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?

Nutrition Facts

Serving Size
Serving per Container

Amount Per	Serving		
Calories	210 Calor	ies from	Fat 110
		%	Daily Value*
Total Fat	13 g		20%
Saturat	ed Fat 8 g		40%
Trans Fa	at 0 g		
Choleste	rol 10 mg	5	3%
Sodium	35 mg		1%
Total Car	bohydrate	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.







Nutrition Facts

Amount Per	Serving	
Calories	120 Calories from Fat	30
	% Daily	Value*
Total Fat	3 g	5%
Saturate	ed Fat .5 g	3%
Trans Fa	t 0 g	
Cholester	ol 0 mg	0%
Sodium	110 mg	5%
Total Cark	oohydrate 24 g	8%
Dietary F	iber 3 g	10%
Sugars	12 g	
Protein 2	g	

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









C

Nutrition Facts

Amount Per	Amount Per Serving			
Calories	190 Calories from F	at 70		
	% Di	aily Value*		
Total Fat		11%		
Saturat	ed Fat 3.5 g	18%		
Trans Fa	et 0 g			
Choleste	r ol 0 mg	0%		
Sodium	830 mg	35%		
Total Car	bohydrate 26 g	9%		
Dietary I	Fiber 1 g	4%		
Sugars	1 g			
Protein !	5 g			

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



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Nutrition Facts

Serving Size
Serving per Container

Amo	ount	Per	Sei	rvi	ng	5		
			_	_	_		_	

Calories 190 Calories from Fat 80

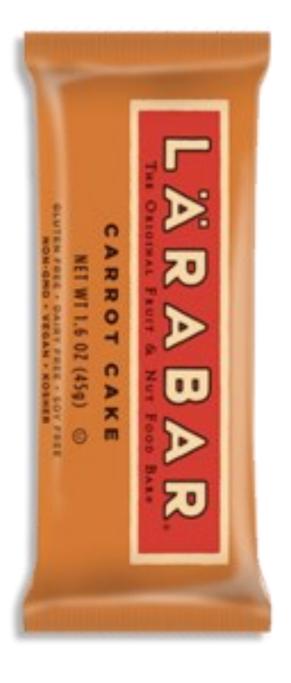
	% Daily Value*
Total Fat 8 g	13%
Saturated Fat 2 g	9%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total Carbohydrate 32	g 11%
Dietary Fiber 4 g	16%
Sugars 24 g	
Ductoin 2 m	

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.







Nutrition Facts

Amount Per	Serving	
Calories	150 Calories from Fat	90
	2/ 5 11	
	% Daily	Value*
Total Fat	10 g	16%
Saturate	ed Fat 1 g	5%
Trans Fa	t 0 g	
Cholester	ol 0 mg	0%
Sodium	75 mg	5%
Total Carl	oohydrate 15 g	5%
Dietary F	iber 3 g	12%
Sugars	0 g	
Protein 2	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 Calori	es from Fat	90
		% Daily	Value*
Total Fat	10 g		15%
Saturate	ed Fat 2 g		9%
Trans Fa	at 0 g		
Cholester	ol 0 mg		0%
Sodium	45 mg		2%
Total Carl	bohydrate	18 g	6%
Dietary F	iber 2 g		8%
Sugars	13 g		
Protein 5	5 g		

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

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



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Nutrition Facts

Amount Per	Amount Per Serving			
Calories	230 Calori	es from Fa	t 120	
		% Dai	ily Value*	
Total Fat	13 g		20%	
Saturate	ed Fat 6 g		30%	
Trans Fa	nt 0 g			
Cholester	ol 5 mg		1%	
Sodium	170 mg		7%	
Total Carl	oohydrate	26 g	9%	
Dietary F	iber 1 g		3%	
Sugars	13 g			
Protein 2	2 g			

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





G

Nutrition Facts

Serving Size Serving per Container

Amount Per Serving

Calories 80 Calories from Fat 0

	% Daily Value*
Total Fat 0 g	
Total Tat Ug	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate	20 g 7%
Dietary Fiber 0 g	0%
Sugars 11 g	
Protein 0 g	

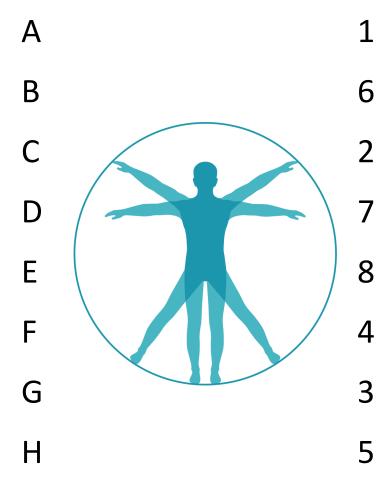
Vitamin A 25%, Vitamin C 100%, Calcium 0%, Iron 0%, Vitamin E 25%

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



ANSWER KEY







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."

