

HEALTHY WEIGHTS FOR HEALTHY KIDS

PUBLICATION 348-247

LABEL LITERACY

HANDOUT FOR SMART SNACKS, 348-235

For this activity, you are going to compare a number of different foods by reading Food Labels found on their packages.

Lets begin by writing down the name of one of your food products.

In which food group or food groups does it belong?

Lets practice finding nutrition information on food labels. Look at your package. Then, fill in the same information to the right on this food label. If you do not have a food package, the teacher may give you this information.

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Nutrition Facts

Serving Size Servings Per Container

Calories 120)	Calo	ries fro	m Fat	10
		, , , , , , , , , , , , , , , , , , ,	% [Daily Va	lue
Total Fat	g				%
Saturated F	-at	g		~	%
Cholesterol		mg		***************************************	%
Sodium	mg	I	***************************************		%
Total Carbo	hy	drate	g		%
Dietary Fib	er	g	_	4.	%
Sugars	g		***************************************		
Protein g)				
Vitamin A	0/		\ Chans	in O	0/
Vitamin A	%	•	Vitam	in C	%
Calcium	%	•	Iron	%	

or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calories per ar	am.		

ories per gram:

Fat 9 · Carbohydrate 4 · Protein 4





5655 A762If you have another food product, write down the name of it here. no. 348-247

In which food group or food groups does it belong?

Fill in the information below from the package as you did on the front page.

Nutri Serving Size Servings Pe Amount Per Se Calories 12	er Co	ntair			
		-		aily Va	
Total Fat	g	***************************************	76 00	any va	%
Saturated	Fat	g			%
Cholestero	I	mg		***************************************	%
Sodium	mg				%
Total Carbo	ohy	drate	g		%
Dietary Fil	per	g	***************************************	***************************************	%
Sugars	g	·	***************************************		
Protein	g		***************************************		
Vitamin A	%	•	Vitamir	1 C	%
Calcium	%	•	Iron	%	
*Percent Daily calorie diet. Yo or lower depen	ur dai ding d	ly valu	ies may b ir calorie r	e highe	O er
Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd Dietary Fiber Calories per grate	Less Less Less rate	than than than than than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300m 2,400 375g 30g	

Below are two popular snack items. Compare the two foods.

1 whole apple

Nutrition Facts Serving Size 1 apple (whole) (138g) Servings Per Container 1 Amount Per Serving Calories 60 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Cholesterol 0mg 0% Sodium Omg 0% Total Carbohydrate 17g 6% Dietary Fiber 2g 10% Sugars 14g Protein 0g Vitamin A 0% Vitamin C 10% Calcium 0% Iron 2% *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 Total Fat Less than 65g 80g Saturated Fat Less than 20g Less than 300mg Less than 300mg 300mg Less than 2,400mg 2,400mg 300g 375g Cholesterol Sodium Total Carbohydrate Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

1 slice of apple pie

Nutrition Facts Serving Size 1 Lunchable (128g) Servings Per Container 1
Amount Per Serving
Calories 450 Calories from Fat 310
% Daily Value*
Total Fat 34g 52%
Saturated Fat 15g 75%
Cholesterol 85mg 28%
Sodium 1620mg 68 %
Total Carbohydrate 19g 6%
Dietary Fiber 0g 0%
Sugars 3g
Protein 18g
CONTRACTOR SUBSTITUTE (STEER STEER S
Vitamin A 6% • Vitamin C 0%
Calcium 30% • Iron 15%
*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

Write down which food is higher in:

Weight (in grams)	
Calories	
Fat	
Sugar	
Fat Sugar Vitamin C	
XIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	ferences between these two foods?
Which one is cons	sidered a healthier choice?

Below are two popular snack items. Compare the two foods.

