

Lesson 4:

Be a Label Sleuth

ABOUT THE LESSON

This lesson focuses on the importance of energy balance. There are three Add variations in the lesson:

- ***Know What's in Your Food*** presents a general overview of food packages, where nutrition information can be found, and how to use the information to make informed decisions
- ***All about Sugar*** defines what sugar is, what the different types are, why they are added, and how to find them on a food label
- ***It's Natural, Organic, or GMO-Free – So It Must Be Healthy!*** focuses on different kinds of nutritional claims and their relationship to the healthfulness of the food

There are also three Apply variations you can mix-and-match with any of the Add variations to create a customized lesson of your choosing.

TEACHING MESSAGES

- | | |
|---|---|
| <input type="checkbox"/> Eat breakfast | <input checked="" type="checkbox"/> Drink water instead of sugary drinks |
| <input checked="" type="checkbox"/> Eat different kinds of fruits | <input checked="" type="checkbox"/> Eat foods from most MyPlate food groups |
| <input checked="" type="checkbox"/> Eat healthy snacks | <input type="checkbox"/> Do things to be physically active |
| <input checked="" type="checkbox"/> Eat different kinds of vegetables | |

LESSON MATERIALS

All Variations

- Access to equipment to show videos (computer, projector, etc.)
- The New and Improved Nutrition Facts Label fact sheet from the FDA

Add, Variation A

- New Nutrition Facts Label poster, printed on card stock

Add, Variation B

- Items for sugar demonstration:
 - One cup of granulated sugar, stored in a plastic container
 - One teaspoon (measuring spoon)
 - One clear plastic cup

Add, Variation C

- Front of Package logo cards:
 - Product with “natural” on the label
 - The USDA Organic logo
 - The Non-GMO Verified Project and Bioengineered logos

Apply, Variation A

- Nutrition Label Comparison cards, printed in color on card stock
- Optional: Student worksheet: “A Closer Look at the Nutrition Facts Label” (included in the Nutrition Label Comparison Cards set)
- Sweetened and unsweetened applesauce (48 oz. jars, one of each)
- 2-oz. size sampling cups, enough for each participant to get two samples

Apply, Variation B

- Sixty-One Names for Sugar handout
- Product Cards set, printed in color on card stock and laminated (there are five cards)
- Set of dry-erase markers
- Banana Pudding in a Bag recipe cards
- Ingredients and equipment for Banana Pudding in a Bag recipe (one recipe makes 8 sample-size servings):
 - Low fat granola (1/2 cup)
 - Medium ripe bananas (2)
 - Unsweetened applesauce (1/2 cup)
 - Nonfat vanilla yogurt (1/2 cup)
 - Dry measuring cups
 - Gallon-size zip-close bags
 - Spoons (2)
 - Small bowl (for granola)
 - 2-oz. size sampling cups
 - Napkins
 - Sanitizing wipes

Apply, Variation C

- Product Cards set, printed in color on card stock and laminated
 - Set of dry-erase markers
 - What’s the Whole Story worksheet
 - Ingredients and equipment for Fresh Veggies and Dip Assortment:
 - 3 bell peppers, seeded and sliced
 - 1 16-oz. package baby carrots
 - 1 bunch celery, cut into strips
 - 8 oz. container low-fat dip
 - 8 oz. container hummus
 - Large serving tray
 - Small paper plates
 - Napkins
 - Sanitizing wipes
 - Quart-size food storage bags
-

LESSON PREPARATION

Add, Variation A

- Day of the lesson:
 - Hang the Nutrition Facts Poster in the front of the room, or display it where everyone can see it.

Add, Variation B

- Day of the lesson:
 - Set out the items for the sugar demonstration on a small table near the front of the room.

Add, Variation C

- Prior to the lesson:
 - Print the Front of Package logo cards in color on white card stock.

Apply, Variation A

- Prior to the lesson:
 - Print the Product Comparison cards in color on white card stock. (There are five cards.)
 - Optional: print the student worksheet “A Closer Look at the Nutrition Facts Label” that is included in the Product Comparison Cards set, one for each student.
- Day of the lesson:
 - Set up a table with the applesauce and sampling cups (2 cups per person). Fill half the cups with a sample of sweetened applesauce and half with the unsweetened applesauce.

Apply, Variation B

- Prior to the lesson:
 - Print the Product Cards in color on white card stock. Laminate each card.
 - Make copies of the Sixty-One Names for Sugar handout (one copy for each participant).
- Day of the lesson:
 - Set up a table with the banana pudding ingredients and equipment.

Apply, Variation C

- Prior to the lesson:
 - Wash all fresh produce. Cut peppers and celery into strips. Store prepared vegetables in quart-size storage bags in the refrigerator.
 - Print the Product Cards in color on white card stock. Laminate each card.
 - Make copies of the What’s the Whole Story worksheet (one copy for each group).
 - Day of the lesson:
 - Set up a table with the items for the food sampling. Arrange the vegetables on the large serving tray. Set out the dips, plates, and napkins.
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TRANSITION

Last time we met, we talked about Who would like to share about...?

Today, we'll be talking about using food labels to make informed decisions about what we're eating. One way to do this is to look at the Nutrition Facts label on the food package. The Nutrition Facts label is actually a rather recent phenomenon, being required on packaging starting in 1973. This was because prior to 1970, most foods were prepared at home from scratch. Information on calories, protein, carbohydrate, fat, and certain vitamins and minerals was required to be on the label. In the 40 years since the first label appeared on food packages, the look of the label has changed, as well as some of the required information, but the goal remains the same: to help the consumer know what's in the food they're eating. Recently, the FDA made changes to the Nutrition Facts label that will be required starting in 2020. Some food companies have already begun using the new label; you may have seen it on a package of food.

ANCHOR

What percentage of packaged foods have a Nutrition Facts label? What information can you find on the Nutrition Facts label?

