

NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_ DATE: \_\_\_\_\_

## Let's Get Fooducated!

**Product:**



**Ingredient List:**

Enriched Flour (Wheat Flour, Niacinamide, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Corn Syrup, High Fructose Corn Syrup, Dextrose, Vegetable Oil (Soybean, Cottonseed and Hydrogenated Cottonseed Oil (Less than 0.5 g Trans Fat per Serving) with TBHQ and Citric Acid for Freshness), Sugar, Cracker Meal, Contains Two Percent or Less of Wheat Starch, Salt, Dried Strawberries, Dried Apples, Dried Pears, Cornstarch, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Citric Acid, Milled Corn, Modified Wheat Starch, Gelatin, Caramel Color, Partially Hydrogenated Soybean and/or Cottonseed Oil (Less than 0.5 g Trans Fat per Serving), Modified Corn Starch, Xanthan Gum, Soy Lecithin, Color Added, Niacinamide, Reduced Iron, Red No. 40, Vitamin A Palmitate, Yellow No. 6, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Folic Acid, Turmeric Color, Blue No. 1.

**Nutrition Facts:**

Amount Per Serving		Calories from Fat 45	
Calories 200		% Daily Values*	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 1g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 170mg			<b>7%</b>
<b>Total Carbohydrate</b> 38g			<b>13%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 16g			
<b>Protein</b> 2g			<b>4%</b>
Vitamin A 10%	•	Iron 10%	
*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. Look at the product above. Read the ingredient list and nutrition facts.

<p>2. What are good things about this product?</p> <hr/> <hr/> <hr/> <hr/>	<p>3. What are bad things about this product?</p> <hr/> <hr/> <hr/> <hr/>
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4. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.

5. What do you think is a healthier alternative to this product? \_\_\_\_\_



◀ Scan this barcode with the Fooducate app to learn more

