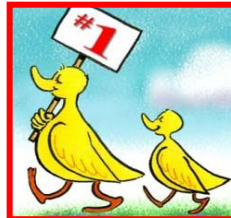


USE THE 5 CLUES

In Your Kitchen!



Directions

This is a chance for your family to use your *Nutrition Detectives™* skills at home! It's best if the children and adults in the family work on this project together.

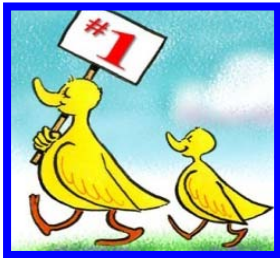
1. Review the 5 clues from the *Nutrition Detectives™* program on page 2.
2. Look at the lists of "CLUED-IN" and "CLUE-LESS" food products on pages 5 to 12. The lists show examples of breads, crackers, cereals, cereal bars, cookies, chips, juices & drinks, and peanut butter & spreads that are either "CLUED-IN" or "CLUE-LESS" food choices based on the 5 clues.
3. Look in your refrigerator and kitchen cupboards for foods that come in boxes, bottles, jars, cartons, or packages. Decide whether they are "CLUED-IN" and "CLUE-LESS" choices based on the 5 clues from *Nutrition Detectives™*. Along with the 5 clues, use the ingredient lists and the Nutrition Facts labels on the food products to decide.
4. Use the guidelines on pages 3 and 4 to create a list of some of the foods in your home. For each food, write down the brand name, the kind of food (such as white bread), whether it's a "CLUED-IN" or "CLUE-LESS" choice, and the reason why.
5. If you find that many of the foods in your home tend to be "CLUE-LESS" choices, think about how your family can use *Nutrition Detectives™* skills to make more healthful choices in the future. You might be able to find foods that are similar to the ones that you usually buy, but that are more healthful based on the "5 clues." The idea is to keep the healthful food products in your home and replace those that are less healthful.
6. Repeat this process in a few weeks to see what progress your family has made in buying healthful foods. In this way, you can make sure that only *Nutrition Detectives™* approved food products come into YOUR home.

The 5 Clues for Nutrition Detectives™



- 1. Don't be fooled by the BIG letters on the front of the package. Look for the small letters on the Nutrition Facts label and ingredient list.**

The front of a food package is like a commercial to talk you into buying that product. Don't be fooled by the ads on the front. Look for the true facts on the food label and ingredient list.



- 2. The FIRST ingredient on the list is always the BIGGEST!**

The ingredients are always listed in the order of quantity. A food is mostly made up of the ingredients that come first, just like the first goose is the biggest!



- 3. Avoid foods that contain partially hydrogenated oil and high fructose corn syrup. It's like finding Fingers the Fox!**

Look for these words on a busy nutrition label, in the same way you would look for "Fingers the Fox" in the midst of a busy crowd. If you find these words, you will know that the food contains unhealthful ingredients. Try to choose a more healthful food.



- 4. Avoid foods with a LONG INGREDIENT LIST!**

Look for shorter ingredient lists. Foods with shorter lists tend to be more wholesome. They usually have fewer added ingredients that your body doesn't need, such as flavor enhancers, preservatives, or dyes.



- 5. Fiber is your friend! Beware of whole grain imposters. Choose breads, cereals, granola bars, crackers & pasta with at least 2 grams of fiber per serving.**

Look for products made from whole grains. They should contain at least 2 grams of fiber per serving. Products that have less fiber or don't say "whole grain" on the label are whole grain "imposters."

FOOD NUMBER 1

Brand name _____
Kind of food product _____
"CLUED-IN" or "CLUE-LESS"? _____
Why? _____

FOOD NUMBER 2

Brand name _____
Kind of food product _____
"CLUED-IN" or "CLUE-LESS"? _____
Why? _____

FOOD NUMBER 3

Brand name _____
Kind of food product _____
"CLUED-IN" or "CLUE-LESS"? _____
Why? _____

FOOD NUMBER 4

Brand name _____
Kind of food product _____
"CLUED-IN" or "CLUE-LESS"? _____
Why? _____

FOOD NUMBER 5

Brand name _____
Kind of food product _____
"CLUED-IN" or "CLUE-LESS"? _____
Why? _____

