

DIRECTIONS

For this activity, there are matching sets of nutrition facts and images of the item. Match each item with its nutritional fact. Then answer the following questions:

1. What surprised you about the matching activity?
2. What snacks do you think are the healthier options and why?

A

Nutrition Facts		
Serving Size		
Serving per Container		
Amount Per Serving		
Calories	210	Calories from Fat 110
		% Daily Value*
Total Fat	13 g	20%
Saturated Fat	8 g	40%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	35 mg	1%
Total Carbohydrate	26 g	9%
Dietary Fiber	1 g	4%
Sugars	24 g	
Protein	3 g	
Vitamin A 0%, Vitamin C 0%, Calcium 8%, Iron 2%		
* Percent Daily Values are based on a 2,000 calorie diet.		



1



B

Nutrition Facts

Serving Size

Serving per Container

Amount Per Serving

Calories 120 **Calories from Fat** 30

% Daily Value*

Total Fat 3 g 5%

Saturated Fat .5 g 3%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 110 mg 5%

Total Carbohydrate 24 g 8%

Dietary Fiber 3 g 10%

Sugars 12 g

Protein 2 g

* Percent Daily Values are based on a 2,000 calorie diet.





DEFINITIONS

Calcium: a mineral that builds and maintains strong bones.

Calories: the energy provided by food/nutrients. On the label, calories shown are for one serving.

Calories from Fat: fat calories shown on the label are for one serving.

Cholesterol: a necessary nutrient from animal-based foods that is carried in the bloodstream.

Daily Value: the amount of certain nutrients that most people need each day.

Nutrient: an ingredient in a food that provides nourishment or nutritional benefit.

Nutrition Facts Label: the black-and-white box found on food and beverage packages.

Percent Daily Value (%DV): the percentage of a nutrient found in one serving of food, based on the established standard of 2,000 calories per day.

Saturated Fat: a type of fat that is solid at room temperature. It is usually animal-based. This type of fat is associated with certain health risks.

Sodium: dietary salt that is important in the diet. However, too much sodium can lead to high blood pressure and risk of heart disease.

Total Fat: the combined fats that provide energy to the body. Some types of fat are healthier than others.

Trans Fat: a type of fat that is created when liquid fat is turned into solid fat during manufacturing. Trans fat has no daily value, and should be replaced with unsaturated fat in your diet whenever possible.

Unsaturated Fat: a type of fat that is liquid at room temperature; can be plant-based or animal-based. These are usually "good fats."

