

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?



INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, YEAST, BROWN SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, MONOGLYCERIDES, ENZYMES, ASCORBIC ACID, SOYBEAN OIL, VINEGAR, CULTURED WHEAT FLOUR, MONOCALCIUM PHOSPHATE, SOY LECITHIN. 1212-010915



INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, HONEY, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, WHEAT GLUTEN, WHOLE WHEAT FLOUR, YEAST, SALT, SOYBEAN OIL, CALCIUM PROPIONATE (PRESERVATIVE), MONOGLYCERIDES, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, CALCIUM SULFATE, CORNSTARCH, CALCIUM PHOSPHATE, SOY LECITHIN, POTASSIUM IODATE, MONOCALCIUM PHOSPHATE. R14-307

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), ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN E (TOCOPHERYL ACETATE), VITAMIN A (PALMITATE), VITAMIN B₁₂, VITAMIN B₆, VITAMIN B₂, VITAMIN B₁, VITAMIN B₃, VITAMIN B₅, VITAMIN B₇, VITAMIN B₉, VITAMIN B₁₀, VITAMIN B₁₁, VITAMIN B₁₂, VITAMIN C, VITAMIN D, VITAMIN E, VITAMIN K, VITAMIN P, VITAMIN Q, VITAMIN R, VITAMIN S, VITAMIN T, VITAMIN U, VITAMIN V, VITAMIN W, VITAMIN X, VITAMIN Y, VITAMIN Z, VITAMIN AA, VITAMIN AB, VITAMIN AC, VITAMIN AD, VITAMIN AE, VITAMIN AF, VITAMIN AG, VITAMIN AH, VITAMIN AI, VITAMIN AJ, VITAMIN AK, VITAMIN AL, VITAMIN AM, VITAMIN AN, VITAMIN AO, VITAMIN AP, VITAMIN AQ, VITAMIN AR, VITAMIN AS, VITAMIN AT, VITAMIN AU, VITAMIN AV, VITAMIN AW, VITAMIN AX, VITAMIN AY, VITAMIN AZ, VITAMIN BA, VITAMIN BB, VITAMIN BC, VITAMIN BD, VITAMIN BE, VITAMIN BF, VITAMIN BG, VITAMIN BH, VITAMIN BI, VITAMIN BJ, VITAMIN BK, VITAMIN BL, VITAMIN BM, VITAMIN BN, VITAMIN BO, VITAMIN BP, VITAMIN BQ, VITAMIN BR, VITAMIN BS, VITAMIN BT, VITAMIN BU, VITAMIN BV, VITAMIN BW, VITAMIN BX, VITAMIN BY, VITAMIN BZ, VITAMIN CA, VITAMIN CB, VITAMIN CC, VITAMIN CD, VITAMIN CE, VITAMIN CF, VITAMIN CG, VITAMIN CH, VITAMIN CI, VITAMIN CJ, VITAMIN CK, VITAMIN CL, VITAMIN CM, VITAMIN CN, VITAMIN CO, VITAMIN CP, VITAMIN CQ, VITAMIN CR, VITAMIN CS, VITAMIN CT, VITAMIN CU, VITAMIN CV, VITAMIN CW, VITAMIN CX, VITAMIN CY, VITAMIN CZ, VITAMIN DA, VITAMIN DB, VITAMIN DC, VITAMIN DD, VITAMIN DE, VITAMIN DF, VITAMIN DG, VITAMIN DH, VITAMIN DI, VITAMIN DJ, VITAMIN DK, VITAMIN DL, VITAMIN DM, VITAMIN DN, VITAMIN DO, VITAMIN DP, VITAMIN DQ, VITAMIN DR, VITAMIN DS, VITAMIN DT, VITAMIN DU, VITAMIN DV, VITAMIN DW, VITAMIN DX, VITAMIN DY, VITAMIN DZ, VITAMIN EA, VITAMIN