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.

Fit 4 Kids

Flip Over for the Answer!

Which item has ***less sodium***?

Read the Label

- A serving of Doritos has **183 milligrams of sodium**.
- A serving of Goldfish has **250 milligrams of sodium**.

Flavored Tortilla Chips Nacho Cheese

doritos, chips, snacks, doritos nacho cheese, snack

C-	143
Grade	Calories

Nutrition Facts

Serving Size 28 grams (28 g)

Per Serving	% Daily Value*
Calories 143	
Calories from Fat 73	
Total Fat 8.145g	12%
Saturated Fat 1.527g	8%
Cholesterol 0mg	0%
Sodium 183mg	7%
Carbohydrates 17.309g	6%
Dietary Fiber 1.018g	4%
Sugars 1.018g	
Protein 2.036g	

Vitamin A 0% · Vitamin C 0%

Calcium 2% · Iron 2%

Cheddar Goldfish

goldfish, snack, snacks, cheddar goldfish, crackers

C	140
Grade	Calories

Nutrition Facts

Serving Size 100 grams (100 g)

Per Serving	% Daily Value*
Calories 140	
Calories from Fat 45	
Total Fat 5g	8%
Saturated Fat 1g	5%
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 10mg	3%
Sodium 250mg	10%
Carbohydrates 20g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	

Vitamin A 0% · Vitamin C 0%

Calcium 4% · Iron 6%

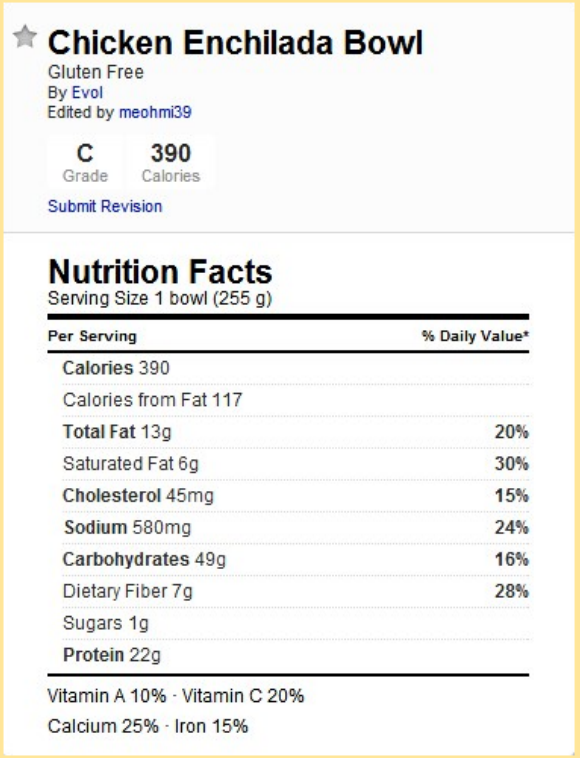
Fit 4 Kids

Flip Over for the Answer!

Which item has ***fewer calories***?

Read the Label

- A serving of Banquet's entree has **280 calories**.
- A serving of Evol's entree has **390 calories**.



Chicken Enchilada Bowl

Gluten Free
By Evol
Edited by meohmi39

C Grade | 390 Calories

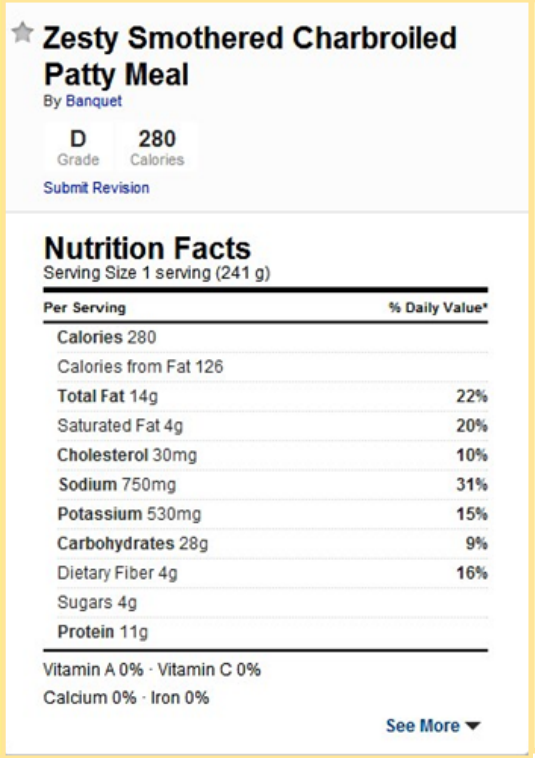
Submit Revision

Nutrition Facts

Serving Size 1 bowl (255 g)

