



13204

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Month / Year:

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School:

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Time Point:  Pre  Post

## STUDENT FOOD LABEL QUIZ

For each of the following pairs of foods in the same food category, such as bread or cereal or crackers or cookies, choose the one you think is more nutritious ("better for you") by filling in the bubble next to your choice. Please use a #2 pencil. To change your answer, erase completely.

### 1. FOOD CATEGORY: CRACKERS

Nutrition Facts A	
Serving size 55 Pieces (30g/1.1oz)	
Servings Per Container About 6	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> less than 5 mg	<b>1%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber Less than 1g	<b>3%</b>
Sugars less than 1g	
<b>Protein</b> 4g	

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], CHEDDAR CHEESE [(PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SALT], VEGETABLE OILS (CANOLA, SUNFLOWER, AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, YEAST EXTRACT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE), SPICES ANNATTO (COLOR) AND ONION POWDER.

Nutrition Facts B	
Serving size 55 Pieces (30g/1.1oz)	
Servings Per Container About 6	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> less than 5 mg	<b>1%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars less than 1g	
<b>Protein</b> 4g	

INGREDIENTS: WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], CHEDDAR CHEESE [(PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SALT], VEGETABLE OILS (CANOLA, SUNFLOWER, AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, YEAST EXTRACT, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE), SPICES ANNATTO (COLOR), ONION POWDER, BUTTER, ENZYMES, SODIUM PHOSPHATE.

The "Better for you" choice is:

A       B       CAN'T TELL



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## 2. FOOD CATEGORY: COOKIES

Nutrition Facts A	
Serving size 1 Cookie (31g/1.1 oz)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 95 mg	<b>4%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 2g	

Nutrition Facts B	
Serving size 2 cookies (24g)	
Servings Per Container about 8	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3.5g	<b>17%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber less than 1g	<b>3%</b>
Sugars 8g	
<b>Protein</b> 1g	

**INGREDIENTS:** UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], SEMI-SWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN ADDED AS AN EMULSIFIER, VANILLA EXTRACT), FRUCTOSE, BUTTER (MILK), VEGETABLE OILS (PALM AND/OR INTERESTERIFIED AND HYDROGENATED SOYBEAN AND/OR HYDROGENATED COTTONSEED), BROWN SUGAR, SUGAR, INVERT SUGAR, WHOLE EGGS, CONTAINS 2 PERCENT OR LESS OF CORN SYRUP, LEAVENING BAKING SODA, AMMONIUM BICARBONATE, CREAM OF TARTAR), RICE STARCH, SALT, PECTIN, CANOLA OIL, WHEAT FLOUR, CARAMEL COLOR, ARTIFICIAL FLAVORS, WHEAT GLUTEN, SODIUM STEAROYL LACTYLATE, NATURAL FLAVORS, CALCIUM STEAROYL TYLATE AND DATEM (DOUGH CONDITIONER)

**INGREDIENTS:** SEMI-SWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, BUTTERFAT, SOY LECITHIN, VANILLA), UNBLEACHED WHEAT FLOUR, BUTTER, EVAPORATED CANE JUICE, PECANS, LIQUID WHOLE EGGS, VANILLA EXTRACT, AND OTHER NATURAL FLAVORS, BAKING SODA, SALT.

The "Better for you" choice is:

A       B       CAN'T TELL



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### 3. FOOD CATEGORY: CEREAL BARS

Nutrition Facts A	
Serving size 1 BAR (37g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 15g	
<b>Protein</b> 2g	

INGREDIENTS: TRIPLE BERRY FILLING (FRUIT JUICE CONCENTRATE [PINEAPPLE, PEACH AND PEAR], FRUIT PUREE [RASPBERRY, BLUEBERRY AND STRAWBERRY], TAPIOCA STARCH, APPLE POWDER, NATURAL BERRY FLAVORS, VEGETABLE GLYCERIN, LOCUST MEAN GUM, RED CABBAGE [AS A COLOR ENHANCER], PINEAPPLE JUICE SYRUP, OAT FLOUR, BARLEY FLOUR, OAT FLAKES, RICE FLOUR, DATE PASTE, APPLE POWDER, EXPELLER-PRESSED CANOLA OIL, RAISIN JUICE CONCENTRATE, TAPIOCA STARCH, MALTED BARLEY EXTRACT, PEAR POWDER, NATURAL FLAVOR, SALT, ALUMINUM FREE BAKING POWDER, BAKING SODA.