EB, VITAMIN EC, VITAMIN ED, VITAMIN EE, VITAMIN EF, VITAMIN EG, VITAMIN EH, VITAMIN EI, VITAMIN EJ, VITAMIN EK, VITAMIN EL, VITAMIN EM, VITAMIN EN, VITAMIN EO, VITAMIN EP, VITAMIN EQ, VITAMIN ER, VITAMIN ES, VITAMIN ET, VITAMIN EU, VITAMIN EV, VITAMIN EW, VITAMIN EX, VITAMIN EY, VITAMIN EZ, VITAMIN FA, VITAMIN FB, VITAMIN FC, VITAMIN FD, VITAMIN FE, VITAMIN FF, VITAMIN FG, VITAMIN FH, VITAMIN FI, VITAMIN FJ, VITAMIN FK, VITAMIN FL, VITAMIN FM, VITAMIN FN, VITAMIN FO, VITAMIN FP, VITAMIN FQ, VITAMIN FR, VITAMIN FS, VITAMIN FT, VITAMIN FU, VITAMIN FV, VITAMIN FW, VITAMIN FX, VITAMIN FY, VITAMIN FZ, VITAMIN GA, VITAMIN GB, VITAMIN GC, VITAMIN GD, VITAMIN GE, VITAMIN GF, VITAMIN GG, VITAMIN GH, VITAMIN GI, VITAMIN GJ, VITAMIN GK, VITAMIN GL, VITAMIN GM, VITAMIN GN, VITAMIN GO, VITAMIN GP, VITAMIN GQ, VITAMIN GR, VITAMIN GS, VITAMIN GT, VITAMIN GU, VITAMIN GV, VITAMIN GW, VITAMIN GX, VITAMIN GY, VITAMIN GZ, VITAMIN HA, VITAMIN HB, VITAMIN HC, VITAMIN HD, VITAMIN HE, VITAMIN HF, VITAMIN HG, VITAMIN HH, VITAMIN HI, VITAMIN HJ, VITAMIN HK, VITAMIN HL, VITAMIN HM, VITAMIN HN, VITAMIN HO, VITAMIN HP, VITAMIN HQ, VITAMIN HR, VITAMIN HS, VITAMIN HT, VITAMIN HU, VITAMIN HV, VITAMIN HW, VITAMIN HX, VITAMIN HY, VITAMIN HZ, VITAMIN IA, VITAMIN IB, VITAMIN IC, VITAMIN ID, VITAMIN IE, VITAMIN IF, VITAMIN IG, VITAMIN IH, VITAMIN II, VITAMIN IJ, VITAMIN IK, VITAMIN IL, VITAMIN IM, VITAMIN IN, VITAMIN IO, VITAMIN IP, VITAMIN IQ, VITAMIN IR, VITAMIN IS, VITAMIN IT, VITAMIN IU, VITAMIN IV, VITAMIN IW, VITAMIN IX, VITAMIN IY, VITAMIN IZ, VITAMIN JA, VITAMIN JB, VITAMIN JC, VITAMIN JD, VITAMIN JE, VITAMIN JF, VITAMIN JG, VITAMIN JH, VITAMIN JI, VITAMIN JJ, VITAMIN JK, VITAMIN JL, VITAMIN JM, VITAMIN JN, VITAMIN JO, VITAMIN JP, VITAMIN JQ, VITAMIN JR, VITAMIN JS, VITAMIN JT, VITAMIN JU, VITAMIN JV, VITAMIN JW, VITAMIN JX, VITAMIN JY, VITAMIN JZ, VITAMIN KA, VITAMIN KB, VITAMIN KC, VITAMIN KD, VITAMIN KE, VITAMIN KF, VITAMIN KG, VITAMIN KH, VITAMIN KI, VITAMIN KJ, VITAMIN KK, VITAMIN KL, VITAMIN KM, VITAMIN KN, VITAMIN KO, VITAMIN KP, VITAMIN KQ, VITAMIN KR, VITAMIN KS, VITAMIN KT, VITAMIN KU, VITAMIN KV, VITAMIN KW, VITAMIN KX, VITAMIN KY, VITAMIN KZ, VITAMIN LA, VITAMIN LB, VITAMIN LC, VITAMIN LD, VITAMIN LE, VITAMIN LF, VITAMIN LG, VITAMIN LH, VITAMIN LI, VITAMIN LJ, VITAMIN LK, VITAMIN LL, VITAMIN LM, VITAMIN LN, VITAMIN LO, VITAMIN LP, VITAMIN LQ, VITAMIN LR, VITAMIN LS, VITAMIN LT, VITAMIN LU, VITAMIN LV, VITAMIN