[Write down participants' responses on the board or on flip chart paper. Anchor answers: 96% of packaged foods have a Nutrition Facts label. The label contains information on serving size, servings per package, calories, fat, protein, carbohydrates, fiber, sodium, and several vitamins and minerals.]

ADD

Variation A – Know What's in Your Food

How many of you look at – really look at – the packaging of a food you're about to eat? How do you know what's in the food? Information about the food product can be found in several places on a package. Often times, a package will have “front of package labeling” about the product. Front of package labeling can be helpful, but it can also mislead you into thinking a food is healthier than it really is.

The Nutrition Facts label is another place you can learn about what's in the food – not only the ingredients, but also the nutrition. How many of you look at the Nutrition Facts label on a package of food? *[Allow participants to raise their hands.]* In one study that investigated teens' use of food labels, 65% of eight-graders used the Nutrition Facts label, but that number dropped to 55% for teens in eleventh grade. If you're a label-reader, you're more likely to have a healthy diet than those who don't read labels – specifically, you're more likely to eat fruits and vegetables and less likely to overdo it on sweets. Every food label has two parts: the Nutrition Facts and the ingredients list.

Let's look at the label and see what kind of information we can learn about the food. Here is an example of the new Nutrition Facts label. *[Refer to the Nutrition Facts Label poster hanging in the front of the room.]* What do you see on this label that you think is important? *[Allow participants to identify various parts of the Nutrition Facts label. Option to have them come up to where the poster is hanging. Probe for things like calories, serving size, sodium, fiber, added sugar, vitamins/minerals.]* Why do you suppose the calorie information is so large? *[Allow for a few responses.]* This was done intentionally so that people pay attention to the amount of calories in the food. You'll also notice that the serving size information is bolded, for the same reason. And what a serving size is has changed to be more in line with the amount people usually eat. For example, a serving size of yogurt is now 6 ounces instead of 8 ounces, because most people eat a 6-ounce serving of yogurt. Added sugars are now required to be listed under Total Sugars so that people know how much added sugars are in their food. This is because science has shown that a diet high in added sugars is linked to many different health problems, like diabetes, heart disease, and liver problems. Since most Americans don't get enough Vitamin D or potassium, these nutrients are now required to be listed, along with calcium and iron.

The ingredients list features all the ingredients in the food, by weight, with the ingredient in the highest amount first. Along with everything that's in the food, companies also must state if the food contains any of the eight most common **food allergens**. These include peanuts, tree nuts, wheat, soy, milk, eggs, fish, and shellfish.

What are some questions you have about food labels? Do you think that the new changes will be helpful to people in making better food choices? *[Allow for a few responses.]*



[If time permits, show the following video clip to the participants. Ask them if they relate to the sentiments expressed in the video.]

FitMD: Food Labels – Read What You Eat (2 minutes): <https://fit.webmd.com/teen/food/videos/video-read-the-label>

Variation B – All about Sugar

According to the latest data, the average American eats 22 teaspoons of sugar each day, most of it as **added sugar**. *[Invite a participant to come up and measure out 22 teaspoons of white sugar into a clear plastic cup. When they are done, hold up the cup for everyone to see.]* What do you think when you see this amount of sugar? Is it a lot or not as much as you thought? *[Allow for a few comments.]* In fact, 88% of US teens don't meet the guidelines agreed upon by most health experts to limit added sugars to 10% or less of your daily calories. For most teens, the source of added sugar is in drinks – sodas, energy drinks, sports drinks, or fruit punch. The problem with added sugar is that it provides a lot of calories, causes your insulin levels to spike, interferes with memory and learning, and causes skin problems. One study found that increases in sugary drink consumption among teens is associated with higher BMI (body mass index) and heart disease risk; plus, poor dietary habits, like eating too much sugar, in childhood carry over into adulthood.

Who can guess what the top five sources of added sugar are in the typical American diet? *[Allow for participants to name them. As they call out the correct ones, write them on the board or flip chart paper.]* Candy, drinks, desserts, ice cream, and breakfast foods are where most of our added sugar comes from. It's easy to overconsume sugar, too. Experts recommend no more than 6 teaspoons of sugar for women and 9 for men. But one 20-ounce soda out of the vending machine contains over 16 teaspoons of sugar, 2-3 times what is recommended. One thing to be aware of is that recommendations are in "teaspoons per

day,” but food labels list the amount of sugar in grams. You can figure out how many teaspoons there are by doing some simple math. **One teaspoon = 4 grams.** So if a package of food has 25 grams of sugar, it has just over 6 teaspoons.

How do you find sugar on a food label? The information can be found in two places: the Nutrition Facts panel, and the ingredient list. Remember that ingredients are listed in order of quantity, with the ingredients used in the greatest amount first, followed in descending order by those in smaller amounts. And one food product can have several different types of sugars. In fact, did you know that there are more than 60 different names for sugar? What are some you have seen? *[Allow for participants to name different types of sugars. Write them down on the board.]* The most common ones are:

- Cane sugar, granulated sugar, or sugar
- Brown sugar or raw sugar
- Molasses or nectar
- Honey, maple syrup, or malt syrup
- Dextrose, maltose, or sucrose
- High fructose corn syrup or corn syrup

There are two main types of sugars: naturally-occurring sugars and added sugars. **Naturally-occurring sugars** are those that already exist in a food, such as fructose in fruits and lactose in milk. **Added sugars**, on the other hand, are sugars that are added to foods when they’re being made. A sugar can be *natural* but still added. For example, honey is a natural sugar, but if you’re eating cereal with honey in it, it’s an added sugar because it didn’t already exist in the cereal. Basically, if sugar is in the ingredient list, it’s been added to the food.

