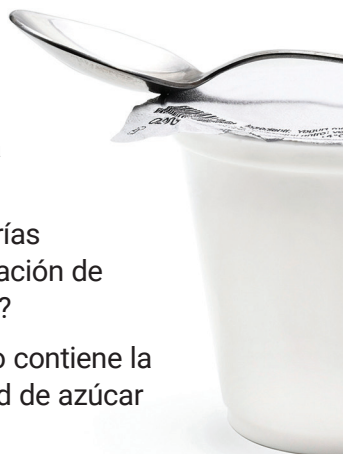


# Comparemos

- ¿Cuál es el tamaño de la ración de cada producto?
- ¿Cuántas calorías contiene una ración de cada producto?
- ¿Cuál producto contiene la mayor cantidad de azúcar adicionada?
- ¿Cuál producto tiene el contenido más bajo en grasa?



## YOGUR REGULAR

| Nutrition Facts               |                       |
|-------------------------------|-----------------------|
| 5 servings per container      |                       |
| <b>Serving size</b>           | <b>3/4 cup (170g)</b> |
| Amount per serving            |                       |
| <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.

## YOGUR BAJO EN GRASA

| Nutrition Facts               |                       |
|-------------------------------|-----------------------|
| 5 servings per container      |                       |
| <b>Serving size</b>           | <b>3/4 cup (170g)</b> |
| Amount per serving            |                       |
| <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.

## CREMA DE CACAHUATE



- ¿Cuál producto contiene más grasa saturada?
- ¿Cuál producto contiene más sodio?
- ¿Cuál producto contiene más azúcares añadidos?

| Nutrition Facts                 |                     |
|---------------------------------|---------------------|
| About 35 servings per container |                     |
| <b>Serving size</b>             | <b>2 tbsp (32g)</b> |
| Amount per serving              |                     |
| <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%                  |

\* 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.

## CREMA DE AVELLANAS

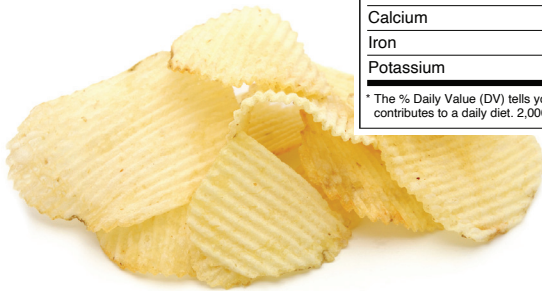


| Nutrition Facts                 |                     |
|---------------------------------|---------------------|
| About 27 servings per container |                     |
| <b>Serving size</b>             | <b>2 tbsp (37g)</b> |
| Amount per serving              |                     |
| <b>Calories</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%                  |

\* 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.

# Coma bien en casa

- ¿Cuál tipo de papitas contiene menos calorías?
- ¿Cuál tipo de papitas contiene menos grasa?
- ¿Cuál tipo de papitas contiene menos sodio?
- ¿Cómo cambian estos nutrientes cuando se consume todo el paquete?



## PAPITAS HORNEADAS

| Nutrition Facts          |                 |                          |  |
|--------------------------|-----------------|--------------------------|--|
| 3 servings per container |                 |                          |  |
| Serving size             |                 | 1oz (28g/About 17 chips) |  |
|                          | 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.

## PAPITAS FRITAS NORMALES

| Nutrition Facts          |                 |                          |  |
|--------------------------|-----------------|--------------------------|--|
| 3 servings per container |                 |                          |  |
| Serving size             |                 | 1oz (28g/About 15 chips) |  |
|                          | 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%              |  |

\* 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.

## QUESO TIPO CHEDDAR

- ¿Cuál queso contiene más proteína por porción?
- ¿Cuál queso contiene más calcio?
- ¿Cuál queso tiene la menor cantidad de calorías?
- ¿Cuál queso tiene la menor cantidad de grasa saturada?



| Nutrition Facts               |                |
|-------------------------------|----------------|
| 10 servings per container     |                |
| Serving size 1oz (28g)        |                |
| Amount per serving            |                |
| <b>Calories</b>               | <b>110</b>     |
|                               | % Daily Value* |
| <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.

## QUESO TIPO CHEDDAR DE GRASA REDUCIDA

| Nutrition Facts               |                |
|-------------------------------|----------------|
| 10 servings per container     |                |
| Serving size 1oz (28g)        |                |
| Amount per serving            |                |
| <b>Calories</b>               | <b>90</b>      |
|                               | % Daily Value* |
| <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.