Per Serving	% Daily Value*
Calories 390	
Calories from Fat 117	
Total Fat 13g	20%
Saturated Fat 6g	30%
Cholesterol 45mg	15%
Sodium 580mg	24%
Carbohydrates 49g	16%
Dietary Fiber 7g	28%
Sugars 1g	
Protein 22g	

Vitamin A 10% · Vitamin C 20%
Calcium 25% · Iron 15%



Zesty Smothered Charbroiled Patty Meal

By Banquet

D Grade | 280 Calories

Submit Revision

Nutrition Facts

Serving Size 1 serving (241 g)

Per Serving	% Daily Value*
Calories 280	
Calories from Fat 126	
Total Fat 14g	22%
Saturated Fat 4g	20%
Cholesterol 30mg	10%
Sodium 750mg	31%
Potassium 530mg	15%
Carbohydrates 28g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 11g	

Vitamin A 0% · Vitamin C 0%
Calcium 0% · Iron 0%

See More

Fit 4 Kids

Flip Over for the Answer!

Which item has ***fewer calories*** and ***more fiber***?

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**.

Waffles

Blueberry

kashi blueberry waffles, kashi waffles, waffles, kashi blueberry waffle

B-	150
Grade	Calories

Nutrition Facts

Serving Size 2 waffles (72 g)

Per Serving	% Daily Value*
Calories 150	
Calories from Fat 45	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 340mg	14%
Potassium 124.99mg	4%
Carbohydrates 25g	8%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 4g	

Vitamin A 0% · Vitamin C 0%

Calcium 2% · Iron 6%

Nutri-Grain Blueberry Waffles

breakfast, blueberry waffles, waffle, waffles, name this favorite...

B+	180
Grade	Calories

Nutrition Facts

Serving Size 2 waffles (70 g)

Per Serving	% Daily Value*
Calories 180	
Calories from Fat 45	
Total Fat 5g	8%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 370mg	15%
Potassium 105mg	3%
Carbohydrates 31g	10%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 4g	

Vitamin A 20% · Vitamin C 0%

Calcium 10% · Iron 25%

Fit 4 Kids

Flip Over for the Answer!

Which item has ***less sugar***?

Read the Label

- Two Oreos have **9 grams of sugar.**
- Two Fig Newtons have **12 grams of sugar.**

Sandwich Cookies

Original Oreo's

oreo, cookies, snack, oreos, dessert

D+	107
Grade	Calories

Nutrition Facts

Serving Size 2 cookies (23 g)

Per Serving	% Daily Value*
Calories 107	
Calories from Fat 39	
Total Fat 4.4g	7%
Saturated Fat 1.4g	7%
Cholesterol 0mg	0%
Sodium 95mg	4%
Potassium 42mg	1%
Carbohydrates 16.333g	5%
Dietary Fiber 0.8g	3%
Sugars 9.133g	
Protein 0.8g	

Vitamin A 0% · Vitamin C 0%

Calcium 1% · Iron 6%

Fat Free Fig Newtons

C-	90
Grade	Calories

Nutrition Facts

Serving Size 2 cookies (29 g)

Per Serving	% Daily Value*
Calories 90	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Potassium 65mg	2%
Carbohydrates 22g	7%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 1g	

Vitamin A 0% · Vitamin C 0%

Calcium 2% · Iron 4%

Fit 4 Kids

Flip Over for the Answer!

Which item has ***less sodium***?

Read the Label

- ‘Cars’ snacks have **0 milligrams of sodium**.
- Mott’s Medleys have **30 milligrams of sodium**.

