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ID #:

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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	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol less than 5 mg	1%
Sodium 250mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber Less than 1g	3%
Sugars less than 1g	
Protein 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	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol less than 5 mg	1%
Sodium 250mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	7%
Sugars less than 1g	
Protein 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	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol 10mg	3%
Sodium 95 mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 2g	

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

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3. FOOD CATEGORY: CEREAL BARS

Nutrition Facts A	
Serving size 1 BAR (37g)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol 0 mg	0%
Sodium 85mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 15g	
Protein 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	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol 0 mg	0%
Sodium 105mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber less than 1g	3%
Sugars 13g	
Protein 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.

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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	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0 mg	1%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 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	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0 mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 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.

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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	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0 mg	0%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 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	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 1g	
Cholesterol 0 mg	0%
Sodium 250mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber Less than 1g	2%
Sugars 3g	
Protein 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 PERCENT 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

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6. FOOD CATEGORY: CRACKERS

Nutrition Facts A	
Serving size 6 crackers (28g)	
Servings Per Container about 10	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4 g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 1g	
Cholesterol 0 mg	0%
Sodium 135mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	13%
Sugars 0g	
Protein 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	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6 g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2g	
Cholesterol 0 mg	0%
Sodium 300mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 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.

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7. FOOD CATEGORY: CEREAL

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

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.

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

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.

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8. FOOD CATEGORY: CEREAL BAR

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

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

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9. FOOD CATEGORY: CEREAL

Nutrition Facts A	
Serving size 1 Cup (30g)	
Servings Per Container about 11	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol 0 mg	0%
Sodium 160mg	6%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 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	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol 0 mg	0%
Sodium 180mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber Less than 1g	1%
Sugars 8g	
Protein 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:

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10. FOOD CATEGORY: COOKIE

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

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.

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

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