



# Energy Up, Weight Down? Finding Nutrition Information

by

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Jill returned to her dorm after a Sunday afternoon pick-up football game to find her roommate Nancy unpacking from a weekend visit to her family. Along with a few loads of clean laundry, Nancy had a small case of Enviga®.

“Hey, have you tried that stuff?” Jill asked as she pointed to the energy drink.

“Yeah,” Nancy replied. “I had one over the weekend, and it wasn’t half bad. It’s supposed to give you lots of energy and help you lose weight too.”

Jill, more interested in eating than talking about an energy drink, said, “I’m starving, let’s go down and get supper.”

Jill and Nancy went to the dining hall. Jill chose the pasta entrée, as she often did because it could be made with vegetables, which she enjoyed. Nancy had the same, and they both picked up some salad, milk, and dessert. Even though there was some fruit available, there were also cookies and ice cream and neither of the girls could resist.

“You know, we have pretty good food here, but I’m gaining weight,” Nancy told Jill. “I’ve put on 5 pounds since school started, and it’s only been a month! That’s why I decided to try Enviga®. I don’t think I can diet here, and I’ll take all the help I can get. Plus, I have so much to do, the extra energy will help me keep going. You’re taking a nutrition class, have you heard of this? Will it work for me?”

Jill thought about it a bit. “It’s not something we’ve discussed in class, but I’ll see what I can find out. We have been learning about finding and using nutrition information. Let me take a look at a bottle when we get back to our room.”

Jill returned to class on Monday determined to find out what she could about Enviga®.

## Questions

1. List at least two sources of information that Jill could use to find out about Enviga® besides the website for the product.
2. What is a nutrient claim? Are there any nutrient claims on the Enviga® label? List 4 *other* foods, each from a different food group, that do give nutrient claims, along with the claim made. (You will need to check packages in your cupboard or at the grocery store to answer this question and part of the next question.)
3. What is a health claim? What is a structure-function claim? What kind of claim is made on the Enviga® label, if any? List 3 *other* foods, each from a different food group, that do give health claims, along with the claim made. (Be sure that the health claims you list are “Grade A” claims by consulting your textbook or sources on the Internet.)

4. Evaluate the product information and studies done using Enviga® (found on the website for the product at <http://www.enviga.com>). What are the ingredients that provide “energy”? Focus on the number of subjects, the time over which the treatment was given, and the magnitude of change in the results. What are their strengths? What are their weaknesses?
5. What will Nancy get by taking this energy drink? (Hint: The answer is found in the Nutrition Facts.) What advice can Jill give her about this product and its usefulness in helping her lose weight?

### Grading

Use complete sentences where appropriate; make a list or a table when one is required. Typed work is preferred, but neat, legible handwritten papers are fine. Please—no pencil. And if your handwriting is poor, be sure you type assignments.

<i>Question</i>	<i>Possible Points</i>	<i>Your Points</i>
#1 (Must be complete to receive all points)	1	
#2 and #3, 1 point per definition, 1 point per food listed	5 each	
#4, Answer each part	4	
#5, Answer each part	3	
Professionalism (work is thoughtfully done, neat and readable)	2	
<i>Total</i>	20	

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