Fruit Flavored Snacks

Disney Pixar Cars 2, Assorted

C	70
Grade	Calories

Nutrition Facts

Serving Size 1 pouch (23 g)

Per Serving	% Daily Value*
Calories 70	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Carbohydrates 17g	6%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 0g	

Vitamin A 0% · Vitamin C 100%

Calcium 0% · Iron 0%

Medleys Fruit Flavored Snacks

Berry

A-	80
Grade	Calories

Nutrition Facts

Serving Size 1 pouch (23 g)

Per Serving	% Daily Value*
Calories 80	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Carbohydrates 19g	6%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 0g	

Vitamin A 4% · Vitamin C 100%

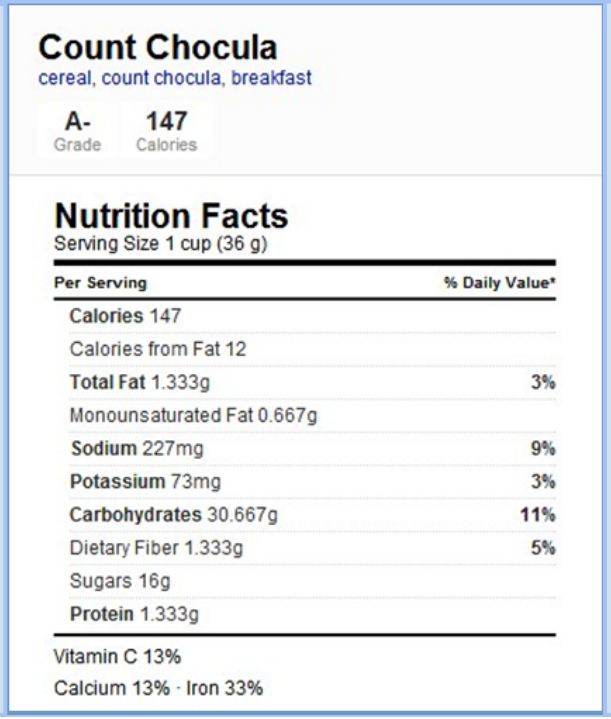
Fit 4 Kids

Flip Over for the Answer!

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**.



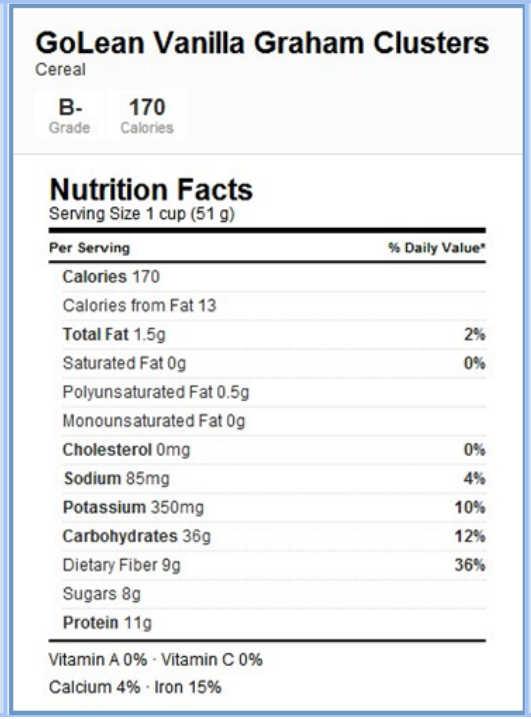
Count Chocula
cereal, count chocula, breakfast

A- Grade | 147 Calories

Nutrition Facts
Serving Size 1 cup (36 g)

Per Serving	% Daily Value*
Calories 147	
Calories from Fat 12	
Total Fat 1.333g	3%
Monounsaturated Fat 0.667g	
Sodium 227mg	9%
Potassium 73mg	3%
Carbohydrates 30.667g	11%
Dietary Fiber 1.333g	5%
Sugars 16g	
Protein 1.333g	

Vitamin C 13%
Calcium 13% · Iron 33%



GoLean Vanilla Graham Clusters
Cereal

B- Grade | 170 Calories

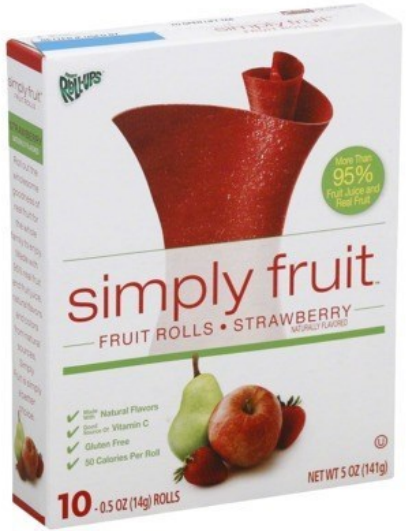
Nutrition Facts
Serving Size 1 cup (51 g)

Per Serving	% Daily Value*
Calories 170	
Calories from Fat 13	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Potassium 350mg	10%
Carbohydrates 36g	12%
Dietary Fiber 9g	36%
Sugars 8g	
Protein 11g	

Vitamin A 0% · Vitamin C 0%
Calcium 4% · Iron 15%

Fit 4 Kids

Flip Over for the Answer!