1 Lunchable (Bologna & American)

Nutri Serving Size Servings Per	1 Lunch	able (12	
Amount Per Sei	rving		
Calories 450) Calori	es from	Fat 310
		% Da	ily Value*
Total Fat 34	g		52 %
Saturated F	Fat 15g		75 %
Cholesterol	85mg		28%
Sodium 162	0mg		68%
Total Carbo	hydrate	19g	6%
Dietary Fib	er 0g		0%
Sugars 3g			
Protein 18g			
) (T) A			
Vitamin A 69	6 •	Vitam	in C 0%
Calcium 30%	6 •	Iron 1	5%
*Percent Daily V calorie diet. You or lower depend	r daily valu	es may be r calorie ne	higher
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber Calories per gra Fat 9 • C	Less than Less than Less than Less than rate	65g 20g 300mg 2,400mg 300g 25g	375g 30g

6 whole wheat crackers, 6 baby carrots, and peanut butter

Nutrition Serving Size 1 snack Servings Per Contain	(100g)
Amount Per Serving	
Calories 220 Calori	ies from Fat 110
	% Daily Value*
Total Fat 13g	19%
Saturated Fat 2.5g	12%
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate	24g 8 %
Dietary Fiber 5g	18%
Sugars 5g	
Protein 7g	
THE RESIDENCE OF THE PARTY OF T	
Vitamin A 180% •	Vitamin C 8%
Calcium 4% •	Iron 8%
*Percent Daily Values are l calorie diet. Your daily valu or lower depending on you Calories:	es may be higher r calorie needs:
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g

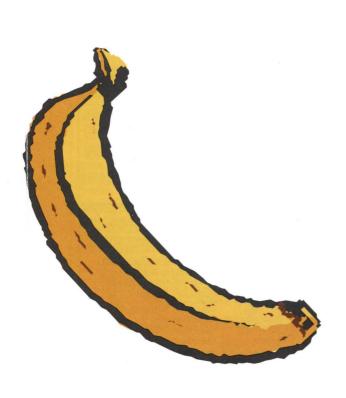
Write down which food is higher in:

Which one is considered a healthier choice?_

		viiin
Weight (in grams)		
Calories		
Fat		
Sugar		
Vitamin A		
Why are there differe	ences between these two foods?	YIIII

Below is a popular food that doesn't come in a package, so does not have a food label. Compare one of the other products (like the ones you used on the first page) to this one.

1 whole banana



Serving Size 1 r	nedium b	anana (114g)
Servings Per Co	ontainer 1		3,
Amount Per Servin	q		
Calories 100	9	lories fro	om Fat 5
		% D:	aily Value*
Total Fat 0.5g			1%
Saturated Fat	0g	***************************************	0%
Cholesterol Om	ng		0%
Sodium 0mg			0%
			9%
Dietary Fiber 3			11%
Sugars 21g			
Protein 1g			
Vitamin A 2%		\ C1 :	0.450
	•		n C 15%
Calcium 0%	•	Iron 29	%
*Percent Daily Value calorie diet. Your da lower depending on	ily values m	ay be high needs:	00 her or 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Calories per gram:	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg 2,400mg 375g 30g

Which one is a healthier snack choice? _	2
Why?	

Compare one of your drink products to this one.

1 cup (8 ounces) of low-fat milk



Nutrition Fact	ts
Serving Size 1 cup (245g) Servings Per Container 1	
Amount Per Serving	
Calories 110 Calories from F	at 25
% Daily \	Value'
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 15mg	5%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	
Vitamin A 10% • Vitamin C	C%
Calcium 25% • Iron 0%	
*Percent Daily Values are based on a 2,0 calorie diet. Your daily values may be hig or lower depending on your calorie need: Calories: 2,000 2,50	gher s:
Total Fat Less than 65g 80g 25g Saturated Fat Less than 20g 25g 25g Cholesterol Less than 300mg 300 300mg 300 Sodium Less than 2,400mg 2,40 2,400mg 375 Total Carbohydrate 50ietary Fiber 25g 30g 375	mg D0mg
Calories per gram: Fat 9 • Carbohydrate 4 • Protein	4

Write down which for	od is higher in:
Volume in ounces	
Calories	
Fat	
Vitamin A	
Vitamin C	
Calcium	
Which one is a health	ier snack choice?
	2
Why?	