

Check the Facts

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?



CHECK INGREDIENTS

Be sure to read the entire list of ingredients. The ingredients are listed in order from most to least used in the food product. For individuals with food allergies, reading the entire ingredient list can help determine if this is a food they need to avoid.

INGREDIENTS: WHOLE GRAIN WHEAT, SUGA
CALCIUM CARBONATE, CORN SYRUP, SALT,
LACTOSE, DISTILLED MONOGLYCERIDES, VITA
(SODIUM ASCORBATE), ZINC AND IRON (MIN
NUTRIENTS), VITAMIN E (TOCOPHERYL ACET
A B VITAMIN (NIACINAMIDE), A B VITAMIN
(CALCIUM PANTOTHENATE), ANNATTO EXTRA
COLOR, VITAMIN B₆ (PYRIDOXINE HYDROCHL
VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIA
MONONITRATE), A B VITAMIN (FOLIC ACID),
VITAMIN A (PALMITATE), VITAMIN B₁₂, VITAM
FRESHNESS PRESERVED BY BHT.
CONTAINS: WHEAT AND MILK INGREDIENTS

Servings Per Container 22
Calories 70
Calories from Fat 10
F2972022B
INGREDIENTS: WHOLE WHEAT FLOUR, WATER,
CORN SYRUP, VINEGAR, CULTURED WHEY, CA
DIGLYCERIDES, CALCIUM DIOXIDE AND/OR MO
SULFATE AND/OR MONOCALCIUM PHOSPHATE),

INGREDIENTS: 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 FRUC
TOSE CORN SYRUP, CORN SYRUP, **VITAMINS
AND MINERALS:** SODIUM ASCORBATE AND ASCOR
BIC ACID, FERRIC ORTHOPHOSPHATE, NIA
CINAMIDE, ZINC OXIDE, VITAMIN A PALMITATE,
PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN,
THIAMIN HYDROCHLORIDE, FOLIC ACID, VITAMIN
D, VITAMIN B₆.

**CONTAINS: WHEAT, PECANS, AND MILK
MAY CONTAIN: ALMONDS AND WALNUTS**

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

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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		

EASY LASAGNA

Nutrition Facts		
Serving Size 1/8 package		
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		

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?