Almost three out of four packaged foods contain added sugar. Why do companies add sugar to food? *[Allow for a few responses.]* Sugar is added to food for a variety of reasons: to help to food last longer, to make the food taste better, to give structure or texture to foods like baked goods, and for certain reactions to take place (when baking bread, yeast need sugar to grow). While cookies, cakes, cereal, and granola bars are known to have added sugar, it also hides out in unexpected places...like spaghetti sauce or bread. Even hot dogs and peanut butter can have added sugar.

The new Nutrition Facts Labels will separate out the amount of added sugar in a food product starting in 2020. You will be able to see how much total sugar a food contains, plus the sub-portion that is from added sugar. Limiting the amount of added sugar in your diet is key for optimal health, so while you can still have dessert, just be aware of how much you’re eating.



[If time permits, show one of the following video clips to the participants. Ask them if they relate to the sentiments expressed in the video.]

Sugar: Hiding in Plain Sight (4 minutes): <https://youtu.be/Q4CZ81EmAsw>

Variation C – It’s Natural, Organic, or GMO-Free – So It Must Be Healthy!

Have you ever picked up a box of your favorite cereal and paid attention to what’s on the front? What are some of the things you see? *[Allow for a few responses.]* Along with the brand’s name and logo, you’re very likely to see claims about the food to entice you to buy it. While some of the claims have to be approved by the FDA, such as health-related claims, other words that you may encounter don’t have a standard definition and can be quite confusing. Let’s explore some of the most popular front of package claims and what they actually mean.

“Natural”

Recently, Consumer Reports did a survey of American grocery shoppers and found that 60% of them buy products labeled “natural.” *[Hold up the card showing a “natural” claim on the front.]* Natural certainly sounds healthy, but it’s one of those words that has not been clearly defined by the FDA. What this means, essentially, is that any food can be called “natural” as long as it doesn’t contain artificial ingredients, but it can still be full of excess sodium, fat, and sugar. Other claims that are vague and do not have a standard definition include “simple,” “clean,” and “fresh.” These words might make a food sound good for you, but without any standard way of defining them, you really can’t tell how nutritious the food actually is.

“Organic”

If a product carries the word “organic” on it, or includes the USDA Organic logo, then you can be assured that the product has met a set of standards about how the food is grown and processed. *[Hold up the card showing the USDA Organic logo.]* This is what the logo for organic foods looks like.

There are three categories for labeling organic foods:

- 100% organic – the food contains only ingredients that are certified organic
- Organic – the food must contain at least 95% of certified organic ingredients
- Made with organic – the food must contain at least 70% certified organic ingredients

However, as with the term “natural,” “organic” doesn’t always equal “healthy.” Many organic foods can still be high in sodium, fat, and sugar, and lacking in fiber and other nutrients.

“Non-GMO”

Foods that are made from GMO’s – genetically modified organisms – get a bad rap. In fact, only 37% of Americans think that foods containing GMO’s are safe – compared to 88% of scientists. One theory about this is that people may not understand much about genetic modification (or genetic engineering) – which can lead to a negative bias toward these foods. A genetically engineered ingredient has had its genetic material altered in some way. Some of the reasons for modifying foods include crop protection, less use of pesticides, faster growing plants and animals, and increased food supply. All genetically engineered ingredients must be tested for safety, just like their traditional counterparts. A proposed rule from the government will soon require food companies to say whether their food contains GMO’s – called **bioengineered foods** – by carrying a certain logo or stating it in the ingredients list. *[Hold up the card showing the non-GMO project and bioengineered logos.]* Companies can certainly indicate if their food does not contain GMO’s if they choose. Again, just because a food contains – or doesn’t contain – GMO’s doesn’t mean it’s healthy. A quick peek at the Nutrition Facts label will tell you what you want to know.



[If time permits, show one of the following video clips to the participants. Ask them if they relate to the sentiments expressed in the video.]

Top 10 Misleading Food Label Claims (4 ½ minutes): <https://youtu.be/JXDo-73uaAI>

APPLY

Variation A – A Closer Look at the Nutrition Facts Label

The go-to place for finding out nutrition information of a packaged food is the Nutrition Facts label, which the FDA requires to be present on any packaged food. The idea behind the label is to help consumers – like you – make informed choices about the foods you eat. If you’re trying to keep your calories in check, it’s easy to find them on the new label, which has already begun appearing on many food products. If you’re watching salt, look at the sodium content. If you are concerned about sugar, you can now not only know how much total sugars are in the food, but also how many of them are from added sugars – sugars that food companies add to the product during processing.

[For this activity, choose three of the five Nutrition Label Comparison Cards based on the specific group you are working with. If time permits, you can do all five products.] We’re going to compare two Nutrition Facts labels for several different kinds of foods. We’re going to look at differences in selected nutrients for each of the foods.

The first product is ranch salad dressing. *[Hold up the ranch dressing product card.]* I need a volunteer to assist me. *[Recruit a participant volunteer.]* The label on the left side is for regular ranch dressing. The label on the right side is for fat-free ranch dressing. *[Ask the volunteer to read the values for calories, total fat, sodium, and sugar out loud for the group. Then, address the group.]* What were some of the differences you noticed between the regular ranch and the fat-free ranch? *[Allow for a few responses.]* How can this information help you choose a dressing? *[Allow for a few responses.]*

[Repeat the process above with the remaining food products, selecting new volunteers for each one.]

- *For the milk, compare calories, total and added sugars, and the four vitamins/minerals.*
- *For the bread, compare calories, sodium, total and added sugars, and fiber.*
- *For the potato chips, compare calories, total fat, sodium, and total and added sugars.*
- *For the cooked chicken, compare calories, total and saturated fat, sodium, total carbohydrates, and protein.]*

What did you learn from doing this activity? Was there anything we talked about today that was something you haven’t thought about before? *[Allow for a brief discussion.]*

Even “healthy” foods can have a lot of added sugar. For example, sweetened applesauce – or what you might think of as “regular” applesauce – has twice the amount of sugar compared to unsweetened applesauce, sometimes referred to as “natural” applesauce. A 4-ounce serving of sweetened applesauce has 22 grams of sugar (5 ½ teaspoons), with half of it being from added sugar. In comparison, unsweetened applesauce has 11 grams of sugar, all of it coming from the apples themselves. I’d like to invite you to taste a sample of both sweetened and unsweetened applesauce. While they certainly taste different, what do you notice about the sweetness level of each one? *[Invite participants to sample the unsweetened applesauce and comment on the perceived level of sweetness.]*

Variation B – Can You Spot the Sugar?