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**.

Simply Fruit Fruit Rolls

Strawberry

A-	50
Grade	Calories

Nutrition Facts

Serving Size 1 roll (14 g)

Per Serving	% Daily Value*
Calories 50	
Calories from Fat 4	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Carbohydrates 12g	4%
Dietary Fiber 0.7g	3%
Sugars 10g	
Protein 0g	

Vitamin C 10%

Fruit Roll-Ups Tropical Tie-Dye

--	50
Grade	Calories

Nutrition Facts

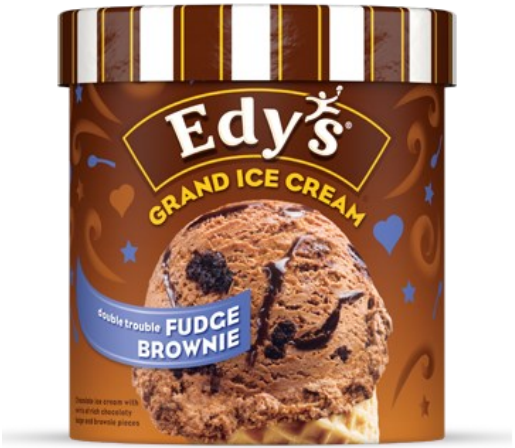
Serving Size 1 roll (14 g)

Per Serving	% Daily Value*
Calories 50	
Calories from Fat 9	
Total Fat 1g	2%
Sodium 55mg	2%
Carbohydrates 12g	4%
Sugars 7g	

Vitamin C 25%

Fit 4 Kids

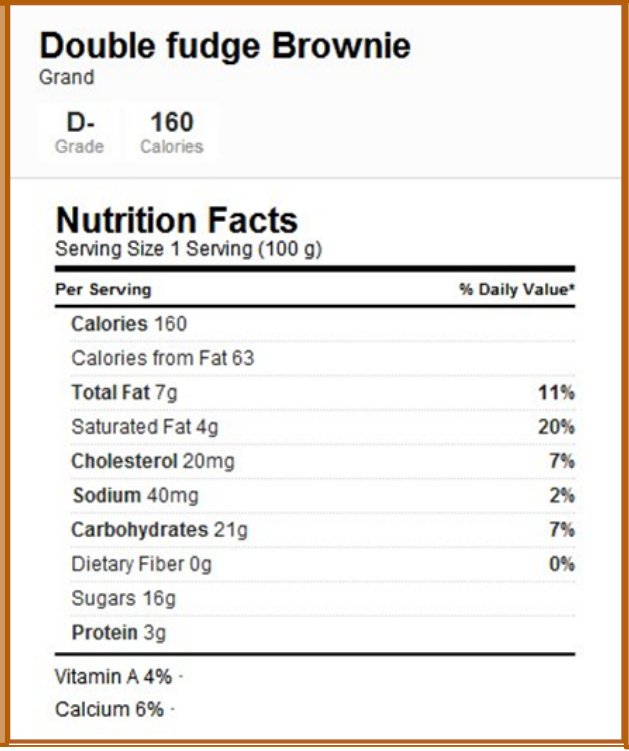
Flip Over for the Answer!



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**.



Double fudge Brownie

Grand

D- Grade | 160 Calories

Nutrition Facts

Serving Size 1 Serving (100 g)

Per Serving	% Daily Value*
Calories 160	
Calories from Fat 63	
Total Fat 7g	**11%**
Saturated Fat 4g	**20%**
Cholesterol 20mg	**7%**
Sodium 40mg	**2%**
Carbohydrates 21g	**7%**
Dietary Fiber 0g	**0%**
Sugars 16g	
Protein 3g	

Vitamin A 4% · Calcium 6% ·

Chocolate Fudge Brownie Low Fat Frozen Yogurt

Cones and Sundaes/Low Fat Frozen Yogurt

C+ Grade | 170 Calories

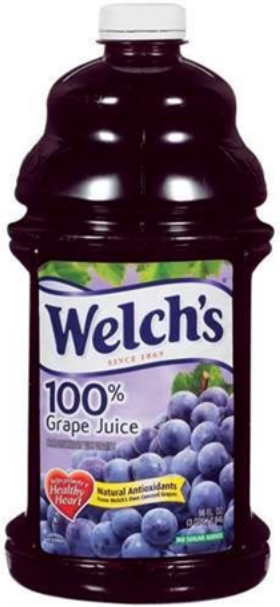
Nutrition Facts

Serving Size 1 Serving (100 g)

Per Serving	% Daily Value*
Calories 170	
Calories from Fat 23	
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	**8%**
Cholesterol 15mg	**5%**
Sodium 90mg	**4%**
Carbohydrates 33g	**11%**
Dietary Fiber 1g	**4%**
Sugars 21g	
Protein 5g	

Calcium 15% · Iron 6%

Fit 4 Kids



Flip Over for the Answer!

