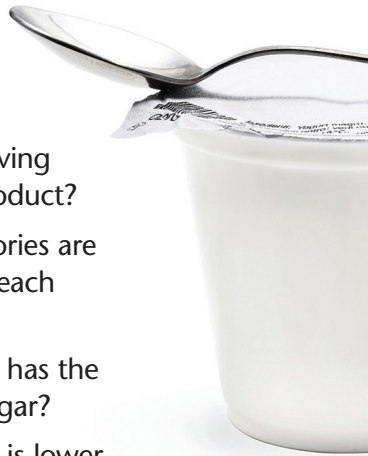


# Let's Compare



- What is the serving size of each product?
- How many calories are in a serving of each product?
- Which product has the most added sugar?
- Which product is lower in fat?

## REGULAR YOGURT

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	<b>3/4 cup (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 17g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 1.8mcg	8%
Calcium 200mg	15%
Iron 0mg	0%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## LOWFAT YOGURT

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	<b>3/4 cup (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 1.9mcg	10%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 340mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PEANUT BUTTER



- Which product has more saturated fat?
- Which product has more sodium?
- Which product has more added sugars?

Nutrition Facts	
About 35 servings per container	
<b>Serving size</b>	<b>2 tbsp (32g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 8g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 180mg	4%

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## HAZELNUT SPREAD

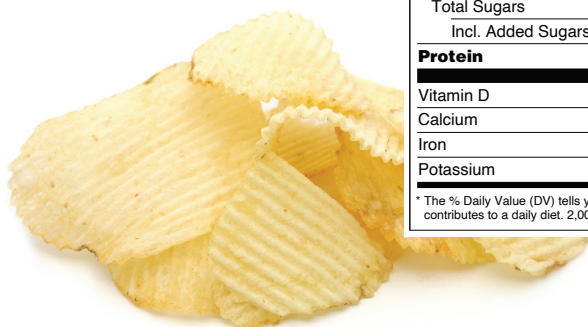


Nutrition Facts	
About 27 servings per container	
<b>Serving size</b>	<b>2 tbsp (37g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 21g	
Includes 19g Added Sugars	<b>38%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 170mg	4%

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# Eating Smart at Home

- Which kind of chips has fewer calories?
- Which kind of chips has less fat?
- Which kind of chips has less sodium?
- How do these nutrients change when the entire package is consumed?



## BAKED POTATO CHIPS

<b>Nutrition Facts</b>				
3 servings per container				
<b>Serving size 1oz (28g/About 17 chips)</b>				
	Per serving		Per container	
<b>Calories</b>	<b>120</b>		<b>360</b>	
	% DV*		% DV*	
<b>Total Fat</b>	3.5g	<b>4%</b>	10.5g	<b>12%</b>
Saturated Fat	0g	<b>0%</b>	0g	<b>0%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	160mg	<b>7%</b>	480mg	<b>21%</b>
<b>Total Carb.</b>	22g	<b>8%</b>	66g	<b>24%</b>
Dietary Fiber	1g	<b>5%</b>	3g	<b>15%</b>
Total Sugars	2g		6g	
Incl. Added Sugars	2g	<b>3%</b>	6g	<b>9%</b>
<b>Protein</b>	2g		6g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	30mg	3%
Iron	0.3mg	0%	.9mg	3%
Potassium	230mg	4%	690mg	12%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## REGULAR POTATO CHIPS

<b>Nutrition Facts</b>				
3 servings per container				
<b>Serving size 1oz (28g/About 15 chips)</b>				
	Per serving		Per container	
<b>Calories</b>	<b>160</b>		<b>480</b>	
	% DV*		% DV*	
<b>Total Fat</b>	10g	<b>13%</b>	30g	<b>39%</b>
Saturated Fat	1.5g	<b>7%</b>	4.5g	<b>21%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	170mg	<b>7%</b>	510mg	<b>21%</b>
<b>Total Carb.</b>	15g	<b>6%</b>	45g	<b>18%</b>
Dietary Fiber	1g	<b>5%</b>	3g	<b>15%</b>
Total Sugars	<1g		<1g	
Incl. Added Sugars	0g	<b>0%</b>	0g	<b>0%</b>
<b>Protein</b>	2g		6g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	30mg	3%
Iron	0.6mg	2%	2mg	6%
Potassium	350mg	6%	1,050mg	18%

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## CHEDDAR CHEESE

- Which cheese has the most protein per serving?
- Which cheese has the most calcium?
- Which cheese has the lowest number of calories?
- Which cheese has the least amount of saturated fat?



<b>Nutrition Facts</b>		
10 servings per container		
<b>Serving size 1oz (28g)</b>		
	Amount per serving	% Daily Value*
<b>Calories</b>	<b>110</b>	
<b>Total Fat</b> 9g		<b>14%</b>
Saturated Fat 6g		<b>30%</b>
Trans Fat 0g		
<b>Cholesterol</b> 30mg		<b>10%</b>
<b>Sodium</b> 180mg		<b>8%</b>
<b>Total Carbohydrate</b> <1g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Total Sugars 0g		
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b> 7g		
Vitamin D 0mcg		0%
Calcium 260mg		20%
Iron 0mg		0%
Potassium 20mg		0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## REDUCED-FAT CHEDDAR CHEESE

<b>Nutrition Facts</b>		
10 servings per container		
<b>Serving size 1oz (28g)</b>		
	Amount per serving	% Daily Value*
<b>Calories</b>	<b>90</b>	
<b>Total Fat</b> 6g		<b>9%</b>
Saturated Fat 3.5g		<b>18%</b>
Trans Fat 0g		
<b>Cholesterol</b> 20mg		<b>7%</b>
<b>Sodium</b> 240mg		<b>10%</b>
<b>Total Carbohydrate</b> <1g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Total Sugars 0g		
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b> 7g		
Vitamin D 0mcg		0%
Calcium 260mg		20%
Iron 0mg		0%
Potassium 20mg		0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.