

Let's Get Fooducated!

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		
Polysaturated 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

- Look at the product above. Read the ingredient list and nutrition facts.

2. What are good things about this product?

Tastes good :)

Quick and easy to prepare

3. What are bad things about this product?

Too many ingredients, Artificial colors

Barely any strawberries

Trans Fats (partially hydrogenated oils)

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

- What do you think is a healthier alternative to this product? real strawberries; whole wheat toast with peanut butter and strawberry jam



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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



- Look at the product above. Read the ingredient list and nutrition facts.

2. What are good things about this product?

Tastes Good!

3. What are bad things about this product?

Easy to overeat

First ingredient is sugar

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

- What do you think is a healthier alternative to this product? **piece of fruit, PB&J sandwich**



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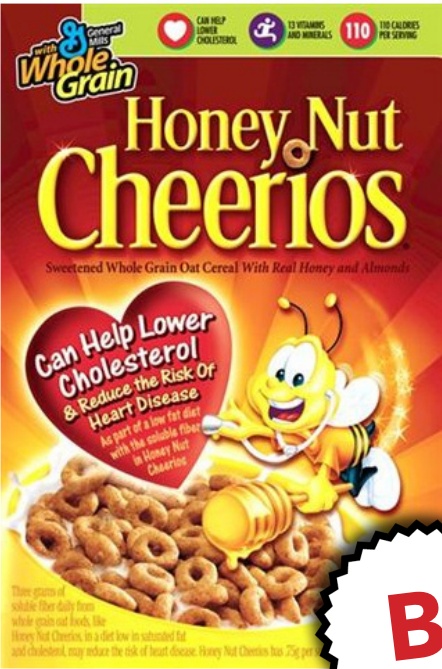


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Answer Key

Product:



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

B-
Nutrition Grade

1. Look at the product above. Read the ingredient list and nutrition facts.

2. What are good things about this product?	3. What are bad things about this product?
Tastes good!	Barely any honey
Made with whole grains	The vitamins and minerals are all added, not naturally present
	2 1/2 teaspoons of sugar

4. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.
5. What do you think is a healthier alternative to this product? plain cheerios or multigrain cheerios



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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. Look at the product above. Read the ingredient list and nutrition facts.

2. What are good things about this product?	3. What are bad things about this product?
Tastes good :)	Lots of sugar
Made with Tomatoes	Has high fructose corn syrup

4. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.
5. What do you think is a healthier alternative to this product? mustard, cherry tomatoes



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Answer Key

Product:



Ingredient List:

Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine

Nutrition Facts:

Serving Size 1 can (12g)
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%

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	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. Look at the product above. Read the ingredient list and nutrition facts.

2. What are good things about this product?

Fizzy and fun

Tasty :)

3. What are bad things about this product?

Equivalent to 10 teaspoons of sugar

Has phosphoric acid (used for rust removal)

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

5. What do you think is a healthier alternative to this product? Water, 1/2 cup of 100% fruit juice



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