Sugar goes by many different names. In fact, there are at least 60 different aliases for sugar. Some names are obvious, but others can be tricky to identify as being an added sugar. Food companies have gotten creative when it comes to making an added sugar sound more wholesome than it really is. Doesn’t “evaporated cane juice” sound healthier than “granulated sugar”? Some names for sugar may be ones you haven’t heard of before.

[Divide the participants into small groups of 4-5 people. Give each group 1 of the food product cards and one dry erase marker. Pass out a copy of the Sixty-One Names for Sugar handout to each participant.]

Each group has a laminated card with a food product. I've also given each of you a handout that has all the different names for sugar on it. In your groups:

- Identify all the different kinds of sugars in the ingredients list. Use the dry erase marker to circle or underline the names of the sugars.
- Note where the sugars appear in the ingredient list. Remember, ingredients are listed in order of quantity, meaning that the first ingredient in the list is in the food in the highest amount.
- Then, look up at the Nutrition Facts Label. How many sugars are in one serving of the product?
- Does the label separate out added sugars from total sugars?

[Allow participants up to 10 minutes to complete the activity. When they have finished, invite each group to share the results of their food products.] What surprised you about this activity?

Today we're going to make a simple banana pudding recipe. It only takes ten minutes and has four ingredients. This is a great way to satisfy your sweet tooth and get some good nutrition as well. *[Recruit 4 volunteers to assist with each recipe preparation – one recipe preparation serves 8 participants. For example, if you have 24 participants, you will need to make 3 recipes, and you'll need 12 volunteers.]* One person will peel the bananas, put them in the plastic bag, and mash them. Another person will measure out the applesauce, and a third person will measure out the yogurt. The last person will mash everything up together until the pudding is blended. *[Once the recipe has been prepared, spoon into sampling cups and top off with granola.]*

This homemade banana pudding has half the fat and added sugars, a fraction of the sodium, and six times the fiber of regular “snack size” banana pudding you can buy in the store. Plus, it provides Vitamin D, calcium, iron, and potassium – which the other kind doesn't.

Variation C – How Does Your Food Stack Up?

Even though companies are required to put the nutrition information on packaged foods, it can sometimes be challenging to know if a food product is a good choice or not, thanks to the package design and front-of-package labeling. Therefore, in order to make the most informed decision about a product, you need to look at not only the front of the package, but also the Nutrition Facts label and ingredients list. By using all three pieces of information, you can get a complete picture of just how nutritious that food product is.

[Divide the participants into small groups of up to 5 people. Give each group one food product card and one dry erase marker. Pass out a copy of the What's the Whole Story worksheet to each group.] Each group has a laminated card with a food product. I've also given each of you a worksheet to fill out as a group. Follow these four steps:

- **Step 1:** Look at the front of the food package. Count all the claims you see on the package. (Icons or symbols can also count.) Record the number of claims and the type of claims on your worksheet.
- **Step 2:** Look at the Nutrition Facts label. Write down the following information on your worksheet: Number of servings; Calories; Saturated fat; Sodium; Dietary fiber; and Sugars. If your label has total and added sugars, write down both numbers.
- **Step 3:** Read the ingredients list. Does the food product contain any whole grains? (Is the word “whole” listed before the ingredient?) How many different sugars are in the product?
- **Step 4:** Put it all together. Based on the front-of-package labeling, the nutrients in the Nutrition Facts, and the ingredients, explain whether you think this food is a good choice or not.

[Allow participants up to 10 minutes to complete the activity. When they have finished, invite each group to share the results of this activity.] After doing this activity, do you feel like you might make different decisions when it comes to choosing food products? Why or why not?

Remember, some of the best food for you doesn't come in a package with front-of-label claims. Think of whole fruits and veggies. Whether they are traditionally grown or organic, they're all-natural, high in fiber, and contain no added sugar! Plus, they are super-convenient – just wash and eat! I have an assortment of fresh veggies and several dips to try. *[Invite participants up to try the assorted vegetables. Discuss whether this is something they would consider having for a snack instead of a packaged food.]*

AWAY

[Pass out a copy of the New and Improved Nutrition Facts Label fact sheet to each participant.]

This fact sheet explains all the changes to the Nutrition Facts label and why they're important. It's a handy resource to help guide you to make informed decisions about the foods you eat.

NOTES

RESOURCES

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Banana Pudding in a Bag

Servings 4 | Prep time 10 mins. | Total time 10 mins.

Equipment: Measuring cups, Large zip-close bag
Utensils: Spoon

Ingredients

1/2 cup low-fat granola
2 medium ripe bananas
1/2 cup applesauce, unsweetened
1/2 cup nonfat vanilla yogurt

Instructions

1. Before you begin wash your hands, surfaces, and utensils.
2. Peel bananas and use your fingers to break them up into bag.
3. Measure and add applesauce and yogurt to the bag.
4. Close the bag again, pressing out any extra air before sealing.
5. Use your fingers to squish and mash the ingredients together until they are well blended.
6. Chill the pudding in a sealed bag inside the refrigerator until ready to serve.
7. Spoon into bowl and top with granola.



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New and Improved Nutrition Facts Label

The U.S. Food and Drug Administration has updated the Nutrition Facts label on packaged foods and beverages with a fresh design that will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Explore it today!

