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Promoting a Healthy Diet With Food Label Education

CONTRIBUTING AUTHORS: Mary Beth Vonder Meulen, RN, CCRC, University of Cincinnati; Rosellen Roche, MD, PhD, Ohio University; Eileen Seeholzer, MD, MS, Case Western Reserve University; Kate Gawlik, DNP, APRN-CNP, RN, The Ohio State University, on behalf of Team Best Practices

The ability to follow dietary recommendations is crucial for people managing chronic diseases such as diabetes and cardiovascular disease. Patients who can interpret food labels have better health outcomes.¹

Primary care teams can use health literacy and numeracy screening methods (e.g., **Newest Vital Sign** or **Single Item Literacy Screener**) to identify patients with limited skills and provide accessible information and plans for their health management.^{2,3}

When patients who would most benefit from healthy dietary information are identified as having low health literacy and/or numeracy, primary care teams can improve their patients' understanding by using targeted interventions such as teaching basic use of the Nutrition Facts Panel (NFP) and Front of Package (FOP) label.

Pictorial guides, such as Cardi-OH's **DASH Diet Plate**, can be used in addition to the NFP or FOP. These resources can be reviewed as part of a clinical visit, giving the patient with low health literacy and/or numeracy tools to make healthier food choices until they can connect with a registered dietitian or **Diabetes Self-Management Education and Support (DSMES)** provider or program.

For more information, access Cardi-OH's expanded resource on **health literacy and numeracy**.

Nutrition Facts Panel

Patients can be taught to use percent Daily Value (%DV) on the updated NFP to determine if a food serving is high ($\geq 20\%$ DV) or low ($\leq 5\%$ DV).

- Servings Per Container
- % Daily Value (%DV)
- Serving Size
- Calories

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.8mg	8%
Potassium 510mg	10%

← HIGH
← HIGH
← LOW
← LOW
← HIGH

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Front of Package Label PER 1/2 CUP

The simplified FOP label can be taught to understand key information about calories, saturated fat, sodium, and sugar.^{4,5}

240 CALORIES	6g SAT FAT 30% DV	560mg SODIUM 23% DV	3g TOTAL SUGARS
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Adapted from Facts Up Front

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