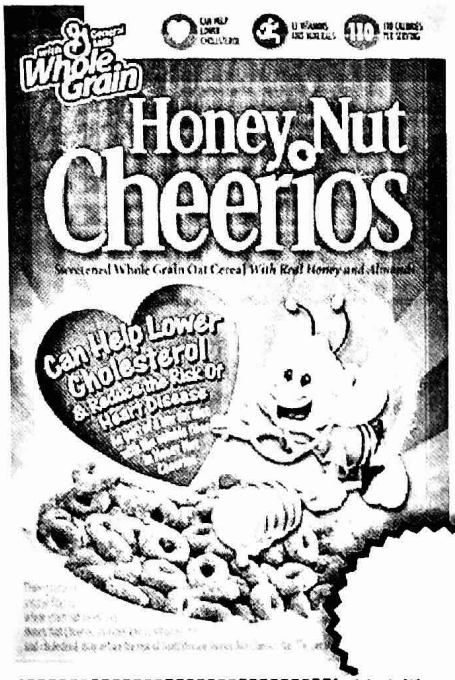
NAME:_____ CLASS:_____ DATE:_____

Let's Get **Food**ucated!

Product:



Nutrition Grade

Ingredient List:

Ingredients: Whole Grain Oats (includes the oat bran), Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B_6 (pyridoxine hydrochloride), Vitamin B_2 (riboflavin), Vitamin B_1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B_{12}, Vitamin D_3.

CONTAINS ALMOND; MAY CONTAIN WHEAT INGREDIENTS.

Nutrition Facts:

Nutrition Facts

Serving Size 0.75 cup (28g)
Serving Per Container 12

Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Values*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Potassium 115mg	**3%**
Sodium 160mg	**7%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**8%**
Sugars 9g	
Protein 2g	**4%**

Vitamin A 10% • Vitamin C 10%
Calcium 10% • Iron 25%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. What do you think is used to sweeten this cereal?

_____

2. Underline all the sweeteners listed in the Ingredient List. How many did you find? _____

3. How many grams of sugar per serving? _____

4. Approximately how many teaspoons of sugar are in a serving of this cereal? _____
(HINT: there are 4 grams of sugar per teaspoon)

5. Are there any nuts in Honey NUT Cheerios? _____

6. What cereal do you like to eat? _____

7. Fooducate recommends a cereal with 6 or less grams of sugar per serving.
Does this cereal have more sugar or less? _____

8. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.

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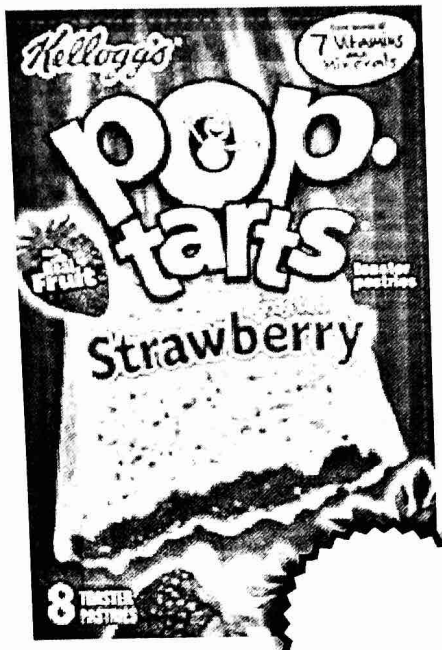
Product:



Nutrition Grade

Ingredient List:

Enriched Flour (Wheat Flour, Niacinamide, Reduced Iron, Thiamin Mononi-trate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Corn Syrup, High Fruc-tose Corn Syrup, Dextrose, Vegetable Oil (Soybean, Cottonseed and Hydro-genated Cottonseed Oil (Less than 0.5 g Trans Fat per Serving) with TBHQ and Citric Acid for Freshness), Sugar, Cracker Meal, Contains Two Percent or Less of Wheat Starch, Salt, Dried Strawberries, Dried Apples, Dried Pears, Cornstarch, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Citric Acid, Milled Corn, Modified Wheat Starch, Gelatin, Caramel Color, Partially Hydrogenated Soybean and/or Cottonseed Oil (Less than 0.5 g Trans Fat per Serving), Modified Corn Starch, Xanthan Gum, Soy Lecithin, Color Added, Niacinamide, Reduced Iron, Red No. 40, Vitamin A Palmitate, Yellow No. 6, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Folic Acid, Turmeric Color, Blue No. 1.

Nutrition Facts:

Nutrition Facts

Serving Size 1 pastry (52g)
Serving Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 45
	% Daily Values*
Total Fat 5g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 0g	**0%**
Sugars 16g	
Protein 2g	**4%**
Vitamin A 10% •	Iron 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. What flavor is this Pop Tart? _____

2. Underline the strawberries in the ingredient list.

3. Circle the ingredients used to color the strawberry filling.

4. Do you think "Made with real fruit" that appears on the front of the package is a credible description?

_____

5. How many grams of sugar are there per serving/Pop Tart?_____

6. How many teaspoons of sugar are in a Pop Tart? _____
(HINT: there are 4 grams of sugar per teaspoon)

7. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.

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Product:

Ingredient List:

SUGAR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), HIGH OLEIC CANOLA AND/OR PALM OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, VANILLIN--AN ARTIFICIAL FLAVOR, CHOCOLATE. CONTAINS: WHEAT, SOY.

Nutrition Grade

Nutrition Facts:

Serving Size 3 cookies (34g)
Serving Per Container 15

Amount Per Serving	
Calories 160	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 14g	
Protein 1g	**2%**

Calcium 2% • Iron 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. How many cookies are in a serving? _____

2. How many servings are in a package? _____

3. How many cookies are in a package? _____

4. How many cookies do you have for a snack? _____

5. What's the first ingredient listed in the ingredient list? _____

6. How many grams of sugar per serving? _____

7. How many teaspoons of sugar per serving? (HINT: there are 4 grams of sugar per teaspoon) _____

8. Approximately how many teaspoons of sugar are in each cookie? _____

9. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.

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Product:

Nutrition Grade

Ingredient List:

Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine

Nutrition Facts:

Serving Size 1 can (12 fl oz)
Serving Per Container 1

Amount Per Serving	
Calories 140	
	% Daily Values*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 0g	**0%**
Sugars 39g	
Protein 0g	**0%**

* 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. How many grams of sugar are in this can? _____

2. Approximately how many teaspoons of sugar are in this sodal? _____
(HINT: there are 4 grams of sugar per teaspoon)

3. Have you ever tried drinking a glass of water with the same amount of sugar added? _____

4. How many calories are in a can? _____

5. How many of the calories are from sugars? _____
(HINT: each sugar is 4 calories)

6. What would be a better alternative to a soft drink? _____

7. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.

0 49000 04251 1

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