

EATING SMART AT HOME



Let's compare

- What is the serving size of each product?
- How many calories are in a serving of each product?
- How many calories are in a WHOLE CONTAINER of each product?
- Which product is lower in fat?



Nutrition Facts	
Serving Size 7 Crackers (29g) Servings Per Container About 8	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 160mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	13%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

*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
Sat 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



Nutrition Facts	
Serving Size About 2 tbsp (28g) Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 150
% Daily Value*	
Total Fat 16g	26%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 5g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 6%	
Iron 4%	

*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
Sat 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

- Which milk has fewer calories?
- Which milk has less fat?



WHOLE MILK

GRADE A • HOMOGENIZED	
Nutrition Facts	
Serving Size 1 cup (240mL) Servings Per Container About 4	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	16%

SKIM MILK

GRADE A	
Nutrition Facts	
Serving Size 1 cup (240mL) Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	16%



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BAKED POTATO CHIPS REGULAR POTATO CHIPS

- Which kind of chips has fewer calories?
- Which kind of chips has less fat?
- Which kind of chips has less sodium?

Nutrition Facts	
Serving Size 1 oz. (28g/About 9 crisps)	
Servings Per Container About 10	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 0%
Thiamin 4%	Niacin 6%
Vitamin B ₆ 4%	Phosphorus 8%
Zinc 2%	



Nutrition Facts	
Serving Size 1 oz. (28g/About 15 chips)	
Servings Per Container 2.5	
Amount Per Serving	
Calories	1 oz Entire Pkg. 150 380
Calories from Fat	90 230
% Daily Value*	
Total Fat 10g, 25g	15% 39%
Saturated Fat 1g, 2.5g	5% 14%
Polyunsaturated Fat 3g, 7g	
Monounsaturated Fat 6g, 15g	
Trans Fat 0g, 0g	
Cholesterol 0mg, 0mg	0% 0%
Sodium 180mg, 460mg	7% 19%
Total Carbohydrate 15g, 38g	5% 13%
Dietary Fiber 1g, 3g	4% 10%
Sugars 0g, 0g	
Protein 2g, 5g	
Vitamin A	0% 0%
Vitamin C	10% 25%
Calcium	0% 0%
Iron	2% 4%
Vitamin E	10% 30%
Thiamin	2% 6%
Niacin	6% 15%
Vitamin B ₆	4% 10%
Phosphorus	4% 10%
Magnesium	4% 10%

CHEDDAR CHEESE

- Which cheese has the most protein?
- Which cheese has the most calcium?
- Which cheese has the least calories and fat?
- Do you think that choosing reduced-fat cheese is something you would try for your family?

Nutrition Facts	Amount/serving	% DV*	Amount/serving	% DV*
	Serv Size 1 oz (28g/ 1/10 pkg)	Total Fat 9g	14%	Total Carb <1g
Servings 10	Sat Fat 6g	30%	Fiber 0g	0%
Calories 110	Trans Fat 0g		Sugars 0g	
Fat Cal 80	Cholest 30mg	10%	Protein 7g	
	Sodium 180mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 6% • Vitamin C 0% • Calcium 20% • Iron 0%				
INGREDIENTS: CHEDDAR CHEESE (PASTEURIZED NONFAT MILK AND MILKFAT, CHEESE CULTURE, SALT, ENZYMES), NATAMYCIN (A NATURAL MOLD INHIBITOR)				
KRAFT FOODS NORTH AMERICA, DIVISION OF KRAFT FOODS GLOBAL, INC., GLENVIEW, IL 60025 USA				
CONTAINS 0g OF LACTOSE PER SERVING © KF HOLDINGS				

REDUCED-FAT CHEDDAR CHEESE

Nutrition Facts	Amount/serving	% DV*	Amount/serving	% DV*
	Serv Size 1 oz (28g/ 1/10 pkg)	Total Fat 6g	9%	Total Carb <1g
Servings 10	Sat Fat 3.5g	18%	Fiber 0g	0%
Calories 90	Trans Fat 0g		Sugars 0g	
Fat Cal 50	Cholest 20mg	7%	Protein 7g	14%
	Sodium 240mg	10%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 6% • Vitamin C 0% • Calcium 20% • Iron 0%				
INGREDIENTS: REDUCED FAT CHEDDAR CHEESE (PASTEURIZED NONFAT MILK AND MILKFAT, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (COLOR), VITAMIN A PALMITATE), NATAMYCIN (A NATURAL MOLD INHIBITOR)				
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Eat Smart