  
T: (758) 452 2501  
E: carphaslu@carpha.org

**JAMAICA:**  
CARPHA Drug Testing Laboratory  
Hope Gardens, Kingston 6  
T: (876) 977 3540; 702 4235  
E: carphajam@carpha.org



www.carpha.org



# PARENTS' GUIDE TO A HEALTHIER CHILD

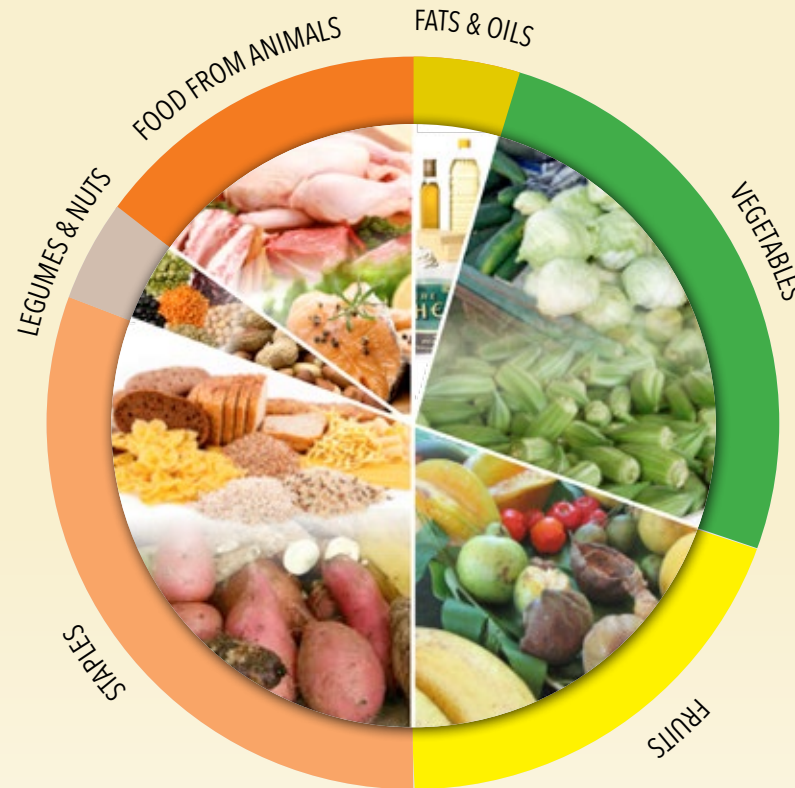


Parent's Guide to a Healthier Child © CARPHA 2015

## TIPS FOR PARENTS

- ✓ Breastfeed babies exclusively for six months and introduce them gradually to family food in addition to breastfeeding.
- ✓ Encourage regular mealtimes using nutritionally adequate meals from a variety of foods.
- ✓ Offer fresh fruits and vegetables daily.
- ✓ Encourage your children to eat nutritious snacks.
- ✓ Drink water: avoid/minimise sweet fizzy drinks, syrups and other sweet drinks.
- ✓ Control the amount and frequency of fats and fatty fried foods such as chips, doughnuts, rich pastries and desserts, chocolates, fatty meats, salad dressings and gravies.
- ✓ Read food labels when grocery shopping.
- ✓ Serve smaller portions. Use smaller plates if your child is overweight.
- ✓ Take an interest and support the child who is trying to control his or her weight.
- ✓ Don't tease or allow others to bully your child if he/she is overweight.

## USE FOODS FROM THE SIX FOOD GROUPS DAILY



USE 7-9 INCH PLATES

*Parents can help promote health and wellbeing and prevent obesity in children*

I \_\_\_\_\_ pledge to encourage my child \_\_\_\_\_ to engage in at least 60 minutes of moderate daily exercise and to eat a variety of nutritious food at meal time.

\_\_\_\_\_  
Parents/Guardian's signature

\_\_\_\_\_  
Child's signature

Date: \_\_\_\_\_

## WHAT IS THE CALORIE COUNT?

This is the amount of calories in a specified serving of food eaten.

	QTY	FOODS	CALORIES
STAPLES	1 cup	Plantain cooked	180
	1 slice	Whole wheat bread	70
	1 cup	Spaghetti cooked soft	155
	1 cup	Parboiled rice cooked	190
	1 medium	Green banana	140
	10	Chips (potato)	105
	6	Crackers	140
	1/2 cup	Pasta	70
	1 cup	Popcorn popped in vegetable oil and salted	55
	FOODS FROM ANIMALS	5 medium	Shrimp
1 oz		Cheddar cheese	115
3 ozs		Canned corned beef	185
1 cup		Chocolate milk	210
1		Vienna sausage	45
1.7 ozs		Chicken drumstick	120
1 cup		Vanilla soft serve ice cream	375
FRUITS	1	Hardboiled egg	75
	1/2 large	Ripe banana	40
	20	West Indian cherries	40
	1 small	Mango	40
FATS & OILS	1/2 cup	Papaya/pawpaw	40
	1 tsp	Peanut butter	45
VEGE-TABLES	1 tsp	Butter / oil / margarine	45
	1/2 cup	Carrots / pumpkin / mixed vegetables	36
LEGUMES & NUTS	1/4 cup	Chick peas / stewed pigeon peas	72
	16	Peanuts	72
	7	Cashew nuts	72
	10	Almonds	72

Each food group is in a different colour. To ensure that you eat a variety of foods daily, you may choose from the groups above.

Choose what you wish from the table above, ensuring that you include from each colour.