

# Check the Facts

## WHAT IS A WHOLE GRAIN?

- What do you notice about the ingredients in these two products?
- Does the ingredient list give us any clues that tell us which product has the most whole grain?



## CHECK INGREDIENTS

Be sure to read the entire list of ingredients. The ingredients are listed in order by weight used in the food product. For individuals with food allergies, reading the entire ingredient list can help determine if this is a food they need to avoid.

**INGREDIENTS:** WHOLE GRAIN WHEAT, SUGAR, CALCIUM CARBONATE, CORN SYRUP, SALT, LACTOSE, DISTILLED MONOGLYCERIDES, VITAMIN E (TOCOPHERYL ACETATE), VITAMIN B1 (THIAMIN), VITAMIN B2 (RIBOFLAVIN), VITAMIN B3 (NICOTINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN D3 (ERGOCALCIFEROL), VITAMIN A (PALMITATE), VITAMIN C (ASCORBIC ACID), VITAMIN K3 (PHYLOQUINONE), VITAMIN K1 (PHYLOQUINONE), VITAMIN K2 (MENAQUINONE), VITAMIN K4 (MENAQUINONE), VITAMIN K5 (MENAQUINONE), VITAMIN K6 (MENAQUINONE), VITAMIN K7 (MENAQUINONE), VITAMIN K8 (MENAQUINONE), VITAMIN K9 (MENAQUINONE), VITAMIN K10 (MENAQUINONE), VITAMIN K11 (MENAQUINONE), VITAMIN K12 (MENAQUINONE), VITAMIN K13 (MENAQUINONE), VITAMIN K14 (MENAQUINONE), VITAMIN K15 (MENAQUINONE), VITAMIN K16 (MENAQUINONE), VITAMIN K17 (MENAQUINONE), VITAMIN K18 (MENAQUINONE), VITAMIN K19 (MENAQUINONE), VITAMIN K20 (MENAQUINONE), VITAMIN K21 (MENAQUINONE), VITAMIN K22 (MENAQUINONE), VITAMIN K23 (MENAQUINONE), VITAMIN K24 (MENAQUINONE), VITAMIN K25 (MENAQUINONE), VITAMIN K26 (MENAQUINONE), VITAMIN K27 (MENAQUINONE), VITAMIN K28 (MENAQUINONE), VITAMIN K29 (MENAQUINONE), VITAMIN K30 (MENAQUINONE), VITAMIN K31 (MENAQUINONE), VITAMIN K32 (MENAQUINONE), VITAMIN K33 (MENAQUINONE), VITAMIN K34 (MENAQUINONE), VITAMIN K35 (MENAQUINONE), VITAMIN K36 (MENAQUINONE), VITAMIN K37 (MENAQUINONE), VITAMIN K38 (MENAQUINONE), VITAMIN K39 (MENAQUINONE), VITAMIN K40 (MENAQUINONE), VITAMIN K41 (MENAQUINONE), VITAMIN K42 (MENAQUINONE), VITAMIN K43 (MENAQUINONE), VITAMIN K44 (MENAQUINONE), VITAMIN K45 (MENAQUINONE), VITAMIN K46 (MENAQUINONE), VITAMIN K47 (MENAQUINONE), VITAMIN K48 (MENAQUINONE), VITAMIN K49 (MENAQUINONE), VITAMIN K50 (MENAQUINONE), VITAMIN K51 (MENAQUINONE), VITAMIN K52 (MENAQUINONE), VITAMIN K53 (MENAQUINONE), VITAMIN K54 (MENAQUINONE), VITAMIN K55 (MENAQUINONE), VITAMIN K56 (MENAQUINONE), VITAMIN K57 (MENAQUINONE), VITAMIN K58 (MENAQUINONE), VITAMIN K59 (MENAQUINONE), VITAMIN K60 (MENAQUINONE), VITAMIN K61 (MENAQUINONE), VITAMIN K62 (MENAQUINONE), VITAMIN K63 (MENAQUINONE), VITAMIN K64 (MENAQUINONE), VITAMIN K65 (MENAQUINONE), VITAMIN K66 (MENAQUINONE), VITAMIN K67 (MENAQUINONE), VITAMIN K68 (MENAQUINONE), VITAMIN K69 (MENAQUINONE), VITAMIN K70 (MENAQUINONE), VITAMIN K71 (MENAQUINONE), VITAMIN K72 (MENAQUINONE), VITAMIN K73 (MENAQUINONE), VITAMIN K74 (MENAQUINONE), VITAMIN K75 (MENAQUINONE), VITAMIN K76 (MENAQUINONE), VITAMIN K77 (MENAQUINONE), VITAMIN K78 (MENAQUINONE), VITAMIN K79 (MENAQUINONE), VITAMIN K80 (MENAQUINONE), VITAMIN K81 (MENAQUINONE), VITAMIN K82 (MENAQUINONE), VITAMIN K83 (MENAQUINONE), VITAMIN K84 (MENAQUINONE), VITAMIN K85 (MENAQUINONE), VITAMIN K86 (MENAQUINONE), VITAMIN K87 (MENAQUINONE), VITAMIN K88 (MENAQUINONE), VITAMIN K89 (MENAQUINONE), VITAMIN K90 (MENAQUINONE), VITAMIN K91 (MENAQUINONE), VITAMIN K92 (MENAQUINONE), VITAMIN K93 (MENAQUINONE), VITAMIN K94 (MENAQUINONE), VITAMIN K95 (MENAQUINONE), VITAMIN K96 (MENAQUINONE), VITAMIN K97 (MENAQUINONE), VITAMIN K98 (MENAQUINONE), VITAMIN K99 (MENAQUINONE), VITAMIN K100 (MENAQUINONE).

