

READ it before you EAT it!

SNACK A

Nutrition Facts	
Serving Size 1 bar (42g)	
Amount Per Serving	
Calories 180	
	% Daily Value*
Total Fat 0g	0%
Sodium 160mg	7%
Total Carbohydrates 29g	10%
Sugars 11g	
Protein 4g	6%
Not a significant source of other nutrients	
*Percent Daily Values are based on a 2,000 calorie diet	

Understanding the **NUTRITION FACTS** labels found on foods is an important skill when making healthy choices about the food we eat.

SNACK B

Nutrition Facts	
Serving Size 1 bar	
Amount Per Serving	
Calories 280	
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 5g	25%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrates 35g	12%
Dietary Fiber 1g	4%
Sugars 30g	
Protein 4g	
Not a significant source of other nutrients	
*Percent Daily Values are based on a 2,000 calorie diet	

BEVERAGE A

Nutrition Facts	
Serving Size 12 fl. oz.	
Amount Per Serving	
Calories 140 Calories from Fat 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrates 39g	13%
Dietary Fiber 0g	0%
Sugars 39g	
Protein 0g	0%

BEVERAGE B

Nutrition Facts	
Serving Size 8 fl. oz.	
Amount Per Serving	
Calories 122 Calories from Fat 43	
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 3g	15%
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrates 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	0%
Vitamin A 9%	Vitamin C
Calcium 29%	Iron
Not a significant source of other nutrients	
*Percent Daily Values are based on a 2,000 calorie diet	

A C T I V I T Y

The grams of **SUGAR** in a serving are listed under **CARBOHYDRATES**. Most of us do not calculate measurements in grams, but in teaspoons or cups. Divide the number of grams by 4 to find the number of teaspoons of sugar.

Also, remember that the **% Daily Value** listed on the right side of the label is always for **ONE serving**.

1. How many grams of sugar would you consume if you ate 1 serving of Snack B? _____ grams
2. Which snack do you think is the granola bar? _____ the candy bar? _____
3. Which beverage choice contains less sugar? _____
4. About how many teaspoons of sugar are in the entire beverage A container? _____ teaspoons
5. Which beverage do you think is a can of soda? _____ milk? _____
6. If the granola bar came in a package of 2, how many teaspoons of sugar would be in the total package? _____ teaspoons

1 teaspoon = 4 grams of sugar
4 grams of sugar = 1 sugar packet