

## Let's Compare

- What is the serving size of each product?
- How many calories are in a serving of each product?
- How many calories are in a WHOLE CONTAINER of each product?
- Which product is lower in fat?

### SALTINE CRACKERS



Nutrition Facts	
Serving Size 5 crackers (14g)	
Servings Per Container about 32	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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	

### WHOLE-WHEAT CRACKERS



Nutrition Facts	
Serving Size 4 crackers (18g)	
Servings Per Container about 14	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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	

- Which milk has fewer calories?
- Which milk has less fat?



### WHOLE MILK

GRADE A • HOMOGENIZED	
Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container About 4	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 8g	<b>16%</b>

### SKIM MILK

GRADE A	
Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> Less than 5mg	<b>1%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 8g	<b>16%</b>

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## BAKED POTATO CHIPS      REGULAR POTATO CHIPS

- Which kind of chips has fewer calories?
- Which kind of chips has less fat?
- Which kind of chips has less sodium?



Nutrition Facts	
Serving Size 1 oz. (28g/About 9 crisps)	
Servings Per Container About 10	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 0%
Thiamin 4%	Niacin 6%
Vitamin B <sub>6</sub> 4%	Phosphorus 8%
Zinc 2%	

Nutrition Facts	
Serving Size 1 oz. (28g/About 15 chips)	
Servings Per Container 2.5	
Amount Per Serving	
<b>Calories</b>	1 oz    Entire Pkg.
	150    380
Calories from Fat	90    230
% Daily Value*	
<b>Total Fat</b> 10g, 25g	<b>15%   39%</b>
Saturated Fat 1g, 2.5g	<b>5%   14%</b>
Polyunsaturated Fat 3g, 7g	
Monounsaturated Fat 6g, 15g	
Trans Fat 0g, 0g	
<b>Cholesterol</b> 0mg, 0mg	<b>0%   0%</b>
<b>Sodium</b> 180mg, 460mg	<b>7%   19%</b>
<b>Total Carbohydrate</b> 15g, 38g	<b>5%   13%</b>
Dietary Fiber 1g, 3g	<b>4%   10%</b>
Sugars 0g, 0g	
<b>Protein</b> 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 <sub>6</sub>	4%   10%
Phosphorus	4%   10%
Magnesium	4%   10%

## CHEDDAR CHEESE

- Which cheese has the most protein?
- Which cheese has the most calcium?
- Which cheese has the least calories and fat?
- Do you think that choosing reduced-fat cheese is something you would try for your family?



Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv Size 1 oz (28g/ 1/10 pkg)		<b>Total Fat</b> 9g	<b>14%</b>	<b>Total Carb</b> <1g	<b>0%</b>
Servings 10		Sat Fat 6g	<b>30%</b>	Fiber 0g	<b>0%</b>
		Trans Fat 0g		Sugars 0g	
<b>Calories</b> 110		<b>Cholest</b> 30mg	<b>10%</b>	<b>Protein</b> 7g	
Fat Cal 80		<b>Sodium</b> 180mg	<b>8%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		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					

## REDUCED-FAT CHEDDAR CHEESE

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv Size 1 oz (28g/ 1/10 pkg)		<b>Total Fat</b> 6g	<b>9%</b>	<b>Total Carb</b> <1g	<b>0%</b>
Servings 10		Sat Fat 3.5g	<b>18%</b>	Fiber 0g	<b>0%</b>
<b>Calories</b> 90		Trans Fat 0g		Sugars 0g	
Fat Cal 50		<b>Cholest</b> 20mg	<b>7%</b>	<b>Protein</b> 7g	<b>14%</b>
		<b>Sodium</b> 240mg	<b>10%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		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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