

## HANDOUT

# Looking at Labels Answer Sheet

Refer to this sheet when discussing the responses to the Looking at Labels handout.

### **A. Examine total fat in snack foods from different food groups.**

Sample:

- Chips: 15 grams of fat
- Pretzels: 0 grams of fat

**Discussion point:** Pretzels are a much lower in fat and a healthier snack choice.

- Graham crackers: 3 grams of fat
- Crème-filled sandwich cookies: 7 grams of fat

**Discussion point:** The cookies contain more than twice the fat as the crackers, even though the cookie serving is smaller than the cracker serving (three cookies versus four whole crackers).

### **B. Examine ingredients in two different cereals.**

Food 1 — Sugar-coated flake cereal

- First ingredient listed: Milled corn
- Second ingredient listed: Sugar

Food 2 — Toasted oat cereal

- First ingredient listed: Whole-grain oats
- Second ingredient listed: Modified corn starch

**Discussion points:** There are two important points to make with these foods.

**Sugar:** Foods with sugar listed as one of the first three or four ingredients are often high in sugar. They should be eaten in moderation. Have the students look for sugar grams in each product under “Total Carbohydrates.” Point out that the sugar-coated flake cereal has 12 grams of sugar per serving compared to one gram in the toasted oat cereal.

**Fiber:** Whole grains have more fiber than refined or milled grains. When looking for a whole-grain product, make sure the first ingredient on the label reads “whole-grain.” Have the students find fiber grams in each product under “Total Carbohydrates.” Point out that the sugar-coated flake cereal has only 1 gram of fiber per serving compared to the 3 grams in the toasted oat cereal.

### **C. Compare fiber grams in foods from the same food group.**

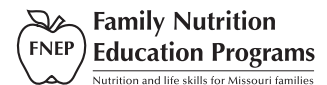
- White bread: 0 grams
- Whole-wheat bread: 1 gram

**Discussion point:** The whole-wheat bread has more fiber than the white bread, but it is still *not* a good source of fiber. Only foods with 2.5 grams of fiber per serving are a good source. Have the students find the first ingredient listed for both bread products. Point out that neither the white bread or the whole-wheat bread lists “whole” wheat or another “whole” grain as the first ingredient. Neither bread is a whole-grain product or good source of fiber.

### **D. Compare calories in two types of the same food.**

- Frozen French fries: 120 calories
- Plain potato: 100 calories

**Discussion point:** These two food items are similar in calorie content, but there is a big difference in each serving size. Display examples of the French fries and potato so students can see the difference in serving sizes. Ask why the smaller amount of potatoes has more calories. Point out that frying potatoes adds fat and calories to the French fries.



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**Kangaroo Jump 7: Choices for Good Health - 125a**

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