FOOD NUMBER 6

Brand name _____
Kind of food product _____
"CLUED-IN" or "CLUE-LESS"? _____
Why? _____

FOOD NUMBER 7

Brand name _____
Kind of food product _____
"CLUED-IN" or "CLUE-LESS"? _____
Why? _____

FOOD NUMBER 8

Brand name _____
Kind of food product _____
"CLUED-IN" or "CLUE-LESS"? _____
Why? _____

Examples of Food Products

BREADS

"CLUED-IN" Choices

THE BAKER®

Any wholegrain variety (examples:
7-grain, 9-grain, whole grain flax,
whole grain bran, cinnamon raisin)

ALVARADO STREET® BAKERY

Any wholegrain variety (examples:
Sprouted multi grain, Sprouted wheat
cinnamon raisin, Sprouted Sourdough,
Essential flax seed)

VERMONT BREAD COMPANY®

Soft 10 Grain, Whole wheat, Spelt,
Sprouted wheat, Oat bran, Oatmeal

ARNOLD HEARTY CLASSICS®

Multi Grain Bread

COUNTRY KITCHEN BAKER'S®

100% Whole wheat
100% Whole white

PEPPERIDGE FARMS

Natural Bread Whole grain™ series
(Honey Oat Soft, Honey Whole wheat
soft; 15-grain Hearty)

"CLUE-LESS" Choices

FREIHOFERS®

12-Grain; Sunflower Flax
100% Whole wheat
Oat Nut

ARNOLD®

100% Whole wheat
Soft oatmeal
Oat bran
Raisin cinnamon bread

CAPE COD®

100% whole wheat bread
Multigrain

COUNTRY KITCHEN BAKER'S®

12-Grain

PEPPERIDGE FARMS®

Farmhouse™ Harvest 7-Grain
100% Stoneground Whole Wheat
Oatmeal Bread

CRACKERS

"CLUED-IN" Choices

NABISCO

Triscuit reduced fat whole grain wheat crackers

BARBARA'S BAKERY®

(any variety)

GENISOY®

Mini Soy Crisps

SNYDERS OF HANOVER®

Oat Bran Sticks

KASHI® TLC Crackers

Whole Grain or Ranch

PEPPERIDGE FARMS®

Whole Grain Baked Gold Fish

STACY'S®

Baked Pita chips_(any variety)

"CLUE-LESS" Choices

NABISCO®

Wheat Thins (baked with 100% whole grain-regular & reduced fat)

Ritz Chips

Ritz Crackers (whole wheat)

Ritz Crackers (regular and reduced-fat)

KRAFT®

Cheese Nips (regular) Cheese Nips (reduced-fat) 100 calories packs

KEEBLER®

7-grain Wheatables

Honey wheat Wheatables

Toasteds Wheat

Our House Bistro Crackers

Munch'ems Baked Snacks

PEPPERIDGE FARMS®

Entertaining Hearty Wheat Crackers

GENERAL MILLS®

Chex mix

JUICES & DRINKS

"CLUED-IN" Choices

Water is always best!

JUICY JUICE®

100% Juice

MINUTE MAID®

100% Juice

WELCH'S®

100% Juice

MARTINELLI®

100% Juice

DISNEY HUNDRED ACRE WOOD®

100% Juice

WYMAN®

100% Juice

HERSHEY'S®

Reduced fat Chocolate Milk

"CLUE-LESS" Choices

Look for words like "drink" and punch"!

HI-C®

Fruit Drinks

MINUTE MAID®

Coolers

TROPICANA®

Twister

KOOL-AID

Jammers®

CAPRISUN®

All Natural Fruit Punch

HERSHEY'S®

Chocolate Drink

YOO-HOO®

Chocolate Drink

COOKIES

"CLUED-IN" Choices

BARBARA'S BAKERY®

Whole Wheat Fig Bars
Snackimals
Organic Go-Go Grahams

NEWMANS OWN®

Fig Newmans
Organics Newman-O's

HEALTH VALLEY

(any variety of cookies)

NATURE'S PROMISE®

(Stop & Shop brand - may not
be available in all states)