LW, VITAMIN LX, VITAMIN LY, VITAMIN LZ, VITAMIN MA, VITAMIN MB, VITAMIN MC, VITAMIN MD, VITAMIN ME, VITAMIN MF, VITAMIN MG, VITAMIN MH, VITAMIN MI, VITAMIN MJ, VITAMIN MK, VITAMIN ML, VITAMIN MN, VITAMIN MO, VITAMIN MP, VITAMIN MQ, VITAMIN MR, VITAMIN MS, VITAMIN MT, VITAMIN MU, VITAMIN MV, VITAMIN MW, VITAMIN MX, VITAMIN MY, VITAMIN MZ, VITAMIN NA, VITAMIN NB, VITAMIN NC, VITAMIN ND, VITAMIN NE, VITAMIN NF, VITAMIN NG, VITAMIN NH, VITAMIN NI, VITAMIN NJ, VITAMIN NK, VITAMIN NL, VITAMIN NM, VITAMIN NN, VITAMIN NO, VITAMIN NP, VITAMIN NQ, VITAMIN NR, VITAMIN NS, VITAMIN NT, VITAMIN NU, VITAMIN NV, VITAMIN NW, VITAMIN NX, VITAMIN NY, VITAMIN NZ, VITAMIN OA, VITAMIN OB, VITAMIN OC, VITAMIN OD, VITAMIN OE, VITAMIN OF, VITAMIN OG, VITAMIN OH, VITAMIN OI, VITAMIN OJ, VITAMIN OK, VITAMIN OL, VITAMIN OM, VITAMIN ON, VITAMIN OO, VITAMIN OP, VITAMIN OQ, VITAMIN OR, VITAMIN OS, VITAMIN OT, VITAMIN OU, VITAMIN OV, VITAMIN OW, VITAMIN OX, VITAMIN OY, VITAMIN OZ, VITAMIN PA, VITAMIN PB, VITAMIN PC, VITAMIN PD, VITAMIN PE, VITAMIN PF, VITAMIN PG, VITAMIN PH, VITAMIN PI, VITAMIN PJ, VITAMIN PK, VITAMIN PL, VITAMIN PM, VITAMIN PN, VITAMIN PO, VITAMIN PP, VITAMIN PQ, VITAMIN PR, VITAMIN PS, VITAMIN PT, VITAMIN PU, VITAMIN PV, VITAMIN PW, VITAMIN PX, VITAMIN PY, VITAMIN PZ, VITAMIN QA, VITAMIN QB, VITAMIN QC, VITAMIN QD, VITAMIN QE, VITAMIN QF, VITAMIN QG, VITAMIN QH, VITAMIN QI, VITAMIN QJ, VITAMIN QK, VITAMIN QL, VITAMIN QM, VITAMIN QN, VITAMIN QO, VITAMIN QP, VITAMIN QQ, VITAMIN QR, VITAMIN QS, VITAMIN QT, VITAMIN QU, VITAMIN QV, VITAMIN QW, VITAMIN QX, VITAMIN QY, VITAMIN QZ, VITAMIN RA, VITAMIN RB, VITAMIN RC, VITAMIN RD, VITAMIN RE, VITAMIN RF, VITAMIN RG, VITAMIN RH, VITAMIN RI, VITAMIN RJ, VITAMIN RK, VITAMIN RL, VITAMIN RM, VITAMIN RN, VITAMIN RO, VITAMIN RP, VITAMIN RQ, VITAMIN RR, VITAMIN RS, VITAMIN RT, VITAMIN RU, VITAMIN RV, VITAMIN RW, VITAMIN RX, VITAMIN RY, VITAMIN RZ, VITAMIN SA, VITAMIN SB, VITAMIN SC, VITAMIN SD, VITAMIN SE, VITAMIN SF, VITAMIN SG, VITAMIN SH, VITAMIN SI, VITAMIN SJ, VITAMIN SK, VITAMIN SL, VITAMIN SM, VITAMIN SN, VITAMIN SO, VITAMIN SP, VITAMIN SQ, VITAMIN SR, VITAMIN SS, VITAMIN ST, VITAMIN SU, VITAMIN SV, VITAMIN SW, VITAMIN SX, VITAMIN SY, VITAMIN SZ, VITAMIN TA, VITAMIN TB, VITAMIN TC, VITAMIN TD, VITAMIN TE, VITAMIN TF, VITAMIN TG, VITAMIN TH, VITAMIN TI, VITAMIN TJ, VITAMIN TK, VITAMIN TL, VITAMIN TM, VITAMIN TN, VITAMIN TO, VITAMIN TP, VITAMIN TQ, VITAMIN TR, VITAMIN TS, VITAMIN