

## Nutrition Facts Label



Use the label to pick the cereal that:

- Has the most fiber and the least added sugar (Hint: find added sugar in the ingredients list)
- Is made from whole grains (Hint: check the ingredients list)
- Has the least sodium and the most potassium
- Has the most iron
- Has the biggest serving size

Do you like math? Which cereal has:

- The most fiber per calorie?
- The most iron per calorie?
- The most calories per gram of cereal?

Calories give you energy to think, do work and have fun.

### How do you tell if sugar is added?

Check the ingredients list. Cane sugar, cane sugar juice, fructose, high fructose cane syrup, corn syrup, brown sugar, sucrose or dextrose are all names for sugar. It's OK to have some sugar but no more than one-third the weight of the serving should be sugar. Divide the cereal weight by 3 to calculate the maximum weight of sugar allowable. Keep the grams of sugar in a serving of your cereal under that amount.

Check the serving size for your cereal. Use the same cereal bowl each morning. Measure the amount of cereal in a serving with a measuring cup. Put it in that bowl. Remember how full the bowl is. Eating more than a serving of cereal could mean that you won't have room for other wholesome foods like fruit.

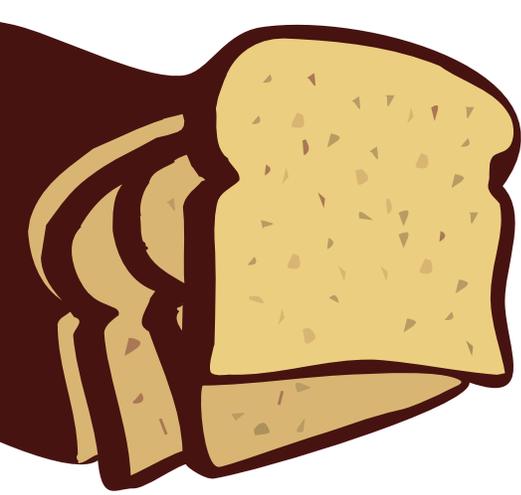
Cereal is made from grain that comes from a plant. Plants foods don't have cholesterol in them.

A whole-grain cereal has the most fiber and the most potassium.

Vitamins and minerals keep your body healthy.

Eat more fresh foods so you eat less sodium.

| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size (113g)  |                           |
| Servings Per Container   |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 440  | Calories from Fat 140     |
| % Daily Value*   |                           |
| <b>Total Fat</b> 16g   | <b>25%</b>                |
| Saturated Fat 0g   | <b>0%</b>                 |
| <b>Cholesterol</b> 0mg   | <b>0%</b>                 |
| <b>Sodium</b> 40mg   | <b>2%</b>                 |
| <b>Total Carbohydrate</b> 72g  | <b>24%</b>                |
| Dietary Fiber 20g  | <b>80%</b>                |
| Sugars 12g   |                           |
| <b>Protein</b> 20g   |                           |
| Vitamin A 0%   | Vitamin C 0%              |
| Calcium 20%  | Iron 20%                  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                           |
| Calories: 2,000 2,500  |                           |
| Total Fat  | Less than 65g 80g         |
| Saturated Fat  | Less than 20g 25g         |
| Cholesterol  | Less than 300mg 300mg     |
| Sodium   | Less than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |



Use breakfast as a way to get grain, fruit and dairy.

At the grocery store you can use labels to:

- **Pick the best juice.** Choose 100% juice. Fresh fruit is even better.
- **Pick the best bread.** Choose bread that has whole-wheat flour as the first ingredient in the ingredient list.
- **Pick the best milk.** The best milk is the milk that you like to drink. If you can, choose milk that contains fewer than 45 calories of fat per cup.



**Tired of cold cereal?**

Try one of these breakfasts:

- Whole-wheat toast spread with peanut butter and topped with sliced bananas. Eat with milk.
- Whole-wheat tortilla wrapped around a cheese stick. Add fruit.
- Sliced apples with peanut butter. Eat with milk.
- Low-fat yogurt mixed with cereal and fruit.

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**Good Advice:  
Eat breakfast.**

Students do better on tests when they eat breakfast.  
(By the way, it helps to study, too.)



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