

# 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

<b>Nutrition Facts</b>	
Serving Size Serving per Container	
Amount Per Serving	
<b>Calories</b>	<b>210</b> Calories from Fat <b>110</b>
	% Daily Value*
<b>Total Fat</b>	13 g 20%
Saturated Fat	8 g 40%
Trans Fat	0 g
<b>Cholesterol</b>	10 mg 3%
<b>Sodium</b>	35 mg 1%
<b>Total Carbohydrate</b>	26 g 9%
Dietary Fiber	1 g 4%
Sugars	24 g
<b>Protein</b>	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

<b>Nutrition Facts</b>	
Serving Size Serving per Container	
Amount Per Serving	
<b>Calories</b>	120
<b>Calories from Fat</b>	30
% Daily Value*	
<b>Total Fat</b>	3 g 5%
Saturated Fat	.5 g 3%
Trans Fat	0 g
<b>Cholesterol</b>	0 mg 0%
<b>Sodium</b>	110 mg 5%
<b>Total Carbohydrate</b>	24 g 8%
Dietary Fiber	3 g 10%
Sugars	12 g
<b>Protein</b>	2 g
* Percent Daily Values are based on a 2,000 calorie diet.	



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C

# Nutrition Facts

Serving Size  
Serving per Container

Amount Per Serving

**Calories** 190 **Calories from Fat** 70

% Daily Value\*

**Total Fat** 7 g 11%

Saturated Fat 3.5 g 18%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 830 mg 35%

**Total Carbohydrate** 26 g 9%

Dietary Fiber 1 g 4%

Sugars 1 g

**Protein** 5 g

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



2



D

## Nutrition Facts

Serving Size

Serving per Container

Amount Per Serving

**Calories** 190 **Calories from Fat** 80

% Daily Value\*

**Total Fat** 8 g 13%

Saturated Fat 2 g 9%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 15 mg 1%

**Total Carbohydrate** 32 g 11%

Dietary Fiber 4 g 16%

Sugars 24 g

**Protein** 3 g

Vitamin A 10%, Vitamin C 2%, Calcium 4%, Iron 4%,  
Magnesium 10%, Copper 10%

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



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H

# Nutrition Facts

Serving Size  
Serving per Container

Amount Per Serving

**Calories** 150 **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10 g 16%

Saturated Fat 1 g 5%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 75 mg 5%

**Total Carbohydrate** 15 g 5%

Dietary Fiber 3 g 12%

Sugars 0 g

**Protein** 2 g

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



5



E

# Nutrition Facts

Serving Size  
Serving per Container

Amount Per Serving  
**Calories 170** Calories from Fat **90**

% Daily Value\*

<b>Total Fat</b>	10 g	15%
Saturated Fat	2 g	9%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	45 mg	2%
<b>Total Carbohydrate</b>	18 g	6%
Dietary Fiber	2 g	8%
Sugars	13 g	
<b>Protein</b>	5 g	

Vitamin A 2%, Calcium 6%, Iron 4%,

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



8



F

# Nutrition Facts

Serving Size  
Serving per Container

Amount Per Serving

**Calories 230** Calories from Fat **120**

% Daily Value\*

**Total Fat 13 g** 20%

Saturated Fat 6 g 30%

Trans Fat 0 g

**Cholesterol 5 mg** 1%

**Sodium 170 mg** 7%

**Total Carbohydrate 26 g** 9%

Dietary Fiber 1 g 3%

Sugars 13 g

**Protein 2 g**

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







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# ANSWER KEY

A

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B

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G

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# 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."

