

## Assignment01

### Part A

Do you...	Always (3pts)	Usually (2pts)	Sometimes (1pt)	Never (0pt)
<i>For nutrition...</i>				
Read the front-of-package nutrition information on a food label?				✓
Use nutrient content claims and health claims to quickly spot foods you want?				✓
Check the % Daily Values to get specific information after you read a nutrient content claim?				✓
Use food labels to compare the nutrients and ingredients in similar foods?				✓
Look for nutrition information displayed near fresh foods: produce, meat, poultry and fish?				✓
Know how to use the "5-20 guide" to check Nutrition Facts?				✓
Use Nutrition Facts including serving sizes on food labels to plan healthful meals and snacks				✓
Subtotal for nutrition	0			
<i>For safety...</i>				
Look for dates printed on packages to buy foods at their peak?		✓		
Check packaging and cans to be sure they're clean and not damaged?		✓		
Take perishable foods home within thirty minutes of shopping and immediately refrigerate or freeze them?	✓			
Check to be sure that frozen foods are solid and that refrigerated foods are cold?			✓	
Look for qualities of freshness in produce and raw meat, poultry and fish?			✓	
Put fresh meat, poultry and fish in separate bags when you can so they don't drip on other foods in your shopping cart				✓
Put foods that need to be refrigerated in separate bags to help maintain a cooler temperatures when they're bagged?				✓
Subtotal for safety	9 out of 21			
<i>For cost savings...</i>				
Use unit price codes on shelves to compare the cost of similar products?				✓
Take advantage of cents-off coupons and in-store specials?		✓		
Buy only the amount you'll use to avoid waste?	✓			
Shop for seasonal produce?			✓	
Pay attention to the price as each item is scanned at checkout?			✓	
Consider carefully before buying a new food after you sample it or see an attractive display?	✓			
Subtotal for cost savings	10 out of 18			
<i>For convenience...</i>				
Keep a shopping list to use as you shop?	✓			
Shop during off-hours to save time and avoid crowds if possible?			✓	
Buy foods that are partly or fully prepared?			✓	
Buy single-portion or small-sized packages when you're feeding one or two?				✓
Keep shopping trips to a minimum - no more than once or twice a week?	✓			
Subtotal for convenience	11 out of 15			

From reading the chapter, it is more towards readers who consume more unhealthy products. What I buy usually is very similar every time: meat (sometimes eggs), vegetables, fruit, pasta/rice and milk when needed. Any damaged packaging is easy to spot and I expect the food to be appropriately stored due to health and safety standards that each supermarket must upkeep.

My total score is 20 out of 75. This does not say much about my food choices because in the table, 33 points are allocated towards money and convenience and 21 points are towards safety. Out of the 21 safety points, 12 of them are invalid because if you can get the produce

refrigerated/frozed within 30 minutes of leaving the shop, maintaining cooler temperatures within separate bags are not needed and most foods have separate packaging thus drips do not matter.

### Part B

RDI is the **R**ecommended **D**aily **I**ntake. It is the combination of RDA – **R**ecommended **D**ietary **A**llowance and AI – **A**dequate **I**ntakes.

RDA is the average daily intake of nutrition for nearly all typical healthy individuals in a group.

AI is the value based on an approximated intake by a group of healthy individuals when an RDA cannot be determined.

RDI is used to make sure that an adult is eating healthily by acquiring the necessary nutrition every day and keeping a healthy diet.

A typical % DV guide shows how a one label serving of a food contributes to a 2000 calorie-a-day diet. If a Food Label shows a percentage, the percentage is counted towards the whole day, not a single serving. It is an average percentage for an average adult, so you may need more or less than said on the label.

### Part C

The food that Nutrition Facts apply to is the amount in one label serving, not necessary the whole container.

The “5-20 guide” is a quick guide to read any nutrient. It indicates how much is required, so if foods have a 5% or less Daily Value, then you’ll need to limit that, and for foods with 20% or higher, you’ll need a lot of those nutrients.

The terms that are on packages but are not regulated are:

- Doctor-recommended
- Eco-friendly
- Energy
- Green
- Natural
- Naturally raised, naturally grown
- High-Quality
- Local
- No Additives
- Sustainable
- Wholesome