



# Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson **5**

## What's your choice?

Nutrition Facts provides us information about calories, fat, fiber, sodium and other important nutrients. Potatoes are a popular vegetable to serve at a meal. Not all potatoes are the same when you look at the Nutrition Facts. Which has the lower calories? Lower fat? Lower sodium? More fiber? Enter the information below each Nutrition Facts to help you find the answers.

Nutrition Facts	
Serving size	1 medium potato (with skin)(148g)
<b>Amount per serving</b>	<b>110</b>
<b>Calories</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0.5g*	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0g	0%
<b>Total Carbohydrates</b> 26g	9%
Dietary Fiber 2g	7%
Total Sugars 1g	
Incl. Added Sugars 0g	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Baked Potato

\_\_\_\_\_ calories  
 \_\_\_\_\_ saturated fat, g  
 \_\_\_\_\_ sodium, mg

Nutrition Facts	
Serving size	½ cup (146g)
<b>Amount per serving</b>	<b>100</b>
<b>Calories</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g*	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 440mg	20%
<b>Total Carbohydrates</b> 21g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Incl. Added Sugars 0g	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 290mg	6%

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### Mashed Potatoes

\_\_\_\_\_ calories  
 \_\_\_\_\_ saturated fat, g  
 \_\_\_\_\_ sodium, mg

Choosing foods with fewer calories, less saturated fat and sodium and more fiber can help ward off diseases like Type 2 diabetes, heart disease and some cancers.

### How can you help your child choose healthy snacks?

- **Juice drinks or 100 percent juice?**  
Have your child look at Nutrition Facts for a juice drink and 100 percent juice. Compare the amount of added sugar and vitamin C. Have your child select the best choice based on the label.

- **Canned fruit: Which is lowest in sugar?**  
Have your child compare the amount of added sugar in different canned fruits, such as fruit in heavy syrup and fruit in light juice.
- **Cereal: Which is low in sugar? High in fiber?**  
Ask your child to find a cereal that is low in added sugar and high in fiber. (*Hint: These cereals are not stocked at eye level but may be on a higher shelf or a lower shelf.*)

Adapted from <https://www.fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm281746.htm>



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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

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