Nutrition Facts B	
Serving size 1 BAR (37g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber less than 1g	<b>3%</b>
Sugars 13g	
<b>Protein</b> 1g	

INGREDIENTS: (HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, MIXED BERRY [STRAWBERRY, BLUEBERRY, RASPBERRY] PUREE CONCENTRATES, GLYCERIN, SUGAR, NATURAL FLAVOR, MODIFIED CORN STARCH, SODIUM ALGINATE, SODIUM CITRATE, CITRIC ACID, MALIC ACID, MODIFIED CELLULOSE, DICALCIUM PHOSPHATE, RED #4, BLUE#1), ENRICHED FLOUR [WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WHOLE GRAIN OATS, SUGAR, SUNFLOWER OIL, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF HONEY, CALCIUM CARCONATE, DEXTROSE, NONFAT DRY MILK, WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE (LEAVENING), NATURAL AND ARTIFICIAL FLAVOR, MONO- AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS SOY LECITHIN, WHEAT GLUTEN, CORNSTARCH, VITAMIN A PALMITATE, CARRAGEENAN, NIACINAMIDE, SODIUM STEAROYL LACTYLATE, GUAR GUM, ZINC OXIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID.

The "Better for you" choice is:

A       B       CAN'T TELL



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#### 4. FOOD CATEGORY: CEREAL

Nutrition Facts A	
Serving size $\frac{3}{4}$ cup (26g)	
Servings Per Container about 12	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0 mg	<b>1%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein</b> 1g	

INGREDIENTS: WHOLE GRAIN CORN, SUGAR, CORN MEAL, WHOLE GRAIN OATS, CORN STARCH, MODIFIED CORN STARCH, CANOLA OIL, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SALT, TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, RED 40, BLUE1 AND OTHER COLOR ADDED, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), NATURAL FLAVOR. A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID). VITAMIN B12, VITAMIN D, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

Nutrition Facts B	
Serving size 1 cup (28g)	
Servings Per Container about 9	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 1g	
<b>Protein</b> 3g	

INGREDIENTS: WHOLE GRAIN OATS, MODIFIED CORN STARCH, SUGAR, OAT BRAN, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, CORN STARCH, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. IRON AND ZINC (MINERAL NUTRIENTS) VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE) VITAMIN A (PALMITATE), AB VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D.

The "Better for you" choice is:

- A       B       CAN'T TELL



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## 5. FOOD CATEGORY: BREAD

Nutrition Facts A	
Serving size 1 Slice (43g/1.05oz)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 4g	

**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, CRUSHED WHEAT, WHEAT GLUTEN, SUGAR, RAISIN JUICE CONCENTRATE, SOYBEAN OIL, YEAST, CONTAINS 2 PERCENT OR LESS OF: WHEAT BRAN, WHOLE WHEAT FLAKES, UNSULPHURED MOLASSES, SALT, HONEY, VINEGAR, ENZYME MODIFIED SOY LECITHIN, CULTURED WHEY (MILK) AND ENZYMES.

Nutrition Facts B	
Serving size 2 Slices (45g/1.6oz)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber Less than 1g	<b>2%</b>
Sugars 3g	
<b>Protein</b> 4g	

**INGREDIENTS:** UNBROMATED UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID]. WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, CONTAINS 2 PRECENT OR LESS OF: SALT, MONOGLYCERIDE, NONFAT MILK\*, WHEAT GLUTEN, SUGAR, CALCIUM CARBONATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), BUTTER \*, HONEY AND ENZYMES.

\*ADDS A TRIVIAL AMOUNT OF CHOLESTEROL

The "Better for you" choice is:

- A       B       CAN'T TELL



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## 6. FOOD CATEGORY: CRACKERS

Nutrition Facts A	
Serving size 6 crackers (28g)	
Servings Per Container about 10	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4 g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>13%</b>
Sugars 0g	
<b>Protein</b> 3g	

INGREDIENTS: WHOLE WHEAT, SOYBEAN OIL, MALTODEXTRIN, SALT, MONOGLYCERIDES, ROSEMARY, MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), ONION POWDER, SPICES, OLIVE OIL, SPICE EXTRACTS, NATURAL FLAVOR.

