



America's Medicine Cabinet:
**Use Medicines
 Safely**



America's Medicine Cabinet

Proceed with (Pharmaceutical) Care

*Supported through a grant from the
 Community Pharmacy Foundation*



Additional Slides

** Health Literacy*

Nutrition Facts

Serving Size $\frac{1}{2}$ cup
Servings per container 4

Amount per serving

Calories 250 Fat Cal 120

%DV

Total Fat 13g 20%

 Sat Fat 9g 40%

Cholesterol 28mg 12%

Sodium 55mg 2%

Total Carbohydrate 30g 12%

 Dietary Fiber 2g

 Sugars 23g

Protein 4g 8%

*Percentage Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.

*Test yourself
using this ice
cream label*

Nutrition Facts

Serving Size $\frac{1}{2}$ cup
Servings per container 4

Amount per serving

Calories 250 Fat Cal 120

%DV

Total Fat 13g 20%

Sat Fat 9g 40%

Cholesterol 28mg 12%

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Ingredients: Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.

1. If you eat the entire container, how many calories will you eat?

Nutrition Facts

Serving Size ½ cup
Servings per container 4

Amount per serving

Calories 250 Fat Cal 120

%DV

Total Fat 13g 20%

Sat Fat 9g 40%

Cholesterol 28mg 12%

Sodium 55mg 2%

Total Carbohydrate 30g 12%

Dietary Fiber 2g

Sugars 23g

Protein 4g 8%

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2. If you are allowed to eat 60 grams of carbohydrates as a snack, how much ice cream could you have?

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Serving Size $\frac{1}{2}$ cup
Servings per container 4

Amount per serving

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Sodium 55mg 2%

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3. Your doctor advises you to reduce the amount of saturated fat in your diet.

You usually have 42 g of saturated fat each day, which includes one serving of ice cream. If you stop eating ice cream, how many grams of saturated fat would you be consuming each day?

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4. If you usually eat 2,500 calories in a day, what percentage of your daily value of calories will you be eating if you eat one serving?

Nutrition Facts

Serving Size ½ cup
Servings per container 4

Amount per serving

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Sodium 55mg 2%

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Dietary Fiber 2g

Sugars 23g

Protein 4g 8%

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Ingredients: Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.

Pretend that you are allergic to: penicillin, peanuts, latex gloves, and bee stings.

5. Is it safe for you to eat this ice cream?

Nutrition Facts

Serving Size ½ cup
Servings per container 4

Amount per serving

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%DV

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Sat Fat 9g 40%

Cholesterol 28mg 12%

Sodium 55mg 2%

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6. Why not?

How Did You Score?

- 0-1 correct suggests high likelihood (50% or more) of limited literacy.
- 2-3 correct indicates the possibility of limited literacy.
- 4-6 correct almost always indicates adequate literacy.



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