## The Nutrition Facts Label – Use it to Choose!

The best way to decide which prepared foods are better choices for your daily nutrition and overall health is to read the nutrition facts label. Complete this simple activity to learn how to read the nutrition facts label. In this assignment, you will compare two "comfort" foods available at your local grocery store. Both products, macaroni and cheese and pasta fagioli soup, are warm and easy to prepare.

Macaroni and Cheese	Pasta Fagioli Soup
1. What is the serving size?	)
How many servings per conta	iner?
How many calories per servi	ng?
2. How many calories from fat?	
<b>,</b> ,	
<del></del>	
Limit these nutrients. How many gram	ns of total fat?
, 0	
<del></del>	
3. Limit these nutrients. How many milligrams	of cholesterol?
3. Limit these nutrients. How many milligram	ns of sodium?

	4. Get enough of these nutrients. How many grams of fiber?
	4. Get enough of these nutrients. What percentage of daily value of calcium?
	4. Get enough of these nutrients. What percentage of daily value of iron?
-	<del></del>
Ar	swer the following questions using the ingredient list from the product label:
1.	Which product has the most ingredients?
•	William and a Contribution for the form of the contribution of the
2.	What are the first three ingredients in the mac and cheese?
	• .
	•
	ullet .
3.	What are the first three ingredients in the soup?
	• .
	• .
	• .
4.	Which product has the most additives and preservatives?

## Healthy Request® Pasta Fagioli Soup

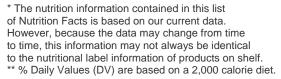
**Nutrition Facts\*** 

Amount Per Serving (serving size) = 1 cup (240ml)

- Calories 90
- Fat Calories 5
- Total Fat 0.5g
- Sat. Fat 0g
- Trans Fat 0g
- Polyunsaturated Fat 0g
- Monounsaturated Fat 0g
- Cholesterol 0mg
- Sodium 410mg
- Total Carbohydrates 18g
- Dietary Fiber 3g
- Sugars 4g
- Protein 4g
- Potassium 890mg

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- % Daily Values\*\*
- Vitamin A 20%
- Vitamin C 0%
- Calcium 6%
- Iron 6%









## Nutrition Facts

Serving Size 2.5 oz (70g / about 1/3 Box) (Makes about 1 cup) Servings Per Container about 3

Amount Per Serving	As Packaged	As Prepared	
Calories	260	400	
Calories From Fat	30	170	
	%1	% Daily Value **	
Total Fat 3.5g*	5 %	29 %	
Saturated Fat 1.5g	8 %	23 %	
Trans Fat 0g			
Cholesterol 15mg	5 %	5 %	
Sodium 580mg	24 %	30 %	
Total Carbohydrate 47g	16 %	16 %	
Dietary Fiber 1g	4 %	4 %	
Sugars 6g	1878	738000	
Protein 10g	11%	13%	
Vitamin A	0 %	15 %	
Vitamin C	0 %	0 %	
Calcium	10 %	15 %	
Iron	10 %	10 %	

Calories: 2,000 2,500 Total Fat 65g Less than 80g Saturated Fat 25g Less than 20g 300mg 2,400mg 300mg 2,400mg Chalesteral Less than Sodium Less than 375g Total Carbohydrate 300g 25g Dietary Fiber 30g Protein 50g 65g

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE JIRON), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, SOOKUM TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, MILK, YELLOWS, YELLOWS, ENZYMES, CHEESE CULTURE)

CONTAINS: WHEAT, MILK.