Size Up Servings

WHAT'S NEW: Servings per container and serving size are now in larger and/or bolder type. Serving sizes have also been updated to reflect what people eat and drink today. Additionally, there are new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

Serving size is based on the amount of food that is customarily eaten at one time and is not a recommendation of how much to eat. The nutrition information listed on the Nutrition Facts label is *usually based on one serving* of the food; however, some containers may also have information displayed per package.

- **When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.**

Servings per container shows the total number of servings in the entire food package or container.

- **One package of food may contain more than one serving.** Some containers may also have a label with two columns – one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package.

Consider the Calories

WHAT'S NEW: Calories are now in larger and bolder type.

Calories refers to the total number of calories, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food.

- As a general guide: **100 calories per serving of an individual food is considered a moderate amount, and 400 calories or more per serving of an individual food is considered high in calories.**
- To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses. **2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower** and vary depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at www.ChooseMyPlate.gov/GetMyPlan.

Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

To learn more about the new Nutrition Facts label, visit:
<http://go.usa.gov/xkHru>

Use % Daily Value as a Guide

WHAT'S NEW: The Daily Values for nutrients have been updated based on new scientific evidence. The Daily Values are reference amounts of nutrients to consume or not to exceed each day (for adults and children 4 year of age and older) and are used to calculate the % Daily Value.

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. Use the %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (*check to make sure the serving size is the same*).

- As a general guide:
5% DV or less of a nutrient per serving is considered low, and
20% DV or more of a nutrient per serving is considered high.

Choose Nutrients Wisely

WHAT'S NEW: The nutrients that are required on the label have been updated. **Added Sugars** is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. *Aim for less than 10% of your total daily calories from added sugars.* **Vitamin D and potassium** are also required on the label because many Americans do not get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today, but these nutrients can be voluntarily disclosed by manufacturers.

Use the label to choose products that are lower in nutrients you want to get less of and higher in nutrients you want to get more of.

- Nutrients to get less of: saturated fat, sodium, added sugars, and trans fat.** Most Americans exceed the recommended limits for these nutrients, and diets higher in these nutrients are associated with an increased risk of developing some health conditions, such as high blood pressure and cardiovascular disease. Compare and choose foods to **get less than 100% DV of these nutrients each day.** (Note: *Trans* fat has no %DV. Use the amount of grams for comparison and keep the intake of *trans* fat as low as possible)
- Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium.** Many Americans do not get the recommended amount of these nutrients, and diets higher in these nutrients can reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia. Compare and choose foods to **get 100% DV of these nutrients on most days.**

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Bulgur Wheat, Sauce (Water, Half and Half [Milk, Cream], Parmesan Cheese [Pasteurized Skim Milk, Cultures, Salt, Enzymes], Cheddar Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Olive Oil, Butter, Sugar, Xanthan Gum, Spice), Lentils, Corn, Green Beans, Red Beans, Potatoes.
 Contains: Wheat, Milk

Check out the Ingredient List

Although the ingredient list is not part of the Nutrition Facts label, it is also a helpful tool. The Ingredient List shows each ingredient in a food by its **common or usual name**. Ingredients are listed in descending order by weight, so the ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg	20%
---------------	-----

Iron 8mg	45%
----------	-----

Potassium 240mg	6%
-----------------	----

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Product Pair #1: Ranch Dressing

Classic Ranch Dressing

Nutrition Facts	
20 servings per container	
Serving size	2 Tbsp. (30g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0.5g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

Fat Free Ranch Dressing

Nutrition Facts	
16 servings per container	
Serving size	2 Tbsp. (32g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 310mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 1.5g Added Sugars	6%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Product Pair #2: Fat Free Milk

Fat Free Chocolate Milk

Nutrition Facts	
1 serving per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	125
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 9g Added Sugars	18%
Protein 8g	
Vitamin D 100mcg	20%
Calcium 350mg	30%
Iron 1mg	3%
Potassium 425mg	9%

Fat Free White Milk

Nutrition Facts	
1 serving per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 125mcg	25%
Calcium 350mg	30%
Iron 0mg	0%
Potassium 410mg	8%

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Product Pair #3: Sandwich Bread

Classic White Bread

Nutrition Facts	
22 servings per container	
Serving size	1 slice (26g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	4%
Potassium 0mg	0%

Whole Wheat Bread

Nutrition Facts	
22 servings per container	
Serving size	1 slice (26g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 1g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	4%
Potassium 0mg	0%

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Product Pair #4: Potato Chips

Regular Potato Chips

Nutrition Facts	
10 servings per container	
Serving size	15 chips (28g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 350mg	6%

Baked Potato Chips

Nutrition Facts	
6 servings per container	
Serving size	17 chips (28g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	5%
Total Sugars 2g	
Includes 2g Added Sugars	3%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0 mg	0%
Potassium 230mg	4%

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Product Pair #5: Cooked Chicken

Frozen Breaded Chicken

Nutrition Facts	
6 servings per container	
Serving size	1 piece (117g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 510mg	21%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	5%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	4%
Potassium 0mg	0%

Frozen Grilled Chicken

Nutrition Facts	
5 servings per container	
Serving size	1 piece (98g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 560mg	23%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	4%
Potassium 0mg	0%

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A Closer Look at the Nutrition Facts Label

Compare the following information for each product in this activity:

Regular vs. Fat-Free Ranch Dressing	<i>Compare calories, total fat, sodium, and sugar</i>
<i>Observations:</i>	
Fat-Free Chocolate Milk vs. Fat-Free White Milk	<i>Compare calories, total and added sugars, and the four vitamins/minerals on the label</i>
<i>Observations:</i>	
Classic White Bread vs. Whole Wheat Bread	<i>Compare calories, sodium, total and added sugars, and fiber</i>
<i>Observations:</i>	
Regular Potato Chips vs. Baked Potato Chips	<i>Compare calories, total fat, sodium, and total and added sugars</i>
<i>Observations:</i>	
Frozen Breaded Chicken vs. Frozen Grilled Chicken	<i>Compare calories, total and saturated fat, sodium, total carbohydrates, and protein</i>
<i>Observations:</i>	

