

FoodFocus -- *Exploring Nutrients in Individual Foods*

CLICK ON – “All Programs”

Select - FoodFocus

WHERE’S the FAT?

1. Of the following foods, which one contains the most fat per 100 grams? (Record the amount beside the food item to help you with question #2.)

- | | |
|---------------------------------------|--------------------------------|
| a) Potato, flesh & skin, baked _____g | b) Potato Salad _____g |
| c) Potato Pancakes _____g | d) Potato Chips (plain) _____g |
| e) Sweet Potato (baked) _____g | |

HELPFUL HINTS

1ST Select by **SEARCH**. Enter “**potato**” as a keyword. Click on “**Start Search**” to get a list of foods.

2nd On the Sorted by Food Name Window, click on the “**Sort ↓ by Fat ↓by Fat (Total)**” menu option. (**Don’t** chose “Sort” on the FoodFocus main window as that will close the window with the list of foods and you will have to start over.)

3rd Click on the **food names** in the list and, in the lower right hand corner of the window, record the **total fat** listed. (You can use the up and down arrows to move up and down the list to select different foods.)

4th Search**down** the list starting from the top until you find the food that matches.

2. Which of the following foods contain the least fat per 100 grams? (easy – if you recorded the grams of fat in question #1!)

- | | |
|--|--------------------------------|
| a) Potato, baked (flesh & skin) _____g | b) Potato Salad _____g |
| c) Potato Pancakes _____g | d) Potato Chips (plain) _____g |
| e) Sweet Potato (baked) _____g | |

WHERE’S the SALT?

3. Which of the following foods contain the most sodium (salt) per 100 grams? (Use the Search and Sort capabilities.)

- | | |
|---|---------------------------------|
| a) Potato, baked (flesh & skin) _____mg | b) Potato Salad _____mg |
| c) Potato Pancakes _____mg | d) Potato Chips (plain) _____mg |
| e) Sweet Potato (baked) _____mg | |

HELPFUL HINTS

1ST Select by **SEARCH**. Enter “**potato**” as a keyword. Click on “**Start Search**” to get a list of foods.

2nd On the Sorted by Food Name Window, click on the “**Sort / by Minerals/ by Sodium)**” menu option.

3rd Search **down** the list starting from the top until you find a food that matches those you need.

4. Which of the following foods contain the least sodium (salt) per 100 grams? (Use **Search & Sort**)

- | | |
|--|----------------------------------|
| a) Potato, baked (flesh & skin) _____ mg | b) Potato Salad _____ mg |
| c) Potato Pancakes _____ mg | d) Potato Chips (plain) _____ mg |
| e) Sweet Potato (baked) _____ mg | |

HINT: Starting with the list from the previous question, search **up** the list starting from the bottom until you find a food that matches one of the options listed in the possible answers.

WHERE'S the vitamin A?

5. Which of the following foods contain the most vitamin A per 100 grams? (Use **Search & Sort**)

- | | |
|---|-----------------------------------|
| a) Potato, baked (flesh & skin) _____ mcg | b) Potato Salad _____ mcg |
| c) Potato Pancakes _____ mcg | d) Potato Chips (plain) _____ mcg |
| e) Sweet Potato (baked) _____ mcg | |

HINT: **1st** Use the "by Search" with "**potato**" keyword as in previous questions.
2nd Click on the "**Sort / by Vitamins / by Vitamin A**" menu option.
3rd Search **down** the list starting from the top until you find a food that matches one of the options listed in the possible answers.

6. Which of the following foods contain the least vitamin A per 100 grams? (Use **Search & Sort**)

- | | |
|---|-----------------------------------|
| a) Potato, baked (flesh & skin) _____ mcg | b) Potato Salad _____ mcg |
| c) Potato Pancakes _____ mcg | d) Potato Chips (plain) _____ mcg |
| e) Sweet Potato (baked) _____ mcg | |

HINT: Starting with the list from the previous question, search **up** the list starting from the bottom until you find a food that matches one of the options listed in the possible answers.

WHERE'S the Potassium?

7. Which of the following foods contain the most potassium per 100 grams? Find the answer using only "**by Nutrient & Sort**" capabilities.

- | | |
|----------------------------------|----------------------------------|
| a) apricots, dehydrated _____ mg | b) molasses, blackstrap _____ mg |
| c) pistachio nuts, raw _____ mg | d) soy flour (low fat) _____ mg |

HINT:

1st Select "**by Nutrient**" to get a window from which you can define which sets of foods you wish to search for which nutrient.

2nd On the "**Select Foods by Nutrient Content**" window select "**all foods**" which "**are a GOOD SOURCE of**" "**potassium**" and click on the "**Start Search**" button.

3rd Search **down** the list starting from the top until you find a food that matches one of the options listed in the possible answers.

WHERE's the Fibre?

