

## Nutritional Claims Project

### Procedure:

Find a food label in your house or online that has a "Nutritional Claim".

A Food Label "Health Claim" by definition has 2 essential components; it mentions a nutrient(s) and links that nutrient(s) to a specific disease or health concern.

An example of a health claim might be: "High in Fiber, Reduces risk of Heart Disease".

### Write:

1. What is the claim?
2. What evidence from the ingredients support this claim?
3. Is there research that supports this claim? Research online to see if there is evidence/research that supports this claim. Be sure to only cite reliable sources, such as the FDA.gov, consumer reports, USDA.
4. Describe in detail how the research supports this claim.
5. Create a list of references (author if available, date if available, title of article, retrieved from website name and website address,).

### How to cite a web reference:

#### Examples:

Satalkar, B. (2010, July 15). Water aerobics. Retrieved from <http://www.buzzle.com>

Cain, K. (2012, June 29). The Negative effects of Facebook on communication. Social Media Today RSS. Retrieved from <http://socialmediatoday.com>

**\*\*\*Extra Points Awarded\*\*\*:** Format is C-E-R, typed and at least 2 references. Paper is typed. Food packaging is attached to project.

**This will count as a project grade.**