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Product 1: Organic Toaster Treats, Strawberry Flavor



Nutrition Facts

3 servings per container
Serving size 2 pastries (104g)

	Per serving		Per container	
Calories	420		1260	
	% DV*		% DV*	
Total Fat	8g	10%	24g	31%
Saturated Fat	4g	20%	12g	60%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	280mg	12%	840mg	37%
Total Carb.	78g	28%	234g	85%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	38g		114g	
Incl. Added Sugars	34g	68%	102g	204%
Protein	6g		18g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	51mg	4%
Iron	4mg	20%	12mg	70%
Potassium	125mg	2%	375mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Wheat flour*, cane sugar*, invert cane syrup*, palm oil*, whole wheat flour*, apples*, corn starch*, strawberries*, rice starch*, leavening (baking soda, cream of tartar), vital wheat gluten*, dextrose*, strawberry flavor*, sea salt, color (red beet powder, paprika oleoresin), tapioca starch*, honey*, molasses*, citric acid, whey protein concentrate* (milk), algin, sodium citrate, monocalcium phosphate. *Organic. Contains milk and wheat.

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Product 2: Organic Oatmeal, Maple & Brown Sugar Flavor



Nutrition Facts	
Serving Size 1 Packet (41g)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Fat Calories 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 95mg	3%
Potassium 95mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	11%
Soluble Fiber 1g	
Sugars 12g	
Protein 4g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Ingredients: Organic whole grain rolled oats, organic sugar, natural flavor, salt.

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Product 3: Frozen Peanut Butter & Jelly Sandwich



Nutrition Facts

Serving Size 1 sandwich (58g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 9g **11%**

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 28g **10%**

Dietary Fiber 2g **7%**

Total Sugars 10g

Incl 8g of Added Sugars **17%**

Protein 6g **5%**

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 1mg 6%

Potassium 130mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients

Bread: Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Unbleached Whole Wheat Flour, Sugar, Yeast, Soybean Oil, Contains 2% or Less of: Salt, Dough Conditioners (Distilled Mono and Diglycerides, DATEM, Enzymes [with Wheat Starch, Ascorbic Acid, Calcium Peroxide]).

Peanut Butter: Peanuts, Sugar, Contains 2% or Less of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed and Soybean), Mono and Diglycerides, Salt.

Strawberry Jam: Sugar, Strawberries, Contains 2% or Less of: Pectin, Citric Acid, Potassium Sorbate (Preservative).

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Product 4: Honey Wheat Bread



Nutrition Facts

Serving Size 1 Slice (49g)
Servings Per Container 14

Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
Thiamin 10%	Riboflavin 4%
Niacin 10%	Folate 2%

MADE FROM: WHOLE WHEAT FLOUR, WATER, HONEY, WHEAT GLUTEN, YEAST, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SUGAR, MOLASSES, SALT, BUTTER*, CALCIUM PROPIONATE AND SORBIC ACID TO EXTEND FRESHNESS, MONOGLYCERIDES, DATEM, WHEY (MILK)*, SOY LECITHIN.
*ADDS A TRIVIAL AMOUNT OF CHOLESTEROL.
CONTAINS: WHEAT, MILK, SOY.

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Product 5: Organic Cinnamon Graham Crackers



Nutrition Facts

Serving Size 2 full cracker sheets (31g)
Servings Per Container About 13

Amount Per Serving	
Calories	130
Calories from Fat	25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

BEST INGREDIENTS: Organic Whole Wheat Flour (graham flour), Organic Cane Sugar, Organic Wheat Flour, Organic Expeller-Pressed Sunflower Oil, Organic Honey, Leavening (ammonium bicarbonate, baking soda, cream of tartar), Organic Molasses, Organic Cinnamon, Sea Salt, Natural Flavor, Mixed Tocopherols (Vitamin E) to Protect Flavor, Organic Rosemary Extract.

CONTAINS WHEAT; MAY CONTAIN MILK AND SOY INGREDIENTS.

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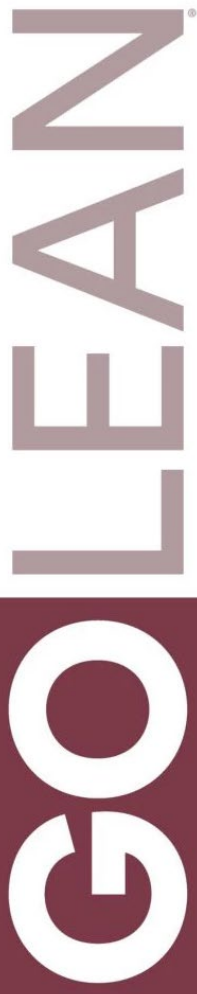
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Product 6: Multigrain Cluster Cereal




Crunch Cereal

Plant Protein and Multigrain Cluster Cereal with a Touch of Cinnamon

NET WT 13.8 OZ (391g)





9g Protein **8g** Fiber **16g** Whole Grains

ENLARGED 10x SHOW TASTINESS

Nutrition Facts

Serving Size 1 Cup (53g/1.9 oz.)

Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Potassium 300mg	9%
Total Carbohydrate 37g	12%
Dietary Fiber 8g	32%
Soluble Fiber 3g	
Insoluble Fiber 5g	
Sugars 13g	
Protein 9g	14%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
Phosphorus 10%	Magnesium 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:
WHOLE: HARD RED WHEAT, BROWN RICE, BARLEY, TRITICALE, OATS, RYE, BUCKWHEAT, SESAME SEEDS, SOY PROTEIN CONCENTRATE, EVAPORATED CANE JUICE CRYSTALS, BROWN RICE SYRUP, CHICORY ROOT FIBER, WHOLE GRAIN OATS, EXPELLER PRESSED CANOLA OIL, HONEY, SALT, CINNAMON, MIXED TOCOPHEROLS (NATURAL VITAMIN E) FOR FRESHNESS.
CONTAINS WHEAT AND SOY INGREDIENTS.

