

# 18 FOOD DETECTIVES: THE WHOLE STORY



## PURPOSE

Part of understanding nutrition is knowing how to decipher food labels. Often, the nutrition facts only tell part of the story and relying on the claims made on the front of the packages (i.e. "Part of a healthy breakfast") can be misleading. In this activity, young workers will learn how to uncover hidden truths about their food. Eating a healthy diet promotes good health and can make a difference in a young worker's performance, alertness, and mood at work.

## ACTIVITY TIME

Approximately 15 minutes

## PREPARATION

- ☐ Handouts are included in the activity book, pages 35–36.

Alternatively, you can print the handouts from the website. The handouts can be found at:

**[www.promotingusafetyhealth.com](http://www.promotingusafetyhealth.com)**

Click on "Start the Conversation Activities," then find the "Food Detectives" activity and click on the "Handout" link. Print one of each handout per attending staff member, letter size, double sided

- ☐ Print PUSH Cards.

## DIRECTIONS

Supervisor reads out loud

**Supervisor reads out loud**

### SUPERVISOR READS QUESTION

- ✕ *Do not read out loud*



**OREGON HEALTHY  
WORKFORCE CENTER**

**A NIOSH CENTER OF EXCELLENCE**

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## BACKGROUND

Let's review the Healthy Plate Guidelines:

- ☉ Half our plates should be fruits and veggies—about five servings a day.
- ☉ A quarter of our plate should be healthy protein.
- ☉ A quarter of our plate should be whole grains.
- ☉ Drink water.
- ☉ Use healthy fats/oils.

### GREAT. WHO CAN TELL ME WHAT A WHOLE GRAIN IS?

✖ *Let staff answer.*

A whole grain is a grain that has its shell—or bran—on it, as opposed to a refined or processed grain, which has its shell removed.

Eating whole grains is important to maintaining health because the shell of the grain is where all of the good nutrients are located, like fiber and vitamin B. Examples of whole grains include brown rice and quinoa.

Eating processed and refined grains isn't as nutritious as eating whole grains. For example, to make white flour or white rice, the bran is removed, and much of the good nutrients are removed along with it.

Can anyone name some foods in which we see refined grains; maybe in some of our favorite meals?

✖ *Let staff answer.*

- ☉ Regular pasta
- ☉ Pizza dough
- ☉ Baked goods (cookies, cakes, donuts)
- ☉ White bread and buns

## ACTIVITY 1

So, now you know what whole grains are, but do you know how to find them in the foods you eat?

In this exercise, we'll test your detective skills as we figure out which foods have 100% whole grains and which are fakes!

✖ *Give staff Handout 1 or ask employees to turn to pages 35 and 36 in their activity workbooks—a list of products and their ingredient lists—and instruct them to put an 'X' next to the 100% whole grain products. Give them a few minutes to look it over. Then, ask how they figured it out.*

Before I give you the answers, I want to share a few things with you. Companies try to trick consumers into believing their products contain “whole grains.” When you are shopping, you have to catch those sneaky companies. No matter what the label says, always be sure to check the food label on the back of the package. If there is the word “whole” before the grain ingredient(s), such as “whole wheat flour” then you are good to go. Otherwise, you're walking into a trap.

The second tip is that there is a stamp for products that have 100% whole grains. It looks like this!

✖ *Flip over the visual aid of the whole grain stamp on the next page to show employees.*



**WHOLE  
GRAIN**

**8g or more  
per serving**

**WholeGrainsCouncil.org**

**EAT 48g OR MORE OF  
WHOLE GRAINS DAILY**

## ACTIVITY 2

For this activity, we're going to try to expose some sneaky marketing tactics.

Does anyone know what "organic" means?

It can indicate that a particular food is produced without chemical fertilizers, pesticides or other artificial agents.

Do you think the fruits and vegetables you eat need to be organic?

✖ *Let staff answer.*

Organic produce is preferred from an environmental standpoint, but the information about its health effects is unclear. When it comes to fruits and vegetables, you don't need to eat organic to get the benefits. Washing your fruit and vegetables with water and getting the dirt off is good enough. The important thing is to eat at least five servings of fruits and veggies a day.

Product packaging will have words like "natural," "all natural," "nature made," "light/lite," "smart," and maybe a few others.

"Nature made," "natural," or "all natural" are supposed to mean "no artificial ingredients," which sounds healthy, but if you look at the nutrition label, you can see that "natural" doesn't always mean healthy.

