

Revise las etiquetas

¿QUÉ ES UN GRANO INTEGRAL?

- ¿Qué es lo que nota acerca de los ingredientes de estos dos productos?
- ¿La lista de ingredientes nos da alguna pista que nos indique cuál producto contiene más granos integrales?



REVISE LOS INGREDIENTES

Asegúrese de leer la lista completa de ingredientes. Los ingredientes se listan en orden: desde el ingrediente más usado hasta el menos usado en la elaboración del producto. Para las personas que sufren alergias, leer la lista completa de ingredientes puede ayudar a determinar si se trata de un producto que deben evitar.

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, CALCIUM CARBONATE, CORN SYRUP, SALT, LACTOSE, DISTILLED MONOGLYCERIDES, VITAMIN (SODIUM ASCORBATE), ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN E (TOCOPHERYL ACETATE), VITAMIN B₁ (NIACINAMIDE), VITAMIN B₂ (CALCIUM PANTOTHENATE), ANNATTO EXTRACT, COLOR, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₁₂ (RIBOFLAVIN), VITAMIN B₃ (THIAMINE MONONITRATE), VITAMIN B₅ (PANTOTHENIC ACID), VITAMIN A (PALMITATE), VITAMIN B₁₂, VITAMIN C (ASCORBIC ACID), VITAMIN D₃ (25-HYDROXY VITAMIN D₃), VITAMIN E (TOCOPHERYL ACETATE), VITAMIN K₁ (PHYLOQUINONE), VITAMIN K₂ (MENAQUINONE-7), VITAMIN K₃ (MENAQUINONE-2), VITAMIN K₄ (MENAQUINONE-4), VITAMIN K₅ (MENAQUINONE-5), VITAMIN K₆ (MENAQUINONE-6), VITAMIN K₇ (MENAQUINONE-7), VITAMIN K₈ (MENAQUINONE-8), VITAMIN K₉ (MENAQUINONE-9), VITAMIN K₁₀ (MENAQUINONE-10), VITAMIN K₁₁ (MENAQUINONE-11), VITAMIN K₁₂ (MENAQUINONE-12), VITAMIN K₁₃ (MENAQUINONE-13), VITAMIN K₁₄ (MENAQUINONE-14), VITAMIN K₁₅ (MENAQUINONE-15), VITAMIN K₁₆ (MENAQUINONE-16), VITAMIN K₁₇ (MENAQUINONE-17), VITAMIN K₁₈ (MENAQUINONE-18), VITAMIN K₁₉ (MENAQUINONE-19), VITAMIN K₂₀ (MENAQUINONE-20), VITAMIN K₂₁ (MENAQUINONE-21), VITAMIN K₂₂ (MENAQUINONE-22), VITAMIN K₂₃ (MENAQUINONE-23), VITAMIN K₂₄ (MENAQUINONE-24), VITAMIN K₂₅ (MENAQUINONE-25), VITAMIN K₂₆ (MENAQUINONE-26), VITAMIN K₂₇ (MENAQUINONE-27), VITAMIN K₂₈ (MENAQUINONE-28), VITAMIN K₂₉ (MENAQUINONE-29), VITAMIN K₃₀ (MENAQUINONE-30), VITAMIN K₃₁ (MENAQUINONE-31), VITAMIN K₃₂ (MENAQUINONE-32), VITAMIN K₃₃ (MENAQUINONE-33), VITAMIN K₃₄ (MENAQUINONE-34), VITAMIN K₃₅ (MENAQUINONE-35), VITAMIN K₃₆ (MENAQUINONE-36), VITAMIN K₃₇ (MENAQUINONE-37), VITAMIN K₃₈ (MENAQUINONE-38), VITAMIN K₃₉ (MENAQUINONE-39), VITAMIN K₄₀ (MENAQUINONE-40), VITAMIN K₄₁ (MENAQUINONE-41), VITAMIN K₄₂ (MENAQUINONE-42), VITAMIN K₄₃ (MENAQUINONE-43), VITAMIN K₄₄ (MENAQUINONE-44), VITAMIN K₄₅ (MENAQUINONE-45), VITAMIN K₄₆ (MENAQUINONE-46), VITAMIN K₄₇ (MENAQUINONE-47), VITAMIN K₄₈ (MENAQUINONE-48), VITAMIN K₄₉ (MENAQUINONE-49), VITAMIN K₅₀ (MENAQUINONE-50), VITAMIN K₅₁ (MENAQUINONE-51), VITAMIN K₅₂ (MENAQUINONE-52), VITAMIN K₅₃ (MENAQUINONE-53), VITAMIN K₅₄ (MENAQUINONE-54), VITAMIN