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Product 7: Bran Cereal with Raisins and Clusters



Nutrition Facts

Serving Size 1 Cup (53g)
Servings Per Container About 13

Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	190	230
Calories from Fat	10	10

	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 200mg	8%	10%
Potassium 210mg	6%	11%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 4g	17%	17%
Sugars 19g		
Protein 4g	3%	11%

Vitamin A	10%	15%
Vitamin C	2%	2%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	25%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	20%
Magnesium	10%	15%
Zinc	10%	10%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, <5mg cholesterol, 250mg sodium, 400mg potassium, 51g total carbohydrate (25g sugars), 8g protein.

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients: Whole grain wheat, sugar, raisins, rice, wheat bran, whole grain oats, brown sugar syrup, glycerin, contains 2% or less of corn syrup, salt, malt flavor, modified corn starch, molasses, palm oil, cinnamon, honey, natural and artificial flavor, BHT for freshness.

Vitamins and Minerals: Niacinamide, reduced iron, vitamin C (ascorbic acid and sodium ascorbate), zinc oxide, vitamin B₆ (pyridoxine hydrochloride), vitamin A palmitate, vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, vitamin B₁₂, vitamin D₃.

CONTAINS WHEAT INGREDIENTS.

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Product 8: Oats and Honey Granola Bars



Nutrition Facts	
Serving Size ¼ Cup (27g)	
Servings Per Container about 17	
Amount Per Serving	
Calories	120
Calories from Fat	40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	6%
Sugars 7g	
Protein 2g	
Iron	2%
Not a significant source of vitamin A, vitamin C and calcium.	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, Soy Lecithin, Natural Flavor.

CONTAINS SOY INGREDIENTS.

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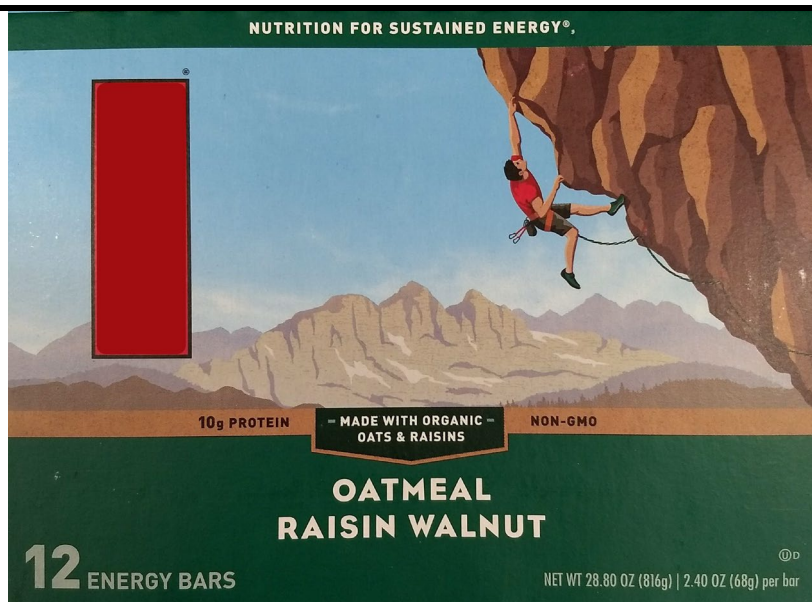
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Product 9: Oatmeal Raisin Walnut Energy Bars



Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 Bar (68g)	Total Fat 6g	9%	Cholesterol 0mg	0%	Insoluble Fiber 3g	
Calories 250	Saturated Fat 0.5g	4%	Sodium 140mg	6%	Sugars 21g	
Calories from Fat 50	Trans Fat 0g		Potassium 240mg	7%	Other Carbohydrate 18g	
	Polyunsaturated Fat 2.5g		Total Carbohydrate 43g	14%	Protein 10g	18%
	Monounsaturated Fat 2g		Dietary Fiber 4g	16%		
<small>*Percent Daily Values (DV) are based on a 2,000 calorie diet.</small>						
<small>Vitamin A 10% • Vitamin C 10% • Calcium 20% • Iron 10% • Vitamin D 15% • Vitamin E 10% • Thiamin (B1) 10% Riboflavin (B2) 10% • Niacin (B3) 10% • Vitamin B6 10% • Vitamin B12 10% • Phosphorus 25% • Magnesium 20%</small>						

INGREDIENTS

Organic Brown Rice Syrup, Organic Rolled Oats, Organic Raisins, Soy Protein Isolate, Organic Roasted Soybeans, Organic Cane Syrup, Walnuts, Organic Soy Flour, Rice Flour, Organic Oat Fiber, Organic High Oleic Sunflower Oil, Natural Flavors, Organic Cinnamon, Rice Starch, Sea Salt, Barley Malt Extract, Mixed Tocopherols (Antioxidant).

VITAMINS & MINERALS

Dicalcium Phosphate, Magnesium Oxide, Calcium Carbonate, Ascorbic Acid (Vit. C), DL-Alpha Tocopheryl Acetate (Vit. E), Beta Carotene (Vit. A), Niacinamide (Vit. B3), Ergocalciferol (Vit. D2), Thiamine Mononitrate (Vit. B1), Pyridoxine Hydrochloride (Vit. B6), Riboflavin (Vit. B2), Cyanocobalamin (Vit. B12).

ALLERGEN STATEMENT

CONTAINS WALNUTS AND SOY. MAY CONTAIN PEANUTS, OTHER TREE NUTS, MILK, AND WHEAT. MAY CONTAIN NUTSHELL FRAGMENTS.

