
Deciphering Food Labels

OSHER 405-001

Dates: Thursday, 1/24/13

Time: 1:30 PM – 3:00 PM

Location: Commander's House, Fort Douglas

Instructor: Adrienne Aldous, Ph.D., R.D.

Course Overview

Students in this class will begin with a lecture about the rules and regulations that govern the universal formatting of food labels. By the end of class, participants will be able to evaluate nutrition claims, define daily values and be able to compare two foods for their nutrient content. This will be a fun, hands on hour that will make expert shoppers out of everyone. Bring a confusing food label and attempt to stump the class!