Light or Lite is supposed to mean lower in fat and calories, but sometimes marketers use it to describe the color or texture, not the nutritional content. Remember, fat and calories are not to be feared, as long as our food gives us good nutrition.

The word "smart" is also misleading when used to describe food. The smart choice is always the one with fewer hard-to-read ingredients and high nutritional value. Just because something says "smart" doesn't mean it's a good idea to eat it. Read the label.

✖ *Distribute Handout 2.*

On this page, let's compare a snack product's packaging to its nutrition information. Circle the buzzwords product marketers have used to convince shoppers that these products are healthy. Then, circle the first couple of ingredients on the ingredient list. Do you think the packaging is misleading? Or is this truly a healthy snack?

## PUSH FORWARD

✖ *Pass out PUSH cards.*

On your card is a link to the Promoting U through Safety and Health or PUSH Tumblr page ([www.promotingusafetyhealth.com](http://www.promotingusafetyhealth.com)). If you follow this page you can learn about other ways to stay safe at home and at work.

The Tumblr page has additional information and activities related to what we talked about today.

# 18 FOOD DETECTIVES: THE WHOLE STORY HANDOUT #1 — ANSWERS



## ANSWER SHEET

Instructions: Write an 'X' next to the **100%** whole grain products.

X

### 1. NATURE'S PRIDE BREAD, DOUBLE FIBER

*Ingredients: Whole Wheat Flour, Water, Inulin, Wheat Gluten, Yeast, Sugar, Cracked Wheat, Soy Fiber. Contains 2% or Less of: Cultured Wheat Flour, Honey, Salt, Brown Sugar, Molasses, Wheat Bran, Soybean Oil, Raisin Juice Concentrate, Vinegar, Soy Flour, Whey, Soy Lecithin, Cultured Corn Solids.*

### 2. RITZ CRACKERS, BAKED WITH WHOLE WHEAT

*Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially hydrogenated Cottonseed Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Leavening (Calcium Phosphate and/or Baking Soda), Salt, High Fructose Corn Syrup, Soy Lecithin. Contains Wheat, Soy.*

### 3. BELVITA SOFT BAKED OATS & CHOCOLATE

*Ingredients: Whole Grain Blend (Rolled Oats, Rye Flakes), Enriched Flour [Wheat Flour, Reduced Iron, Niacin, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Canola Oil, Invert Sugar, Inulin, Sugar, Raisin Paste, Glycerin, Semi-Sweet Chocolate (Sugar, Chocolate, Cocoa Butter, Dextrose, Milkfat, Soy Lecithin, Vanilla Extract), Sugar, Cornstarch, Molasses, Baking Soda, Soy Lecithin, Salt, Natural Flavor, Ferric Orthophosphate (Iron), Niacinamide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1).*

### 4. BARILLA WHITE FIBER SHELLS

*Ingredients: Semolina (Wheat), Durum Wheat Flour, Whole Durum Wheat Flour, Corn Starch, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid.*

X

### 5. THOMAS' HEARTY GRAINS ENGLISH MUFFINS

*Ingredients: Whole Wheat Flour, Water, Farina, Wheat Gluten, Yeast, Sugar, Salt, Preservatives (Calcium Propionate, Sorbic Acid, Grain Vinegar, Natural Flavor, Sodium Stearoyl Lactylate, Mono- and Diglycerides, Ethoxylated Mono- and Diglycerides, Sucralose, Soy Lecithin, Soy, Whey (Milk).*

X

### 6. BEAR NAKED HONEY ALMOND WHOLE GRAIN OAT GRANOLA

*Ingredients: Whole Grain Oats, Soy Protein Concentrate, Honey, Expeller Pressed Canola Oil, Soy Protein Isolate, Almonds, Soy Nuts (Roasted Soybeans), Natural Flavor, Whole Grain Crisp Rice (Whole Grain Rice, Barley Malt).*



# 18 FOOD DETECTIVES: THE WHOLE STORY HANDOUT #2 — ANSWERS

## INSTRUCTOR VERSION

Instructions: Let's compare a snack product's packaging to its nutrition information. Circle the buzzwords product marketers have used to convince shoppers that these products are healthy. Then, circle the first couple of ingredients in the ingredient list. Do you think the packaging is misleading? Or is this truly a healthy snack?

