

# Nutrition Facts

Serving Size 1/2 cup (57g)

Servings Per Container 15

		Granola with 1/2 Cup Fat	Granola Free Milk
Amount Per Serving			
<b>Calories</b>		240	290
Calories from Fat		70	70
		% Daily Value**	
<b>Total Fat 8g*</b>		<b>12%</b>	<b>12%</b>
Saturated Fat 0.5g		3%	3%
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	<b>0%</b>
<b>Sodium 90mg</b>		<b>4%</b>	<b>7%</b>
<b>Total Carbohydrate 37g</b>		<b>12%</b>	<b>15%</b>
Dietary Fiber 4g		16%	16%
Sugars 18g			
<b>Protein 5g</b>			
Vitamin A		0%	6%
Vitamin C		0%	2%
Calcium		4%	15%
Iron		10%	10%

**3 grams or more of fiber?**

**9 grams or less of sugar?**

Revised August 2013

## Cereal Detective Work Sheet



### NUTRITION LABEL

Serving Size  
0.75 cup  
Amount Per Serving  
Calories: 120  
Total Fat: 1.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 160mg  
Total Carbohydrate: 25g  
Dietary Fiber: 2g  
Sugars: 6g  
Protein: 3g



Name of Cereal	Grams of Fiber	Grams of Sugar	GO or SLOW Cereal?
Life			
Mighty Bites			
Fruit Loops			

**3 grams or more of fiber?**

**9 grams or less of sugar?**

## Cereal Detective Work Sheet



### NUTRITION LABEL

Serving Size  
1 cup (1 NLEA serving)  
Amount Per serving:  
Calories: 117  
Total Fat: 1g  
Saturated Fat: 0g  
Trans Fat: 0g  
Cholesterol: 0mg  
Sodium: 162 mg  
Total Carbohydrate: 0g  
Dietary Fiber 3g  
Sugar 5g  
Protein: 6g

Name of Cereal	Grams of Fiber	Grams of Sugar	GO or SLOW Cereal?
Life	2	6	SLOW
Mighty Bites			
Fruit Loops			



**3 grams or more of fiber?**

**9 grams or less of sugar?**

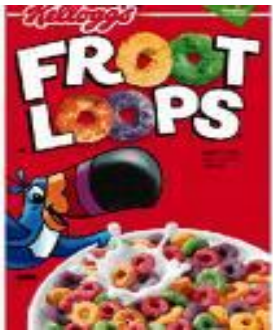
## Cereal Detective Work Sheet



### NUTRITION LABEL

Serving Size  
3/4 cup (30g)  
Amount per serving:  
Calories: 118  
Total Fat: 1g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 150mg  
Total Carbohydrates: 26g  
Dietary Fiber: 1g  
Sugars: 12g  
Protein: 2g

Name of Cereal	Grams of Fiber	Grams of Sugar	GO or SLOW Cereal?
Life	2	6	SLOW
Mighty Bites	3	5	GO
Fruit Loops			



**3 grams or more of fiber?**

**9 grams or less of sugar?**

# Which cereals are GO Cereals?

(A)

Nutrition Facts		
Serving Size $\frac{3}{4}$ Cup (30g)		
Amount Per Serving	Cereal	with $\frac{1}{2}$ cup skim milk
<b>Calories</b>	110	150
Calories from Fat	0	0
% Daily Value**		
<b>Total Fat</b> 0g*	<b>0%</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>9%</b>
<b>Potassium</b> 35mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>	<b>11%</b>
Dietary Fiber less than 1g	<b>3%</b>	<b>3%</b>
Sugars 11g		
<b>Protein</b> 1g		

(B)

Nutrition Facts		
Serving Size $\frac{3}{4}$ Cup (32g)		
Amount Per Serving	Cereal	with $\frac{1}{2}$ cup skim milk
<b>Calories</b>	110	150
Calories from Fat	10	10
% Daily Value**		
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>8%</b>
<b>Potassium</b> 45mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>	<b>11%</b>
Dietary Fiber 9g	<b>35%</b>	<b>35%</b>
Soluble Fiber 5g		
Insoluble Fiber 4g		
Sugars 7g		
<b>Protein</b> 3g		