Servings Per Container 22  
**Calories 70**  
Calories from Fat 10

**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, CORN SYRUP, VINEGAR, CULTURED WHEY, CALCIUM DIGLYCERIDES, CALCIUM DIOXIDE AND/OR MONOCALCIUM SULFATE AND/OR MONOCALCIUM PHOSPHATE,

**INGREDIENTS:** WHEAT BRAN, ROLLED OATS, SUGAR, RAISINS, CORN, DATES, BARLEY FLAKES, PECANS, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, GLYCERIN, BARLEY MALT EXTRACT, SALT, HONEY, RICE, MOLASSES, NONFAT MILK, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, VITAMINS AND MINERALS: SODIUM ASCORBATE AND ASCORBIC ACID, FERRIC ORTHOPHOSPHATE, NIACINAMIDE, ZINC OXIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID, VITAMIN D, VITAMIN B12.

**CONTAINS: WHEAT, PECANS, AND MILK**  
**MAY CONTAIN: ALMONDS AND WALNUTS**

### FAT-FREE

Less than 0.5g of fat per serving

### LOW-FAT

3g of fat or less per serving

### REDUCED-FAT

25% less fat than the original product

### LIGHT/LITE

50% less fat or a third fewer calories than the regular product

# Eating Smart at Home



Nutrition Facts		
6 servings per recipe		
<b>Serving size</b>	<b>1/6 recipe</b>	
<b>Amount per serving</b>		
<b>Calories</b>	<b>370</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b> 11g		<b>17%</b>
Saturated Fat 6g		<b>30%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 60mg		<b>20%</b>
<b>Sodium</b> 530mg		<b>22%</b>
<b>Total Carbohydrate</b> 35g		<b>12%</b>
Dietary Fiber 2g		<b>8%</b>
Total Sugars 5g		
Includes 0g Added Sugars		
<b>Protein</b> 32g		

**EASY LASAGNA**

Nutrition Facts		
6 servings per container		
<b>Serving size</b>	<b>1 cup</b>	
<b>Amount per serving</b>		
<b>Calories</b>	<b>410</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b> 22g		<b>28%</b>
Saturated Fat 10g		<b>50%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 80mg		<b>27%</b>
<b>Sodium</b> 890mg		<b>39%</b>
<b>Total Carbohydrate</b> 30g		<b>11%</b>
Dietary Fiber 3g		<b>11%</b>
Total Sugars 7g		
Includes 2g Added Sugars		<b>4%</b>
<b>Protein</b> 23g		

**FROZEN LASAGNA**



- Which lasagna has the lowest number of calories?

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- Which lasagna has the lowest number of calories from fat?

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- Which lasagna has the highest amount of dietary fiber?

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- Which lasagna has the lowest amount of sodium?

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- Based on these facts, which lasagna would you choose for your family?

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