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Product 10: Organic Tomato Soup



Nutrition Facts

About 2 servings per container

Serving size 1 cup (252g)

	Per Serving		Per Can	
Calories	100	170		
	% DV*	% DV*		
Total Fat	1.5g	2%	2g	3%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	680mg	29%	1090mg	47%
Total Carbohydrate	20g	8%	33g	12%
Dietary Fiber	2g	8%	4g	13%
Total Sugars	13g		21g	
Incl. Added Sugars	8g	15%	12g	24%
Protein	2g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.7mg	4%	1.2mg	6%
Potassium	360mg	8%	580mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: TOMATO PUREE* (WATER, TOMATO PASTE*), WATER, CANE SUGAR*, CORN STARCH*, SEA SALT, EXTRA VIRGIN OLIVE OIL*, ONION POWDER*, GARLIC POWDER*

***ORGANIC INGREDIENTS**

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Product 11: Canned Spaghetti Pasta



Nutrition Facts			
1 Servings Per Container			
Serving size		1 Container	
	Per serving	Per container	
Calories	160	280	
	% DV*	% DV*	
Total Fat	1g	1%	1.5g 2%
Saturated Fat	0.5g	3%	0.5g 3%
Trans Fat	0g		0g
Polyunsaturated Fat	0.5g		1g
Monounsaturated Fat	0g		0g
Cholesterol	<5mg	2%	<5mg 2%
Sodium	600mg	26%	1070mg 47%
Total Carbohydrate	33g	12%	58g 21%
Dietary Fiber	3g	11%	5g 18%
Total Sugars	11g		19g
Incl. Added Sugars	6g	12%	11g 22%
Protein	5g		9g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	30mg	2%	50mg 4%
Iron	1.3mg	8%	2.3mg 15%
Potassium	270mg	6%	480mg 10%
Vitamin A	100mcg	10%	180mcg 20%
Thiamin	0.2mg	15%	0.3mg 25%
Riboflavin	0.2mg	15%	0.4mg 30%
Niacin	2.4mg	15%	4.3mg 25%
Folate	100mcg dfe	25%	190mcg dfe 50%
	(60mcg folic acid)		(115mcg folic acid)

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Water, Tomato Puree (Water, Tomato Paste), Enriched Pasta (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), High Fructose Corn Syrup, Contains Less Than 2% Of: Salt, Enzyme Modified Cheddar Cheese (Cheddar Cheese [Cultured Milk, Salt, Enzymes, Calcium Chloride], Water, Disodium Phosphate, Enzymes), Vegetable Oil (Corn, Canola, And/or Soybean), Enzyme Modified Butter, Skim Milk, Beta Carotene, Citric Acid, Paprika Extract, Onion Extract, Natural Flavoring.

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Product 12: Fruit Snacks



Nutrition Facts

Serving Size 1 pouch (23g)
Servings Per Container 10

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 19g **6%**

Sugars 9g

Protein 0g

Vitamin C **100%**

Not a significant source of dietary fiber, vitamin A, calcium and iron.

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Corn Syrup, Sugar, Modified Corn Starch, Pear Juice Concentrate, Apple Juice Concentrate. Contains 2% or less of: Citric Acid, Vitamin C (ascorbic acid), Fruit Pectin, Sodium Citrate, Malic Acid, Dextrose, Sunflower Oil†, Color (vegetable juice, spirulina extract, fruit juice, annatto extract, and turmeric extract), Natural Flavor, Carnauba Wax. †Adds A Trivial Amount Of Fat

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61 Names for Sugar

Agave nectar	Demerara sugar	Maltose
Barbados sugar	Dextrin	Mannose
Barley malt	Dextrose	Maple syrup
Barley malt syrup	Evaporated cane juice	Molasses
BEET SUGAR	Free-flowing brown sugars	Muscovado
Brown sugar	Fructose	Palm sugar
Buttered syrup	Fruit juice	Panocha
CANE JUICE	Fruit juice concentrate	Powdered sugar
<i>cane juice crystals</i>	Glucose	Raw sugar
Cane sugar	GLUCOSE SOLIDS	Refiner's syrup
Caramel	Golden sugar	Rice syrup
Carob syrup	Golden syrup	Saccharose
Castor sugar	Grape sugar	Sorghum syrup
COCONUT PALM SUGAR	High fructose corn syrup	Sucrose
Coconut sugar	Honey	Sugar (granulated)
Confectioner's sugar	Icing sugar	Sweet sorghum
Corn sweetener	Invert sugar	Syrup
CORN SYRUP	Malt syrup	Treacle
Corn syrup solids	MALTODEXTRIN	Turbinado sugar
Date sugar	Maltol	<i>Yellow sugar</i>
Dehydrated cane juice		

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What's the Whole Story?

Each group has been given a food product to study. In your groups, complete the following steps.

- **Step 1:** Look at the front of the food package. Count all the claims you see on the package. (Icons or symbols can also count.) Record the number of claims and the type of claims on your worksheet.
- **Step 2:** Look at the Nutrition Facts label. Write down the following information on your worksheet: Number of servings; Calories; Saturated fat; Sodium; Dietary fiber; and Sugars. If your label has total and added sugars, write down both numbers.
- **Step 3:** Read the ingredients list. What are the first three ingredients? How many different sugars are in the product?
- **Step 4:** Put it all together. Based on the front-of-package labeling, the nutrients in the Nutrition Facts, and the ingredients, explain whether you think this food is a good choice or not.

Front of package labeling – claims or symbols:

--

Nutrition Facts:	Ingredients list:
Number of servings _____ Calories _____ Saturated fat _____ Sodium _____ Dietary fiber _____ Total sugars _____ Added sugars _____	1 st Ingredient _____ 2 nd Ingredient _____ 3 rd Ingredient _____ How many different kinds of sugars did you find? _____

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