# COMA BIEN EN CASA

EFNEP's Families Eating Smart AND Moving More

# Comparemos

- ¿Cuál es el tamaño de la ración de cada producto?
- ¿Cuántas calorías contiene una ración de cada producto?
- ¿Cuántas calorías contiene un ENVASE ENTERO de cada producto?
- ¿Cuál producto tiene el contenido más bajo en grasa?

**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 | 25% |
| 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

- ¿Cuál leche contiene menos calorías?
- ¿Cuál leche contiene menos grasa?

## LECHE ENTERA

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% |

## LECHE SIN GRASA

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% |

EFNEP
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USDA United States Department of Agriculture National Institute of Food and Agriculture

Eat Smart Move More NORTH CAROLINA

## PAPITAS HORNEADAS

- ¿Cuál tipo de papitas contiene menos calorías?
- ¿Cuál tipo de papitas contiene menos grasa?
- ¿Cuál tipo de papitas contiene menos sodio?

**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% | | |

## PAPITAS FRITAS NORMALES

**Nutrition Facts**
Serving Size 1 oz. (28g/About 15 chips)
Servings Per Container 2.5

| Amount Per Serving | 1 oz | Entire Pkg. |
|---|---|---|
| **Calories** | 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% |

## QUESO TIPO *CHEDDAR*

- ¿Cuál queso contiene más proteína?
- ¿Cuál queso contiene más calcio?
- ¿Cuál queso contiene la menor cantidad de calorías y grasa?
- ¿Cree que elegir un queso de grasa reducida es algo que podría hacer por su familia?

**Nutrition Facts**
Serv Size 1 oz (28g/ 1/10 pkg)
Servings 10
**Calories** 110
Fat Cal 80
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

| Amount/serving | %DV* | Amount/serving | %DV* |
|---|---|---|---|
| **Total Fat** 9g | **14%** | **Total Carb** <1g | **0%** |
| Sat Fat 6g | **30%** | Fiber 0g | **0%** |
| Trans Fat 0g | | Sugars 0g | |
| **Cholest** 30mg | **10%** | **Protein** 7g | |
| **Sodium** 180mg | **8%** | | |

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
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## QUESO TIPO *CHEDDAR* DE GRASA REDUCIDA

**Nutrition Facts**
Serv Size 1 oz (28g/ 1/10 pkg)
Servings 10
**Calories** 90
Fat Cal 50
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

| Amount/serving | %DV* | Amount/serving | %DV* |
|---|---|---|---|
| **Total Fat** 6g | **9%** | **Total Carb** <1g | **0%** |
| Sat Fat 3.5g | **18%** | Fiber 0g | **0%** |
| Trans Fat 0g | | Sugars 0g | |
| **Cholest** 20mg | **7%** | **Protein** 7g | **14%** |
| **Sodium** 240mg | **10%** | | |

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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