8. Which of the following **fast foods** have the most fibre per 100 grams? (Use Search & Sort)

- a) Sundae, hot fudge _____g b) coleslaw _____g
c) burrito with beans _____g d) miniature cinnamon buns _____g

(there are several options – list the range)

HINT:

1st Select “**by Search**”. Enter “**fast food**” as a keyword. Click on “**Start Search**” to get a list of foods.

2nd On the “**Resorted by Food Name**” window, click on the “**Sort / by Fibre**”.

3rd Searchdown the list *starting from the top* until you find a food that matches one of the options listed in the possible answers.

What about IRON?

9. What is the **nutrient recommendation** for iron for a *21 year old sedentary female* of typical height and weight?

- a) 6 mg b) 9 mg c) 18 mg d) 27 mg

HINT:

1st Select **People** on the **FoodFocus** main screen menu.

2nd On the “**Group on which Nutrient Recommendations are Based**” window, select any person listed in the box following “2. Select any entry in the following list ...” and press the “**Delete from List**” button *until the box is empty*.

3rd Select “**1**” “**adult**” aged “**21 years**” and **female**. Select the “**sedentary**” option and click on the “**Add to List**” button.

4th Click on the “**Save as Revised List**” button.

5th Click on “**Show DRI Nutrient Recommendation SUMMARY**” and view the **DRI** value for **iron**. Note that you can get additional detail by clicking on the “**Show DRI Nutrient Recommendation DETAILS**” button.

6th Click on the “**Show DRI Nutrient Recommendation SUMMARY**” window, to view the **DRI** value for iron.

10. What is the nutrient recommendation for iron for a **24 year old female** who is **pregnant** in the **first 3 months** of her pregnancy.

- a) 6 mg b) 9 mg c) 18 mg d) 27 mg

HINT:

1st Repeat the procedure for the previous question but in step C also select “**pregnant**” “**0-3 months**”.

2nd Click on the “**Show DRI Nutrient Recommendation SUMMARY**” window, to view the **DRI** value for iron.

Congratulations! You're Finished

Name: _____

FoodFocus – *Finding Nutrients in Individual Foods*

CLICK ON – “All Programs”

Select - FoodFocus

1. How many grams of **PROTEIN** are there in 250 mL of **2% partly skimmed milk**? Choose the closest answer.

- a) 2 grams b) 5 grams c) 9 grams d) 25 grams

HELPFUL HINTS

- 1ST Select **Food by Type/Milk, Cream, Cheese/Milk Fluids** to get a list of foods.
- 2nd Double click on **“MILK, FLUID, PARTLY SKIMMED, 2% M.F.”**
- 3rd On the **“Enter Quantity for a new food”** window, click on **“Show Nutrient Data”**.
- 4th If a pop-up window appears which states that “No groups of persons was defined so one adult female is used as a default”, click **‘OK’**.
- 5th At the top of the “Nutrient Analysis for One Food” window, click the **“250 mL”** quantity and then click on the **“Scientific Units”** display option.
- 6th Find the number of grams of **PROTEIN**.

2. What percent of an *adult woman’s* daily **Dietary Reference Intake** for **Vitamin D** is met by 250 mL of 2% partly skimmed milk?

- a) 5% b) 15% c) 35% d) 55%

HELPFUL HINTS

- 1ST On the **“Nutrient Analysis of One Food”** window (repeat the steps in Question #1 if you need to redisplay it), click on the **‘% Daily DRI’** display option.
- 2nd Find the **‘% DRI’** for Vitamin D.

3. For *how many of the nutrients* listed would an adult woman get at **least 5%** of nutrition recommendations for **250 mL of 2% milk**? Count only those nutrients for which we should get at least 100% of the nutrient recommendations. (**Don’t count water, protein, carbohydrates or total fat.**)

- a) 0 b) 2 c) 7 d) 10

HINT

Count those nutrients listed under **“Nutrients for which intake should be more than 100%”**.

4. What if a can of **Orange Soda** is consumed instead of **250 mL of 2% Partly Skimmed Milk**? How does the “Nutrient Picture” change? For how many nutrients would she get at least 5% of her nutrient recommendations? Count only those nutrients for which we should get at least 100% of the nutrient recommendations. (Don’t count water, protein, carbohydrates or total fat.)

- a) 0 b) 2 c) 7 d) 10

HINT:

1st Select **Food by Type/Beverages/Beverages Non-Alcoholic** to get a list of foods.

2nd Double Click on **“CARBONATED DRINK, ORANGE SODA”**.

3rd On the **“Enter Quantity for a New Food”** window, click on **“Show Nutrient Data”**.

4th At the top of the **“Nutrient Analysis for One Food”** window, click the **“1 can (355 mL)”** quantity and then click on **‘% Daily DRI’** display option.

5th Count those nutrients listed under **“Nutrients for which intake should be more than 100%”**.

5. What **raw** fruit commonly grown in Canada has the most **Vitamin C** per 100 grams?

- a) Apples b) Blackberries c) Strawberries d) Watermelon

HINT:

1st Select **Food by Type/Fruits, Related Products/Fruits** to get a list of foods.

