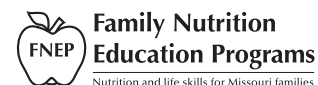
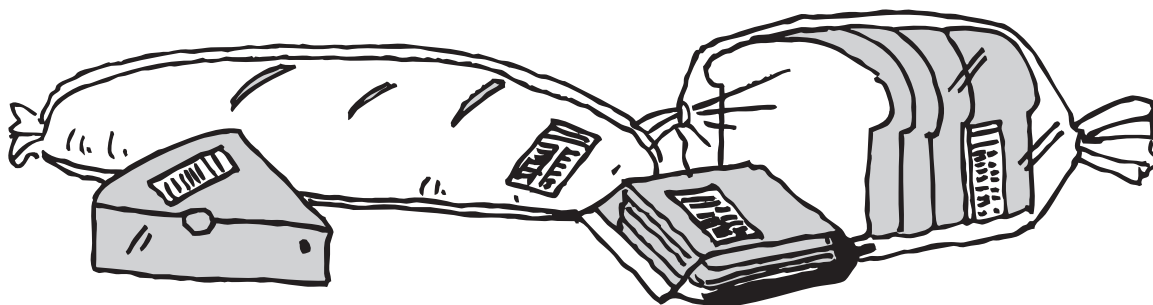


HANDOUT:

Looking At Labels

Read the Nutrition Facts label and get the facts on the foods you choose. The label can help you make wise food choices. Review each of the food labels, compare the label component highlighted and record your observations in the boxes below.

<p>A: Total Fat in Snack Foods From Different Food Groups</p> <p>Sample:</p> <p>Chips: _____</p> <p>Pretzels: _____</p> <p>Total Fat:</p> <p>Graham crackers: _____</p> <p>Crema-filled sandwich cookies: _____</p>	<p>B: Ingredients:</p> <p>Food 1 — Sugar-coated flake cereal</p> <p>First ingredient listed: _____</p> <p>Second ingredient listed: _____</p> <p>Food 2 — Toasted Oat Cereal</p> <p>First ingredient listed: _____</p> <p>Second ingredient listed: _____</p>
<p>C: Compare Grams of Fiber in Foods From the Same Food Group</p> <p>White bread: _____</p> <p>Whole wheat bread: _____</p>	<p>D: Calories in Two Forms of the Same Food Per Serving</p> <p>Frozen French Fries: _____</p> <p>Plain Potato: _____</p>



Funded in part by USDA SNAP.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp. For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

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