KASHI™

TLC® Cookie

GLENNY'S ®

100-Calorie Brownie

"CLUE-LESS" Choices

NABISCO®

Snackwell's cookies
Oreo cookies
Chips Ahoy cookies (even whole grain)
Teddy Bear Grahams
Nilla Wafers
100-calorie-packs
Honey-Maid grahams

QUAKER®

Crisp'ums

KEEBLER®

100 calorie packs Right Bites
(any variety)
Chips Deluxe
El Fudge Sandwiches

PEPPERIDGE FARMS®

(any variety)

CEREALS

"CLUED-IN" Choices

NATURE'S PATH®

(any of their cereals)

POST®

Grapenuts

Health Classics the Original Shredded

Wheat or Shredded Wheat & Bran

QUAKER®

Toasted Oatmeal Squares

Oat Bran Cereal

Life

BARBARA'S BAKERY®

Puffins (or any of their cereals)

KASHI®

Heart to Heart

Go Lean

Honey Puffed

Good Friends

NEW MORNING®

Oatios

GENERAL MILLS

Cheerios®

"CLUE-LESS" Choices

QUAKER®

Cap'n Crunch cereal (any variety)

Honey Graham Oh's

POST®

Golden Crisps cereal

Healthy Classics Honey Nut

Shredded Wheat

Fruity pebbles

Golden Crisps

KELLOGG'S®

Froot Loops

Fruit Harvest

Apple Jacks

Special K

Cracklin' Oatbran

GENERAL MILLS®

Apple Cinnamon Cheerios

Kix Berry

Golden Grahams

Trix

Cocoa Puffs

Lucky Charms

CHIPS

"CLUED-IN" Choices

FRITO LAY®

Baked Tostitos

TOSTITOS®

Natural Yellow Cornchips

CAPE COD®

Reduced-fat Potato Chips

GUILTLESS GOURMET®

(any variety of chips)

"CLUE-LESS" Choices

FRITO LAY®

Baked Doritos
Ruffles

FRENCH'S®

Potato sticks

PRINGLES®

Sour cream & onion reduced fat potato
chips

NABISCO®

Ritz chip

CEREAL BARS

"CLUED-IN" Choices

BARBARA'S BAKERY®

Puffins cereal and milk bars

HEALTH VALLEY®

Café Creations (Any Variety)

Granola Bars

Fruit-Filled Cereal Bars

HEARTLAND

Granola Bars

KASHI

Chewy Granola Bars

NATURE'S PATH

Granola Bars (any variety)

NATURE'S CHOICE®

Multigrain Cereal Bars

ODWALLA

Nourishing Food Bars

"CLUE-LESS" Choices

KELLOGG'S®

Nutri-Grain Yogurt Bars

Nutri-Grain Twists Cereal Bars

Nutri-Grain Muffin Bars

Nutri-Grain Cereal Bars

Frosted Flakes Cereal & Milk Bars

Rice Krispies Treats

Special K Bars

Pop Tarts

PopTart Yogurt Blasts

QUAKER®

Fruit & Oatmeal Cereal Bars

Chewy Granola Bars

Chewy Wholesome Favorites

Q-Smart Snack Bars

Oatmeal Breakfast Bites

GENERAL MILLS®

Honey Nut Cheerios Milk'n Cereal Bars

Oatmeal Crisp Fruit'n Cereal Bars

Trix Milk'n Cereal Bars

POST®

Honey Bunches of Oats

NATURE VALLEY®

100% Crunchy Granola Bars

Chewy Granola with Yogurt Coating

PEANUT BUTTER & SPREADS

"CLUED-IN" Choices

TEDDY'S®

Old Fashioned Unsalted Peanut Butter

SMUCKER'S®

Natural Peanut Butter (unsalted)

MAPLE GROVE FARMS®

Natural Peanut Butter

ARROWHEAD MILLS®

Creamy Valencia Peanut Butter

TRADER JOE'S®

Natural Peanut Butter

"CLUE-LESS" Choices

JIF®

Peanut Butter (Regular)

Peanut Butter (Reduced-Fat)

REESE'S®

Creamy Peanut Butter

PETER PAN®

Peanut Butter

SKIPPY

Squeez'It® Peanut Butter

SNICKER'S

PB Max® Spread

NUTELLA®

Spread