

# Nutrition Facts

Serving Size 1/2 cup (57g)

Servings Per Container 15

| Amount Per Serving            | Granola with 1/2 Cup Fat |            |
|-------------------------------|--------------------------|------------|
|                               | Granola                  | Free Milk  |
| <b>Calories</b>               | 240                      | 290        |
| Calories from Fat             | 70                       | 70         |
| <b>% Daily Value**</b>        |                          |            |
| <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 gramos o más de fibra?**

**9 gramos o menos de azúcar**

## 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



**NURTURE**

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## Detective de Cereales Hoja de Trabajo



| Nombre De Cereales | Gramos de Fibra | Gramos de Azúcar | Cereales GO o SLOW? |
|--------------------|-----------------|------------------|---------------------|
| Life               |                 |                  |                     |
| Mighty Bites       |                 |                  |                     |
| Fruit Loops        |                 |                  |                     |

**3 gramos o más de fibra?**

**9 gramos o menos de azúcar**

## NUTRITION LABEL

Serving Size 1 cup

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



## Detective de Cereales Hoja de Trabajo



| Nombre De Cereales | Gramos de Fibra | Gramos de Azúcar | Cereales GO o SLOW? |
|--------------------|-----------------|------------------|---------------------|
| Life               | 2               | 6                | SLOW                |
| Mighty Bites       |                 |                  |                     |
| Fruit Loops        |                 |                  |                     |



**3 gramos o más de fibra?**

**9 gramos o menos de azúcar**

## NUTRITION LABEL

Serving Size 3/4 cup

Amount per serving:

Calories: 118

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 0mg

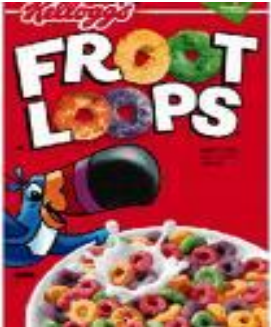
Sodium: 150mg

Total Carbohydrates: 26g

Dietary Fiber: 1g

Sugars: 12g

Protein: 2g



## Detective de Cereales Hoja de Trabajo



| Nombre De Cereales | Gramos de Fibra | Gramos de Azúcar | Cereales GO o SLOW? |
|--------------------|-----------------|------------------|---------------------|
| Life               | 2               | 6                | SLOW                |
| Mighty Bites       | 3               | 5                | GO                  |
| Fruit Loops        |                 |                  |                     |

**3 gramos o más de fibra?**

**9 gramos o menos de azúcar**

# ¿Cuales cereales son cereales GO?

(A)

| <b>Nutrition Facts</b>               |           |                                  |
|--------------------------------------|-----------|----------------------------------|
| 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                                |
| <b>% Daily Value**</b>               |           |                                  |
| <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)

| <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                    |            |                                  |

(C)

| <b>Nutrition Facts</b>           |           |                                                          |
|----------------------------------|-----------|----------------------------------------------------------|
| 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                                                       |
| <b>% Daily Value**</b>           |           |                                                          |
| <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                |           |                                                          |

# Respuesta: El cereal (B) es un cereal GO

| <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 gramos de azúcar
- 9 gramos de fibra

Sólo el Cereal (B) tiene menos de **9** gramos de azúcar y al menos **3** gramos de fibra



# Clasifique estos cereales del mejor al peor

(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

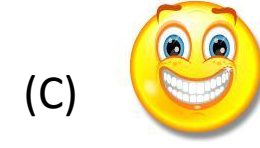
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| <b>Calories</b>                 | 100       | 140                    |
| Calories from Fat               | 0         | 0                      |
| % Daily Value**                 |           |                        |
| <b>Total Fat</b> 0g*            | 0%        | 0%                     |
| Saturated Fat 0g                | 0%        | 0%                     |
| Trans Fat 0g                    |           |                        |
| Polyunsaturated Fat 0g          |           |                        |
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| <b>Cholesterol</b> 0mg          | 0%        | 1%                     |
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| Saturated Fat 0.5g              | 3%            | 3%                     |
| Trans Fat 0g                    |               |                        |
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| Saturated Fat 0g                | 0%        | 0%                     |
| Trans Fat 0g                    |           |                        |
| Polyunsaturated Fat 0.5g        |           |                        |
| Monounsaturated Fat 0g          |           |                        |
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| Soluble Fiber 0g                |           |                        |
| Insoluble Fiber 14g             |           |                        |
| Sugars 0g                       |           |                        |
| Other Carbohydrate 11g          |           |                        |
| <b>Protein</b> 2g               |           |                        |