TT, VITAMIN TU, VITAMIN TV, VITAMIN TW, VITAMIN TX, VITAMIN TY, VITAMIN TZ, VITAMIN UA, VITAMIN UB, VITAMIN UC, VITAMIN UD, VITAMIN UE, VITAMIN UF, VITAMIN UG, VITAMIN UH, VITAMIN UI, VITAMIN UJ, VITAMIN UK, VITAMIN UL, VITAMIN UM, VITAMIN UN, VITAMIN UO, VITAMIN UP, VITAMIN UQ, VITAMIN UR, VITAMIN US, VITAMIN UT, VITAMIN UY, VITAMIN UZ, VITAMIN VA, VITAMIN VB, VITAMIN VC, VITAMIN VD, VITAMIN VE, VITAMIN VF, VITAMIN VG, VITAMIN VH, VITAMIN VI, VITAMIN VJ, VITAMIN VK, VITAMIN VL, VITAMIN VM, VITAMIN VN, VITAMIN VO, VITAMIN VP, VITAMIN VQ, VITAMIN VR, VITAMIN VS, VITAMIN VT, VITAMIN VU, VITAMIN VV, VITAMIN VW, VITAMIN VX, VITAMIN VY, VITAMIN VZ, VITAMIN WA, VITAMIN WB, VITAMIN WC, VITAMIN WD, VITAMIN WE, VITAMIN WF, VITAMIN WG, VITAMIN WH, VITAMIN WI, VITAMIN WJ, VITAMIN WK, VITAMIN WL, VITAMIN WM, VITAMIN WN, VITAMIN WO, VITAMIN WP, VITAMIN WQ, VITAMIN WR, VITAMIN WS, VITAMIN WT, VITAMIN WU, VITAMIN WV, VITAMIN WW, VITAMIN WX, VITAMIN WY, VITAMIN WZ, VITAMIN XA, VITAMIN XB, VITAMIN XC, VITAMIN XD, VITAMIN XE, VITAMIN XF, VITAMIN XG, VITAMIN XH, VITAMIN XI, VITAMIN XJ, VITAMIN XK, VITAMIN XL, VITAMIN XM, VITAMIN XN, VITAMIN XO, VITAMIN XP, VITAMIN XQ, VITAMIN XR, VITAMIN XS, VITAMIN XT, VITAMIN XU, VITAMIN XV, VITAMIN XW, VITAMIN XX, VITAMIN XY, VITAMIN XZ, VITAMIN YA, VITAMIN YB, VITAMIN YC, VITAMIN YD, VITAMIN YE, VITAMIN YF, VITAMIN YG, VITAMIN YH, VITAMIN YI, VITAMIN YJ, VITAMIN YK, VITAMIN YL, VITAMIN YM, VITAMIN YN, VITAMIN YO, VITAMIN YP, VITAMIN YQ, VITAMIN YR, VITAMIN YS, VITAMIN YT, VITAMIN YU, VITAMIN YV, VITAMIN YW, VITAMIN YX, VITAMIN YY, VITAMIN YZ, VITAMIN ZA, VITAMIN ZB, VITAMIN ZC, VITAMIN ZD, VITAMIN ZE, VITAMIN ZF, VITAMIN ZG, VITAMIN ZH, VITAMIN ZI, VITAMIN ZJ, VITAMIN ZK, VITAMIN ZL, VITAMIN ZM, VITAMIN ZN, VITAMIN ZO, VITAMIN ZP, VITAMIN ZQ, VITAMIN ZR, VITAMIN ZS, VITAMIN ZT, VITAMIN ZU, VITAMIN ZV, VITAMIN ZW, VITAMIN ZX, VITAMIN ZY, VITAMIN ZZ

Servings Per Container 22
Calories 70
Calories from Fat 10

F2972022B
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 B₆.

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

EASY LASAGNA

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

FROZEN LASAGNA



- Which lasagna has the lowest number of calories?

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

- Which lasagna has the highest amount of dietary fiber?

- Which lasagna has the lowest amount of sodium?

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