



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson **5**

What's your choice?

The Nutrition Facts label gives us information about calories, fat, fiber and sodium. Potatoes are a popular vegetable to serve at a meal. Not all potatoes are the same when you look at the label. Which has the lower calories? Lower fat? Lower sodium? More fiber? Enter the information below each label to help you find the answers.



Baked Potato	
Serving Size 1 medium (with skin)	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> .05g*	
Cholesterol 0 mg	0%
Sodium 11 mg	<1%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	6%
Vitamin A	<2%
Vitamin C	30%
Calcium	<2%
Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet.	

Baked Potato

_____ calories
 _____ total fat, grams
 _____ sodium, mg



Mashed Potatoes	
Serving Size ½ cup (105g)	
Amount Per Serving	
Calories 111	Calories from Fat 36
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
<i>Trans Fat</i> .13g*	
Cholesterol 13 mg	4%
Sodium 309 mg	13%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 2g	4%
Vitamin A	4%
Vitamin C	10%
Calcium	3%
Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Mashed Potatoes

_____ calories
 _____ total fat, grams
 _____ sodium, mg

Choosing foods with fewer calories, less fat and sodium and more fiber can help ward off diseases like type 2 diabetes, heart disease and some cancers.

How can you help your child choose healthy snacks?

- **Juice drinks or 100 percent juice?**
Have your child look at Nutrition Facts labels for a juice drink and 100 percent juice. Compare the amount of sugar and vitamin C. Have your child choose the best choice based on the label.

- **Canned fruit: which is lowest in sugar?**
Have your child compare the amount of sugar in different canned fruit, such as fruit in heavy syrup and fruit in light juice.
- **Cereal: which is low in sugar? High in fiber?**
Ask your child to find a cereal that is low in sugar and high in fiber. (*Hint: these cereals are not stocked at eye level but may be on a higher shelf or a lower shelf.*)

Adapted from FDA's Spot the Block materials at <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm282405.htm#home> accessed June 12, 2012.



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