

# EATING SMART AT HOME



## Check the facts

### FAT-FREE

Less than 0.5g of fat per serving

### LOW-FAT

3g or less per serving

### REDUCED-FAT

25% less fat than the original product

### LIGHT/LITE

50% less fat or a third fewer calories than the regular product

### WHAT IS A WHOLE GRAIN?

- What do you notice about the ingredients in these two products?
- Does the ingredient list give us any clues that tell us which product has the most whole grain?



<b>Calories 70</b>	<b>Cholesterol</b>
Calories from Fat 10	Vitamin A
F2972022B	
INGREDIENTS: WHOLE WHEAT FLOUR, WATER, WHEAT CORN SYRUP, VINEGAR, CULTURED WHEY, CALCIUM DIGLYCERIDES, CALCIUM DIOXIDE AND/OR MONOAMMONIUM SULFATE AND/OR MONOCALCIUM PHOSPHATE), ENZYME	



<b>INGREDIENTS:</b> ENRICHED FLOUR BLEACHED (WHEAT FLOUR MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, VINEGAR, YEAST, CONTAINS LESS THAN 2% OF THE FOLLOWING: RAISIN JUICE CONCENTRATE, DOUGH CONDITIONER, MONOGLYCERIDES, ASCORBIC ACID, ENZYMES, AZODIACETAMIDE, PROPIONATE (PRESERVATIVE), GUAR GUM, YEAST NUTRIENT, AMMONIUM SULFATE, CALCIUM SULFATE, POLYSORBATE 60
<b>CONTAINS WHEAT, MILK AND SOY INGREDIENTS.</b>

### CHECK INGREDIENTS

<b>INGREDIENTS:</b> WHOLE GRAIN WHEAT, SUGAR, CALCIUM CARBONATE, CORN SYRUP, SALT, LACTOSE, DISTILLED MONOGLYCERIDES, VITAMIN E (SODIUM ASCORBATE), ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN E (TOCOPHERYL ACETATE), A B VITAMIN (NIACINAMIDE), A B VITAMIN (CALCIUM PANTOTHENATE), ANNATTO EXTRACT, VITAMIN B <sub>9</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B <sub>2</sub> (RIBOFLAVIN), VITAMIN B <sub>1</sub> (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN A (PALMITATE), VITAMIN B <sub>12</sub> , VITAMIN D, VITAMIN E, PRESERVED BY BHT
<b>CONTAINS WHEAT AND MILK INGREDIENTS</b>

Servings Per Container 22	Monol
<b>Calories 70</b>	<b>Chole</b>
Calories from Fat 10	Vitami
F2972022B	
INGREDIENTS: WHOLE WHEAT FLOUR, WATER, WHEAT CORN SYRUP, VINEGAR, CULTURED WHEY, CALCIUM DIGLYCERIDES, CALCIUM DIOXIDE AND/OR MONOAMMONIUM SULFATE AND/OR MONOCALCIUM PHOSPHATE), ENZYME	

<b>INGREDIENTS:</b> WHEAT BRAN ROLLED OATS, SUGAR, RAISINS, CORN, DATES, BARLEY FLAKES, PECANS, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, GLYCERIN, BARLEY MALT EXTRACT, SALT, HONEY, RICE, MOLASSES, NONFAT MILK, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, VITAMINS AND MINERALS: SODIUM ASCORBATE AND ASCORBIC ACID, FERRIC ORTHOPHOSPHATE, NIACINAMIDE, ZINC OXIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID, VITAMIN D, VITAMIN E
<b>CONTAINS: WHEAT, PECANS, AND MILK MAY CONTAIN: ALMONDS AND WALNUTS</b>



NC STATE UNIVERSITY



## Nutrition Facts

Serving Size 1/6 of recipe

### Amount Per Serving

**Calories** 370      Calories from Fat 100

**% Daily Value\***

**Total Fat** 11 g      **17%**

**Sodium** 530mg      **22%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 2g      **8%**

**Protein** 32g

## Nutrition Facts

Serving Size 1 order

### Amount Per Serving

**Calories** 650      Calories from Fat 333

**% Daily Value\***

**Total Fat** 37 g      **57%**

**Sodium** 1130mg      **47%**

**Total Carbohydrate** 36g      **12%**

Dietary Fiber 3g      **12%**

**Protein** 41g

### EASY LASAGNA

### FROZEN LASAGNA

- Which lasagna has the lowest number of calories?
- Which lasagna has the lowest number of calories from fat?
- Which lasagna has the highest amount of dietary fiber?
- Which lasagna has the lowest amount of sodium?
- Based on these facts, which lasagna would you choose for your family?



**Eat Smart**