### MOM'S BEST CEREALS, COCOA MARSHMALLOW SAFARI



#### Nutrition Facts

Serving Size: 3/4 Cup (30g)  
Servings Per Package: TBD

Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
<b>Calories</b>	120	160
Calories from Fat	10	10
% Daily Value**		
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>	<b>3%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>	<b>6%</b>
<b>Potassium</b> 50mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
Sugars 16g		
<b>Protein</b> 1g		
Vitamin A	0%	6%
Vitamin C	0%	0%
Calcium	8%	25%
Iron	2%	2%

\* Amount in cereal. One-half cup skim milk contributes an additional 65mg sodium, 6g total carbohydrate (6g sugars) and 4g protein.

\*\* 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** sugar, marshmallows (sugar, corn syrup, dextrose, gelatin, blueberry, pumpkin and carrot concentrates for color, natural flavor), **corn meal**, **corn flour**, corn syrup, corn bran, cocoa (processed with alkali), coconut oil, caramel color, canola oil, calcium carbonate, salt, natural flavor, trisodium phosphate.

**Corn May Contain Traces of Soy.**

ANNIE'S ORGANIC CHEDDAR BUNNIES



Nutrition Facts

Serving Size 51 Crackers (30g)  
Servings Per Container About 7

Amount Per Serving	
<b>Calories</b>	140
Calories from Fat	50
% Daily Value*	
<b>Total Fat</b> 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 250mg	10%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
*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

**Ingredients:** organic wheat flour, expeller-pressed sunflower oil, salt, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), yeast, paprika, cultured whole milk, nonfat milk, annatto extract (for color), ground celery seed, onion powder, natural vitamin e (to protect flavor).

CONTAINS MILK AND WHEAT INGREDIENTS.

SENSIBLE PORTIONS GARDEN VEGGIE STRAWS



Nutrition Facts

Serving Size 1 Bag (28g)			
Amount Per Serving			
Calories 130		Calories from Fat 60	
		% Daily Value**	
Total Fat	7g		11%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	15g		5%
Dietary Fiber	less than 1g		2%
Sugars	less than 1g		
Protein	less than 1g		
Vitamin A	0%	Vitamin C	2%
Calcium	0%	Iron	2%
**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

**Ingredients:** veggie straws (potato starch, potato flour, corn starch, tomato paste, spinach powder, salt, potassium chloride, sugar, beetroot powder [color], turmeric, canola oil and/or safflower oil and/or sunflower oil, sea salt).



SIMPLY CHEETOS PUFFS, WHITE CHEDDAR



Nutrition Facts		
Serving Size 1 oz (28g/About 32 pieces)		
Amount Per Serving		
Calories 150		Calories from Fat 80
% Daily Value*		
Total Fat	9g	14%
Saturated Fat	1.5g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	290mg	12%
Total Carbohydrate	16g	5%
Dietary Fiber	less than 1g	3%
Sugars	1g	
Protein	2g	
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 0%
Vitamin E	10%	Riboflavin 2%
Vitamin B6	2%	Phosphorus 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

**Ingredients:** organic corn meal, expeller pressed sunflower oil, whey, cheddar cheese (milk, sea salt, cheese cultures, enzymes), maltodextrin, sea salt, natural flavors, organic sour cream (cultured organic skim milk, organic cream, cornstarch, dry organic skim milk, acidophilus, bifidus culture), torula yeast, lactic acid, citric acid.

SMARTFOOD DELIGHT WHITE CHEDDAR FLAVORED POPCORN



Nutrition Facts			
Serving Size 1 oz (28g/About 3 1/2 cups)			
Amount Per Serving		1 oz	1 cup
<b>Calories</b>		130	35
Calories from Fat		45	15
% Daily Value*			
<b>Total Fat</b>	5g, 1.5g	<b>8%</b>	<b>2%</b>
Saturated Fat	1g, 0g	<b>4%</b>	<b>0%</b>
Trans Fat	0g, 0g		
<b>Cholesterol</b>	0mg, 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b>	220mg, 65mg	<b>9%</b>	<b>3%</b>
<b>Total Carbohydrate</b>	18g, 5g	<b>6%</b>	<b>2%</b>
Dietary Fiber	3g, less than 1g	<b>13%</b>	<b>4%</b>
Sugars	less than 1g, 0g		
<b>Protein</b>	3g, less than 1g		
Vitamin A		0%	0%
Vitamin C		0%	0%
Calcium		0%	0%
Iron		2%	0%
* 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

**Ingredients:** organic corn meal, expeller pressed sunflower oil, whey, cheddar cheese (milk, sea salt, cheese cultures, enzymes), maltodextrin, sea salt, natural flavors, organic sour cream (cultured organic skim milk, organic cream, cornstarch, dry organic skim milk, acidophilus, bifidus culture), torula yeast, lactic acid, citric acid.