

THE 7 CLUES FOR NUTRITION DETECTIVES

Adapted from A Katz & Katz Production for THRIVE, with permission.



1. The front of a food package is like a commercial to talk you into buying that particular food. Don't be fooled by the ads on the front.
2. Look for the true facts on the food label by heading straight to the ingredients list.
3. Don't be fooled by the BIG letters on the front of the packet. Look for the itty bitty letters on the back of the food label instead.
4. The FIRST ingredient on the list is always the BIGGEST! So make sure it is healthy. The ingredients are always listed in the order of what a food is mostly made up, so those ingredients coming first are the ones that you're eating the most of.
5. Look out for words like "partially hydrogenated oil, soybean oil, cotton seed oil, corn based additives, sugar beets and high-fructose corn syrup, trans fats and genetically modified" Look for these words on a busy nutrition label. If you find these words, you will know that the food contains unhealthful ingredients. You automatically avoid much of the supermarket products that contain trans fats and / or genetically modified ingredients by avoiding these. Try to looking for simpler ingredients lists.
6. Avoid food with a LONG INGREDIENT LIST!
Foods with shorter lists tend to be better for you. They usually have fewer added ingredients that your body doesn't need, such as flavour, enhancers, preservatives, or dyes.
7. If you can't pronounce it or understand it, stay away from it! These ingredients are most likely additives that our body doesn't understand either.

Avoid numbers in the food where possible. If you're not sure what they are or what they might do to us, download the Chemical Maze app and look up the numbers in the food additives list and let your kids decide how it sounds!

NOW IT'S TIME TO USE THESE CLUES IN YOUR KITCHEN

This is a chance for your family to use your Nutrition Detectives™ skills at home! It's best if the children and adults in the family work on this project together. You'll be looking at the products / packets in the home that complement your produce in the fridge.

Directions

1. Review the clues from the Nutrition Detectives™ outlines above
2. Look in your refrigerator and kitchen cupboards for foods that come in boxes, bottles, jars, cartons, or decide together whether they are "CLUED-IN" and "CLUE- LESS" choices based on the clues from Nutrition Detectives.™ Along with the clues, use the ingredient lists and the Nutrition Facts labels on the food products to decide, and fill out the sheet below for each item.
3. If you find that many of the foods in your home tend to be "CLUE-LESS" choices discuss with your family how you can make more whole food, yet still delicious choices in the future. You might be able to find foods that are similar to the ones that you usually buy, but that are more healthful based on the ingredient mix. The idea is to start crowding out the bad with way more good by driving awareness for what might be good in the first place.
4. Repeat this process in a few weeks to see what progress your family has made.

FOOD NUMBER 1

Brand name _____

Kind of food product _____

"CLUED-IN OR CLUE-LESS"?

Why?

FOOD NUMBER 2

Brand name_____

Kind of food product_____

"CLUED-IN OR CLUE-LESS"?

Why?

FOOD NUMBER 3

Brand name _____

Kind of food product _____

"CLUED-IN OR CLUE-LESS"?

Why?

FOOD NUMBER 4

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why?

FOOD NUMBER 5

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why?

FOOD NUMBER 6

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why?

FOOD NUMBER 7

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why?

FOOD NUMBER 8

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why?

REPEAT THIS EXERCISE IN 3 WEEKS AND COMPARE

FOOD NUMBER 1

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why? _____

FOOD NUMBER 2

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why? _____

FOOD NUMBER 3

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why? _____

FOOD NUMBER 4

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why? _____

FOOD NUMBER 5

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why? _____

FOOD NUMBER 6

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why? _____

FOOD NUMBER 7

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why? _____

FOOD NUMBER 8

Brand name _____

Kind of food product _____

“CLUED-IN OR CLUE-LESS”?

Why? _____

How was week 1 different from the repeat 3 weeks later?