Packaged-Food Puzzle: What’s the Smart Choice?

Don’t get fooled by the packaging on the front!

Read the labels on the back to make the most nutritious choice.
Which item has less sodium?

Read the Label

Flip Over for the Answer!
- A serving of Doritos has **183 milligrams** of sodium.
- A serving of Goldfish has **250 milligrams** of sodium.
Which item has **fewer calories**?

Flip Over for the Answer!

Read the Label
- A serving of Banquet’s entree has **280 calories**.
- A serving of Evol’s entree has **390 calories**.
Which item has **fewer calories** and **more fiber**?

**Flip Over for the Answer!**

**Read the Label**
- Two Kashi waffles have 150 calories and 6 grams of fiber.
- Two Kellogg’s waffles have 180 calories and 3 grams of fiber.
Which item has **less sugar**?

Read the Label
- Two Oreos have 9 grams of sugar.
- Two Fig Newtons have 12 grams of sugar.
Which item has less sodium?
● ‘Cars’ snacks have **0 milligrams of sodium**.
● Mott’s Medleys have **30 milligrams of sodium**.
Which item has **more whole grains** and **fewer calories**?

Read the Label
- Count Chocula has **14 grams of whole grains** and **147 calories**.
- Kashi cereal has **12 grams of whole grains** and **170 calories**.
Which item has less sugar?

Read the Label
- One Fruit Roll-Up has 7 grams of sugar.
- One roll of the Simply Fruit has 10 grams of sugar.
Which item has **less fat** but **more calories**?

Read the Label
• Ben & Jerry’s has **2.5 grams of fat** and **170 calories**.
• Edy’s has **7 grams of fat** and **160 calories**.
Which item has less sugar?
A serving of Welch’s has 40 grams of sugar. A serving of Naked juice has 28 grams of sugar.
Which item has **less sodium** but **more fat**?

Flip Over for the Answer!

Read the Label
- Totino’s has **506 milligrams of sodium** and **12 grams of fat**.
- Kashi pizza has **662 milligrams of sodium** and **9 grams of fat**.