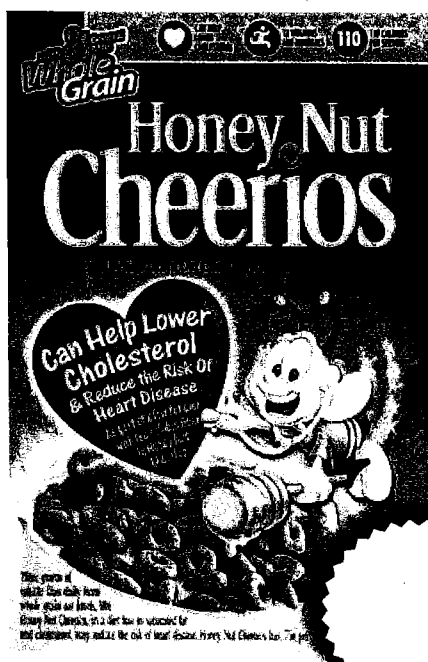


NAME: _____ CLASS: _____ DATE: _____

Let's Get Fooducated!

Product:



Ingredient List:

Ingredients: Whole Grain Oats (includes the oat bran), Sugar, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

CONTAINS ALMOND; MAY CONTAIN WHEAT INGREDIENTS.

Nutrition Facts:

Nutrition Facts			
Serving Size 0.75 cup (28g)			
Serving Per Container 12			
Amount Per Serving			
Calories 110		Calories from Fat 15	
		% Daily Values*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Potassium	115mg		3%
Sodium	160mg		7%
Total Carbohydrate	22g		7%
Dietary Fiber	2g		8%
Sugars	9g		
Protein	2g		4%
Vitamin A 10%	•	Vitamin C 10%	
Calcium 10%	•	Iron 25%	
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Grade

1. What do you think is used to sweeten this cereal? _____
2. Underline all the sweeteners listed in the Ingredient List. How many did you find? _____
3. How many grams of sugar per serving? _____
4. Approximately how many teaspoons of sugar are in a serving of this cereal? _____
(HINT: there are 4 grams of sugar per teaspoon)
5. Are there any nuts in Honey NUT Cheerios? _____
6. What cereal do you like to eat? _____
7. Fooducate recommends a cereal with 6 or less grams of sugar per serving. Does this cereal have more sugar or less? _____
8. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.



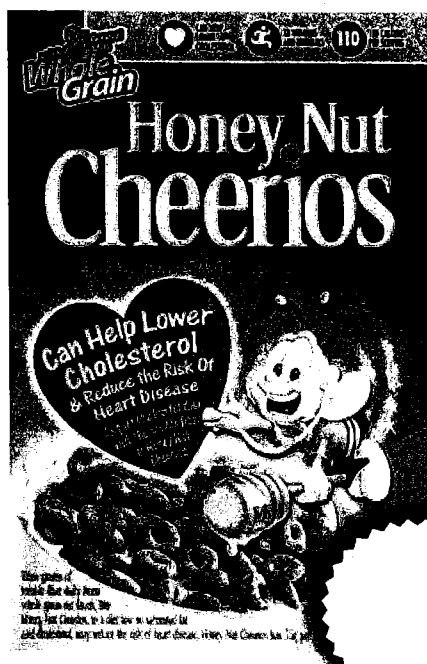
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Nutrition Grade

- Look at the product above. Read the ingredient list and nutrition facts.

2. What are good things about this product?	3. What are bad things about this product?
<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

- What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.
- What do you think is a healthier alternative to this product? _____



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