

Let's Get Fooducated!

Answer Key

Product:

Ingredient List:

Nutrition Facts:



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.

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



- How many cookies are in a serving? **3 cookies**
- How many servings are in a package? **15 servings**
- How many cookies are in a package? **45 cookies**
- How many cookies do you have for a snack? _____
- What's the first ingredient listed in the ingredient list? **Sugar**
- How many grams of sugar per serving? **14 grams**
- How many teaspoons of sugar per serving? (HINT: there are 4 grams of sugar per teaspoon) **3 1/2 tsps**
- Approximately how many teaspoons of sugar are in each cookie? **1 teaspoon**
- What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.



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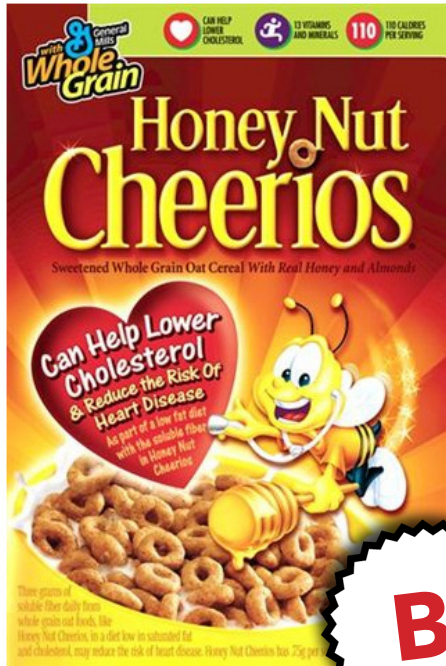


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Answer Key

Product:



B-
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 B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.
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?

Honey

2. Underline all the sweeteners listed in the Ingredient List. How many did you find? **3**

3. How many grams of sugar per serving? **9 grams**

4. Approximately how many teaspoons of sugar are in a serving of this cereal? **2 teaspoons**
(HINT: there are 4 grams of sugar per teaspoon)

5. Are there any nuts in Honey NUT Cheerios? **No- only nut flavoring**

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? **more sugar**

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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NAME: _____ CLASS: _____ DATE: _____

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Answer Key

Product:



Ingredient List:

TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.

Nutrition Facts:

Serving Size 1 Tbsp (17g)
Serving Per Container 60

Amount Per Serving

Calories 20

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	0%

Vitamin A 1% • Vitamin C 2%

*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. Read the ingredient list. What sweeteners are used here? _____

high fructose corn syrup, corn syrup

2. What is a serving size for ketchup? Do you use more than that or less? **1 Tablespoon**

3. How many grams of sugar are in a single serving of ketchup? **4 grams**

4. How many teaspoons of sugar are in a single serving of ketchup? **1 teaspoon**

(HINT: there are 4 grams of sugar per teaspoon)

5. What other condiments could you use instead of ketchup? **mustard, real tomatos!**

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



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Answer Key

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

- How many grams of sugar are in this can? **39 grams**
- Approximately how many teaspoons of sugar are in this soda? **10 teaspoons**
(HINT: there are 4 grams of sugar per teaspoon)
- Have you ever tried drinking a glass of water with the same amount of sugar added? _____
- How many calories are in a can? **140 calories**
- How many of the calories are from sugars? **156 calories**
(HINT: each sugar is 4 calories)
- What would be a better alternative to a soft drink? **water, 1/2 cup of 100% fruit juice**
- What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.



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Answer Key

Product:



D
Nutrition Grade

Ingredient List:

Enriched Flour (Wheat Flour, Niacinamide, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Corn Syrup, High Fructose Corn Syrup, Dextrose, Vegetable Oil (Soybean, Cottonseed and Hydrogenated 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

- What flavor is this Pop Tart? **Frosted Strawberry**
- Underline the strawberries in the ingredient list.
- Circle the ingredients used to color the strawberry filling.
- Do you think "Made with real fruit" that appears on the front of the package is a credible description? **It is misleading because strawberries are less than 2% of the product**
- How many grams of sugar are there per serving/Pop Tart? **16 grams**
- How many teaspoons of sugar are in a Pop Tart? **4 teaspoons**
(HINT: there are 4 grams of sugar per teaspoon)
- What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.



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