Nutrition Facts B	
Serving size 17 Crackers (30g)	
Servings Per Container about 8	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6 g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 3g	
<b>Protein</b> 4g	

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL WITH TBHQ FOR FRESHNESS, SUGAR, TOASTED WHOLE GRAIN WHEAT, DEGERMINATED YELLOW CORN FLOUR, RYE, HONEY, HIGH FRUCTOSE CORN SYRUP, SALT, CONTAINS 2 PERCENT OR LESS OF: WHOLE GRAIN OATS, WHEAT BRAN, STONE GROUND WHOLE WHEAT FLOUR, BARLEY, MALT EXTRACT, NATURAL FLAVOR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), MILLET, RICE, ONION, SPICES, SODIUM SULFITE, SOY LECITHIN.

The "Better for you" choice is:

A       B       CAN'T TELL



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## 7. FOOD CATEGORY: CEREAL

Nutrition Facts A	
Serving size 1 cup (56g)	
Servings Per Container about 8	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5 g	<b>4%</b>
Saturated Fat 0.5g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 1 g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>
Dietary Fiber 5g	<b>18%</b>
Sugars 10g	
<b>Protein</b> 6g	

Nutrition Facts B	
Serving size 1 cup (55g)	
Servings Per Container about 8	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3 g	<b>5%</b>
Saturated Fat 0.5g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 13g	
<b>Protein</b> 4g	

INGREDIENTS: WHOLE OAT FLOUR, WHOLE WHEAT FLOUR, BROWN SUGAR, SUGAR, MALTODEXTRIN, MALTED BARLEY, EXTRACT MOLASSES, SODIUM BICARBONATE, SALT, CALCIUM CARBONATE, REDUCED IRON, SODIUM ASCORBATE, YELLOW 5, NIACINAMIDE\*, ZINC OXIDE, VITAMIN E ACETATE, VITAMIN A PALMITATE, YELLOW 6, THIAMIN MONONITRATE\*, PYRIDOXINE HYDROCHLORIDE\*, RIBOFLAVIN\*, FOLIC ACID\*.

\* ONE OF THE B VITAMINS.

INGREDIENTS: CORN MEAL, WHOLE GRAIN WHEAT, WHOLE GRAIN BARLEY, WHOLE GRAIN OATS, SUGAR, RICE, BROWN SUGAR, RAISINS, CRISP RICE (RICE FLOUR, MALT EXTRACT, SUGAR, SALT), ALMOND PIECES, DRIED DATES, WALNUT PIECES, CALCIUM CARBONATE, DRIED CRANBERRIES, SALT, CORN SYRUP, GLYCERIN, DRIED PRUNES, CORN STARCH, DRIED APPLES, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, MALT SYRUP, TRISODIUM PHOSPHATE, NONFAT MILK, CULTURED NONFAT MILK, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), AB VITAMIN (NIACINAMIDE), COLOR ADDED, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), AB VITAMIN (FOLIC ACID), ARTIFICIAL FLAVOR, VITAMIN B12, VITAMIN D, BHT AND SODIUM BISULFITE ADDED TO PRESERVE FRESHNESS AND COLOR.

The "Better for you" choice is:

- A       B       CAN'T TELL



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## 8. FOOD CATEGORY: CEREAL BAR

Nutrition Facts A	
Serving size 1 Bar (22g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber Less than 1g	<b>1%</b>
Sugars 7g	
<b>Protein</b> 2g	

Nutrition Facts B	
Serving size 1 bar (31g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 3.5 g	<b>5%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 4g	

**INGREDIENTS:** CEREAL (RICE, SUGAR, WHOLE GRAIN WHEAT, WHEAT GLUTEN, DEFFATED WHEAT GERM, SALT, WHEAT FLOUR, MALT FLAVORING, MALTODEXTRIN, RIBOFLAVIN [VITAMIN B2], THIAMIN HYDROCHLORIDE [VITAMIN B1], CORN SYRUP, SUGAR, VEGETABLE OIL (CONTAINS ONE ORE MORE OF THE FOLLOWING: CANOLA AND/OR SUNFLOWER OIL, PARTIALLY HYDROGENATED SOYBEN AND/OR COTTON SEED AND/OR PALM KERNEL OIL, HYDROGENATED COTTONSEED OIL, , TBHQ AND MIXED TOCOPHEROLS FOR FRESHNESS), FRUCTOSE, DEXTROSE, CONTAINS 2 PERCENT OR LESS OF: WHOLE GRAIN OATS, WHEAT FLOUR, SORBITOL, NONFAT DRY MILK, GLYCERIN, BROWN SUGAR, APPLESAUCE (APPLES, WATER), NATURAL AND ARTIFICIAL VANILLA FLAVOR, SOY LECITHIN, CALCIUM CARBONATE, MALTODEXTRIN, SALT, NATURAL AND ARTIFICIAL FLAVOR, SODIUM PROPIONATE, NIACINAMIDE, BHT, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6).