(C)

Nutrition Facts		
Serving Size 1 Cup (30g/1.1 oz.)		
Amount Per Serving	Cereal	Cereal with $\frac{1}{2}$ Cup Vitamins A&D Fat Free Milk
<b>Calories</b>	120	160
Calories from Fat	20	20
% Daily Value**		
<b>Total Fat</b> 2g*	<b>3%</b>	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>	<b>3%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 1g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>	<b>8%</b>
<b>Potassium</b> 40mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>	<b>10%</b>
Dietary Fiber less than 1g	<b>3%</b>	<b>3%</b>
Sugars 13g		
Other Carbohydrate 11g		
<b>Protein</b> 2g		

# Answer: Cereal (B) is a Go Cereal!

<b>Nutrition Facts</b>		
Serving Size $\frac{3}{4}$ Cup (32g)		
Amount Per Serving	Cereal	with $\frac{1}{2}$ cup skim milk
<b>Calories</b>	110	150
Calories from Fat	10	10
<b>% Daily Value**</b>		
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>8%</b>
<b>Potassium</b> 45mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>	<b>11%</b>
Dietary Fiber 9g	<b>35%</b>	<b>35%</b>
Soluble Fiber 5g		
Insoluble Fiber 4g		
Sugars 7g		
<b>Protein</b> 3g		

## Cereal (B)

- 7 g sugar
- 9 g fiber

Only Cereal (B) has less than **9** g of sugar and at least **3** g of fiber



# Rank these cereals starting with the **best** choice.

(A) **Nutrition Facts**  
Serving Size 1 cup (27g)  
Servings Per Container about 13

Amount Per Serving	Rice Chex	with 1/2 cup skim milk
<b>Calories</b>	100	140
Calories from Fat	0	0
% Daily Value**		
<b>Total Fat</b> 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 240mg	10%	13%
<b>Potassium</b> 45mg	1%	7%
<b>Total Carbohydrate</b> 23g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Other Carbohydrate 20g		
<b>Protein</b> 2g		

(B) **Nutrition Facts**  
Serving Size 3/4 cup (29g)  
Servings Per Container about 12

Amount Per Serving	Reese's Puffs	with 1/2 cup skim milk
<b>Calories</b>	120	160
Calories from Fat	30	30
% Daily Value**		
<b>Total Fat</b> 3g*	5%	5%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1.5g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 160mg	7%	9%
<b>Potassium</b> 65mg	2%	7%
<b>Total Carbohydrate</b> 22g	7%	9%
Dietary Fiber 1g	5%	5%
Sugars 10g		
Other Carbohydrate 11g		
<b>Protein</b> 2g		

(C) **Nutrition Facts**  
Serving Size 1/2 cup (30g)  
Servings Per Container about 15

Amount Per Serving	Fiber One	with 1/2 cup skim milk
<b>Calories</b>	60	100
Calories from Fat	10	10
% Daily Value**		
<b>Total Fat</b> 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 110mg	4%	7%
<b>Potassium</b> 110mg	3%	9%
<b>Total Carbohydrate</b> 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 0g		
Insoluble Fiber 14g		
Sugars 0g		
Other Carbohydrate 11g		
<b>Protein</b> 2g		





# NURTURE

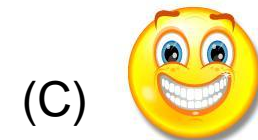
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Serving Size 1 cup (27g)		
Servings Per Container about 13		
Amount Per Serving	Rice Chex	with 1/2 cup skim milk
<b>Calories</b>	100	140
Calories from Fat	0	0
% Daily Value**		
<b>Total Fat</b> 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
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Trans Fat 0g		
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Servings Per Container about 15		
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<b>Calories</b>	60	100
Calories from Fat	10	10
% Daily Value**		
<b>Total Fat</b> 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	0%	1%
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