Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Block\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.2.2 Food Labels**

Go to <https://www.nutritionix.com/brands/restaurant> and choose a local sit-down restaurant (like Olive Garden). Select a meal that you would typically order (ex: 2 breadsticks, salad, spaghetti and meatballs). Complete the table for that meal. Research 3-4 requirements for a healthy diabetic diet. Now, select a meal (at the same restaurant) that would be a wise choice for Anna to order as a diabetic.

Restaurant Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

YOUR MEAL

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Menu Item (you may not need to use all 4 rows)** | **Total Calories** | **Total Protein** | **Total Carbohydrates** | **Total Simple Sugars** | **Total Fat** | **Time to burn calories Walking** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| TOTAL FOR MEAL |  |  |  |  |  |  |

What surprised you about your “favorite meal”?

Write three to four requirements or recommendations for a healthy diabetic diet.

ANNA’S MEAL

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Menu Item**  **(you may not need to use all 4 rows)** | **Total Calories** | **Total Protein** | **Total Carbohydrates** | **Total Simple Sugars** | **Total Fat** | **Time to burn calories Walking** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| TOTAL FOR MEAL |  |  |  |  |  |  |

Write a few sentences about why this meal is a good choice for a diabetic like Anna.

Conclusion Questions:

1. Why do you think nutritional information is listed per serving and not per package? What are the pros and cons to this method?
2. Read this [article](https://www.npr.org/sections/thesalt/2019/09/03/757051172/blind-from-a-bad-diet-teen-who-ate-mostly-potato-chips-and-fries-lost-his-sight). Given what you have learned about the function of key vitamins and minerals, explain why it is most often recommended for adults to consume a multivitamin once a day along with their regular meals.
3. Review the comparison chart below and explain why Dietary Reference Intake (DRIs) are now the preferred value for nutritional intake but are not shown on food labels.