**INGREDIENTS:** ROLLED OATS, BROWN RICE SYRUP, GRAPE JUICE CONCENTRATE, PEANUT BUTTER (PEANUTS, SALT), DRY-ROASTED PEANUTS, CHOCOLATE CHIPS (ORGANIC EVAPORATED CANE JUICE, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, GROUND VANILLA BEANS), DATE PUREE, PLUM PUREE, PEANUT FLOUR, VEGETABLE GLYCERIN, CRISP RICE (RICE FLOUR, RICE BRAN, ROSEMARY EXTRACT), ORGANIC OAT FLOUR, SOY NUTS, LESS THAN 2% OF ORGANIC SUNFLOWER OIL, CALCIUM CARBONATE, NATURAL FLAVORS (PEANUT), VITAMIN C (ASCORBIC ACID), SALT, BAKING SODA, SOY LECITHIN, VITAMIN E (D-ALPHA TROCOPHEROLACETATE), FOLIC ACID.

The "Better for you" choice is:

A       B       CAN'T TELL





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## 9. FOOD CATEGORY: CEREAL

Nutrition Facts A	
Serving size 1 Cup (30g)	
Servings Per Container about 11	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>6%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 6g	
<b>Protein</b> 2g	

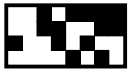
INGREDIENTS: WHOLE GRAIN OAT FLOUR, WHOLE GRAIN BARLEY FLOUR, NATURALLY MILLED SUGAR, OAT FIBER, WHEAT STARCH, TAPIOCA SYRUP, SEA SALT, CALCIUM CARBONATE, MOLASSES, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN E (TOCOPHERYL ACETATE), VANILLA FLAVOR, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (ACETATE), A B VITAMIN (FOLIC ACID), VITAMIN D (CHOLECALCIFEROL), VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

Nutrition Facts B	
Serving size 1 cup (31g/1.1oz)	
Servings Per Container about 16	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>7%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber Less than 1g	<b>1%</b>
Sugars 8g	
<b>Protein</b> 1g	

INGREDIENTS: MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN B12 AND VITAMIN D.

The "Better for you" choice is:

- A       B       CAN'T TELL



13204

**10. FOOD CATEGORY: COOKIE**

Nutrition Facts A	
Serving size 1 Cookie (30g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 8g	
<b>Protein</b> 2g	

Nutrition Facts B	
Serving size 1 pouch (31g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 1g	

**INGREDIENTS:** HARD RED WINTER WHEAT, OATS, RYE, TRITICALE, BARLEY, LONG GRAIN BROWN RICE, BUCKWHEAT, SESAME SEEDS), DARK CHOCOLATE CHIPS (EVAPORATED CANE JUICE, CHOCOLATE LIQUOR, COCOA BUTTER, SOYA LECITHIN, GROUND VANILLA BEAN), WHOLE ROLLED OATS, EXPPELLER PRESSED CANOLA OIL, HONEY, EVAPORATED CANE JUICE CRYSTALS, BROWN RICE SYRUP, CHICORY ROOT FIBER, OAT FIBER, VEGETABLE GLYCERIN, NATURAL FLAVORS, SODIUM BICARBONATE, SOY LECITHIN, SALT, MIXED TOCOPHEROLS (NATURAL VITAMIN E) FOR FRESHNESS, MONOCALCIUM PHOSPHATE, WALNUTS, PEANUT FLOUR, NONFAT DRY MILK, EGGS.

**INGREDIENTS:** WHOLE GRAIN WHEAT FLOUR, UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2) FOLIC ACID], SUGAR, VEGETABLE OILS (INTERESTERIFIED AND HYDROGENATED SOYBEAN AND/OR HYDROGENATED COTTONSEED), NONFAT MILK, COCOA PROCESSED ALKALI (DUTCHED), SEMI-SWEET CHOCOLATE POWDER (SUGAR, CHOCOLATE LIQUOR, DEXTROSE), INVERT SUGAR, CONTAINS 2 PERCENT OR LESS OF : SALT, MAKING SODA, NATURAL FLAVORS AND SOY LECITHIN.

The "Better for you" choice is:

- A       B       CAN'T TELL