

Knowledge is Power

Read It Before You Eat It



Picture courtesy of http://drdolgo.com/blog/wp-content/uploads/2011/08/getty_rm_photo_of_girl_studying_nutrition_label.jpg

Key Nutrients



Fats - gives us energy, helps us feel full, good for our skin and nerves.

Fiber – helps us feel full, helps to regulate blood sugar and maintains a healthy digestive tract.

Sodium – Maintains normal water and electrolyte balance

Sugar – major source of energy



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EXAMPLE

	Snack #1	Snack #2	Snack #3	Snack #4
TOTAL FAT ↓	8 grams	1 grams	5 grams	7 grams
Saturated (part of total fat)	5 grams	1 grams	2 grams	3 grams
Trans (part of total fat)	0 grams	0 grams	0 grams	1 grams
SODIUM ↓	450 milligrams	200 milligrams	150 milligrams	60 milligrams
FIBER ↑	3 grams	5 grams	1 grams	0 grams
SUGAR ↓	11 grams	12 grams	30 grams	44 grams

Activity



1. Write the name of the Snack you are evaluating
2. Write the number of grams or milligrams for each snack in the space provided
3. Compare the 4 snacks
 - Which one has the least amount of fat? Circle it
 - Which one has the least amount of sodium? Circle it
 - Which one has the most fiber? Circle it
 - Which one has the least sugar?
4. What snack are you going to choose?