Which item has ***less sugar***?

Read the Label

- A serving of Welch's has **40 grams of sugar**.
- A serving of Naked juice has **28 grams of sugar**.

Green Machine 100% Juice Superfood

Naked

green machine, name this favorite..., naked green machine, green juice, naked

B Grade | 140 Calories

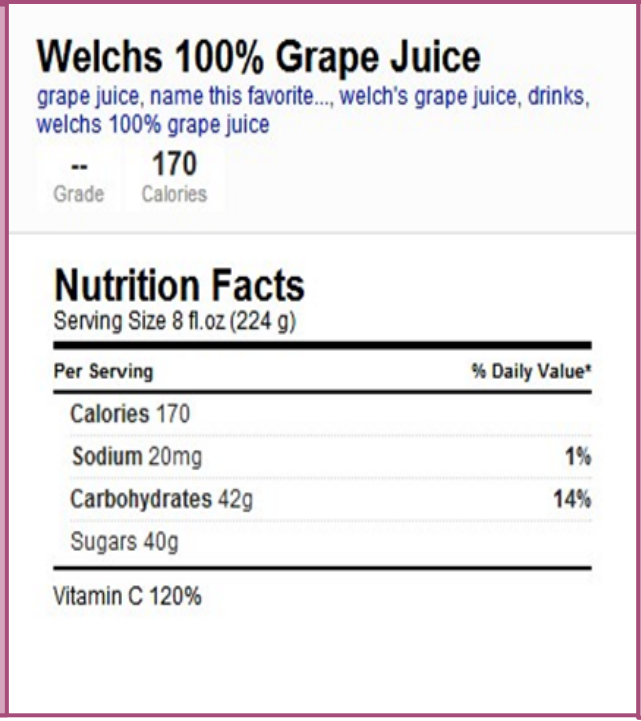
Nutrition Facts

Serving Size 1 serving (240 g)

Per Serving	% Daily Value*
Calories 140	
Sodium 15mg	1%
Carbohydrates 33g	11%
Sugars 28g	
Protein 2g	

Vitamin A 50% · Vitamin C 40%

Calcium 2% · Iron 4%



Welchs 100% Grape Juice

grape juice, name this favorite..., welch's grape juice, drinks, welchs 100% grape juice

-- Grade | 170 Calories

Nutrition Facts

Serving Size 8 fl.oz (224 g)

Per Serving	% Daily Value*
Calories 170	
Sodium 20mg	1%
Carbohydrates 42g	14%
Sugars 40g	

Vitamin C 120%

Fit 4 Kids

Flip Over for the Answer!

Which item has ***less sodium*** but ***more fat***?

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**.

Mushroom Trio and Spinach

Thin Crust Pizzas

pizza, kashi pizza

C	251
Grade	Calories

Nutrition Facts

Serving Size 113 grams (113 g)

Per Serving	% Daily Value*
Calories 251	
Calories from Fat 81	
Total Fat 9.024g	**14%**
Saturated Fat 4.512g	**23%**
Cholesterol 25mg	**8%**
Sodium 662mg	**27%**
Carbohydrates 27.974g	**9%**
Dietary Fiber 3.91g	**16%**
Sugars 3.008g	
Protein 14.037g	

Vitamin A 15% · Vitamin C 6%

Calcium 20% · Iron 8%

Totino's Party Pizza Triple Cheese

pizza

D+	253
Grade	Calories

Nutrition Facts

Serving Size 113 grams (113 g)

Per Serving	% Daily Value*
Calories 253	
Calories from Fat 110	
Total Fat 12.238g	**19%**
Saturated Fat 4.079g	**20%**
Cholesterol 4mg	**2%**
Sodium 506mg	**21%**
Carbohydrates 27.658g	**9%**
Dietary Fiber 0.816g	**3%**
Sugars 3.264g	
Protein 8.159g	

Vitamin A 7% · Vitamin C 0%

Calcium 12% · Iron 8%