2nd On the **“Resorted by Food Name”** window, click on the **“Search”** menu option. (Do NOT chose “Search” on the FoodFocus main window as that will close the window with the list of fruits and you will have to start over.)

3rd In the **“Search in this list by keywords”** window, enter a keyword of **“raw”** and click on the **“Start Search”** button. (We just want RAW fruit.)

4th On the **“Resorted by Food Name”** window, click on the **“Sort/by Vitamins/by Vitamin C”** menu option. This sorts foods from **most to least** vitamin C/100 g.

5th Click on the food names in the list and, in the lower right hand corner of the window, read the amount of Vitamin C/100 grams.

6. If you were choosing between **Canola, Corn, Olive & Sunflower OIL** and looking for the oil with the **least saturated fat** (harmful fat!), your best choice would be:

- a) Canola Oil b) Corn Oil c) Olive Oil d) Sunflower Oil

HINT:

1st Select **Food by Type/Fats & Oils/Oils** to get a list of foods.

2nd On the “**Resorted by Food Name**” window, click on the “**Sort/byFat/byFatty Acids Saturated**” menu option. (This sorts the foods from ***most to least***.)

3rd Click on the food names in the list and, in the lower right hand corner of the window, read the amount of saturated fatty acids/100 grams of food.

4th Search **up the list starting from the bottom** until you find an oil that matches one of the options listed in the possible answers.

7. Considering the amount of **Saturated Fat**, which of the following oils would be your **WORST** choice (containing the most saturated fat).

- a) Almond Oil b) Coconut Oil c) Palm Oil d) Peanut Oil

HINT:

On the “**Resorted by Food Name**” window list of oils sorted by **Saturated Fatty Acids** as displayed for the previous question, search ***down the list starting from the top*** until you find an oil that matches one of the options listed in the possible answers.

8. If an adult woman consumes a bowl of **Tomato Vegetable Soup** (made from dehydrated soup mix) which is 10 cm in diameter and is filled 5 cm deep, how much of her **food energy** (calories) did she consume?

- a) 1% b) 5% c) 10% d) 100%

HINT:

1st Select **Food by Type/Soups** to get a list of foods.

2nd On the “Resorted by Food Name” window, click on the “Search” menu option. (**Don’t chose “Search” on the FoodFocus main window as that will close the window with the list of foods and you will have to start over.**)

3rd In the “**Search in this list by keywords**” window, enter the keyword “**tomato**” and click on the “**Start Search**” button. This will narrow your search.

4th Double click on “**SOUP, TOMATO VEGETABLE, DEHYDRATED, WATER ADDED**”.

5th Under amount option #4, select “**CYLINDER (CM)**” on the shape drop-down list.

6th Enter “**1**” piece of a shape with diameter of “**10**” cm and a height of “**5**” cm.

7th Click on the “**Show Nutrient Data**” button. At the top of the “**Nutrient Analysis for One Food**” window, click the “**10 cm X 5 (420 grams)**” quantity and then click on the “**% Daily DRI**” display option.

8th Note the value of the **Food Energy** (Calorie amount).

9. If an adult woman consumes a bowl of **Tomato Vegetable Soup** (made from dehydrated soup mix) which is 10 cm in diameter and is filled 5 cm deep, how close is she to her **sodium DRI**?

- a) 1% b) 5% c) 10% d) 100%

HINT:Using the “**Nutrient Analysis of One Food**” window from the previous question, read the percentage of the sodium DRI.

10.If an adult woman consumes a bowl of **low sodium tomato soup** which is 10 cm diameter and is filled to 5 cm deep, how close is she to her sodium upper limit?

- a) 1% b) 5% c) 10% d) 100%

HINT:

1st Use the steps for question #9 except double click on “**SOUP, TOMATO, LOW SODIUM, WATER ADDED**”.

2nd On the “**Nutrient analysis for One Food**” window, note the percentage of the sodium DRI.

11.If an adult woman consumes a bowl of Post Sugar Crisp for breakfast which is 10 cm in diameter and is filled to 5 cm deep, how much **fibre** does she consumer? (Note the cost of this amount of cereal as it will be needed in a later question.)

- a) 1 gram b) 2 grams c) 4 grams d) 8 grams

HINT:

1stSelect **Food by Type/Breads/Cereals/Related Products/Breakfast Cereals** to get a list of foods.

2nd On the “**Resorted by Food Name**” window, search down and double click on “**CEREAL,READY TO EAT,SUGAR CRISP, POST**”.

3rdSelect the cylinder shape option and enter the diameter and height as in previous questions.

4thClick on the “**Show Nutrient Data**” button. At the top of the “**Nutrient Analysis for One Food**” window, click the “10cm DM X 5 (41 grams)” quantity and then click on the “**Scientific Units**” display option.

5thNote the value of the **Fibre**.