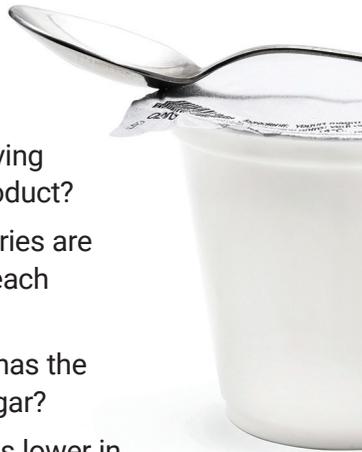


Let's Compare



- 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	
Serving size	3/4 cup (170g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 80mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 11g Added Sugars	22%
Protein 5g	10%
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	
Serving size	3/4 cup (170g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 7g	14%
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	
Serving size	2 tbsp (32g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 8g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 180mg	4%

* 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.

HAZELNUT SPREAD

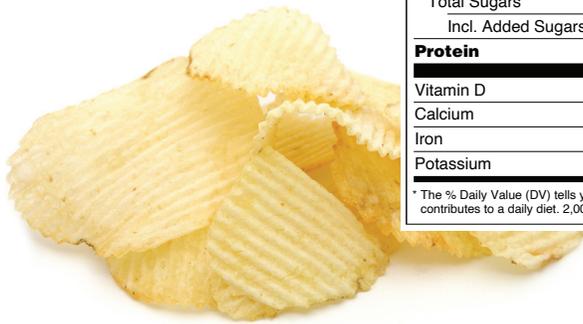


Nutrition Facts	
About 27 servings per container	
Serving size	2 tbsp (37g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol <5mg	0%
Sodium 15mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 19g Added Sugars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

* 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.

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

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

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

* 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.

CHEDDAR CHEESE

Nutrition Facts	
10 servings per container	
Serving size 1oz (28g)	
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 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

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

- 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?