K₅₅ (MENAQUINONE-55), VITAMIN K₅₆ (MENAQUINONE-56), VITAMIN K₅₇ (MENAQUINONE-57), VITAMIN K₅₈ (MENAQUINONE-58), VITAMIN K₅₉ (MENAQUINONE-59), VITAMIN K₆₀ (MENAQUINONE-60), VITAMIN K₆₁ (MENAQUINONE-61), VITAMIN K₆₂ (MENAQUINONE-62), VITAMIN K₆₃ (MENAQUINONE-63), VITAMIN K₆₄ (MENAQUINONE-64), VITAMIN K₆₅ (MENAQUINONE-65), VITAMIN K₆₆ (MENAQUINONE-66), VITAMIN K₆₇ (MENAQUINONE-67), VITAMIN K₆₈ (MENAQUINONE-68), VITAMIN K₆₉ (MENAQUINONE-69), VITAMIN K₇₀ (MENAQUINONE-70), VITAMIN K₇₁ (MENAQUINONE-71), VITAMIN K₇₂ (MENAQUINONE-72), VITAMIN K₇₃ (MENAQUINONE-73), VITAMIN K₇₄ (MENAQUINONE-74), VITAMIN K₇₅ (MENAQUINONE-75), VITAMIN K₇₆ (MENAQUINONE-76), VITAMIN K₇₇ (MENAQUINONE-77), VITAMIN K₇₈ (MENAQUINONE-78), VITAMIN K₇₉ (MENAQUINONE-79), VITAMIN K₈₀ (MENAQUINONE-80), VITAMIN K₈₁ (MENAQUINONE-81), VITAMIN K₈₂ (MENAQUINONE-82), VITAMIN K₈₃ (MENAQUINONE-83), VITAMIN K₈₄ (MENAQUINONE-84), VITAMIN K₈₅ (MENAQUINONE-85), VITAMIN K₈₆ (MENAQUINONE-86), VITAMIN K₈₇ (MENAQUINONE-87), VITAMIN K₈₈ (MENAQUINONE-88), VITAMIN K₈₉ (MENAQUINONE-89), VITAMIN K₉₀ (MENAQUINONE-90), VITAMIN K₉₁ (MENAQUINONE-91), VITAMIN K₉₂ (MENAQUINONE-92), VITAMIN K₉₃ (MENAQUINONE-93), VITAMIN K₉₄ (MENAQUINONE-94), VITAMIN K₉₅ (MENAQUINONE-95), VITAMIN K₉₆ (MENAQUINONE-96), VITAMIN K₉₇ (MENAQUINONE-97), VITAMIN K₉₈ (MENAQUINONE-98), VITAMIN K₉₉ (MENAQUINONE-99), VITAMIN K₁₀₀ (MENAQUINONE-100), VITAMIN K₁₀₁ (MENAQUINONE-101), VITAMIN K₁₀₂ (MENAQUINONE-102), VITAMIN K₁₀₃ (MENAQUINONE-103), VITAMIN K₁₀₄ (MENAQUINONE-104), VITAMIN K₁₀₅ (MENAQUINONE-105), VITAMIN K₁₀₆ (MENAQUINONE-106), VITAMIN K₁₀₇ (MENAQUINONE-107), VITAMIN K₁₀₈ (MENAQUINONE-108), VITAMIN K₁₀₉ (MENAQUINONE-109), VITAMIN K₁₁₀ (MENAQUINONE-110), VITAMIN K₁₁₁ (MENAQUINONE-111), VITAMIN K₁₁₂ (MENAQUINONE-112), VITAMIN K₁₁₃ (MENAQUINONE-113), VITAMIN K₁₁₄ (MENAQUINONE-114), VITAMIN K₁₁₅ (MENAQUINONE-115), VITAMIN K₁₁₆ (MENAQUINONE-116), VITAMIN K₁₁₇ (MENAQUINONE-117), VITAMIN K₁₁₈ (MENAQUINONE-118), VITAMIN K₁₁₉ (MENAQUINONE-119), VITAMIN K₁₂₀ (MENAQUINONE-120), VITAMIN K₁₂₁ (MENAQUINONE-121), VITAMIN K₁₂₂ (MENAQUINONE-122), VITAMIN K₁₂₃ (MENAQUINONE-123), VITAMIN K₁₂₄ (MENAQUINONE-124), VITAMIN K₁₂₅ (MENAQUINONE-125), VITAMIN K₁₂₆ (MENAQUINONE-126), VITAMIN K₁₂₇ (MENAQUINONE-127), VITAMIN K₁₂₈ (MENAQUINONE-128), VITAMIN K₁₂₉ (MENAQUINONE-129), VITAMIN K₁₃₀ (MENAQUINONE-130), VITAMIN K₁₃₁ (MENAQUINONE-131), VITAMIN K₁₃₂ (MENAQUINONE-132), VITAMIN K₁₃₃ (MENAQUINONE-133), VITAMIN K₁₃₄ (MENAQUINONE-134), VITAMIN K₁₃₅ (MENAQUINONE-135), VITAMIN K₁₃₆ (MENAQUINONE-136), VITAMIN K₁₃₇ (MENAQUINONE-137), VITAMIN K₁₃₈ (MENAQUINONE-138), VITAMIN K₁₃₉ (MENAQUINONE-139), VITAMIN K₁₄₀ (MENAQUINONE-140), VITAMIN K₁₄₁ (MENAQUINONE-141), VITAMIN K₁₄₂ (MENAQUINONE-142), VITAMIN K₁₄₃ (MENAQUINONE-143), VITAMIN K₁₄₄ (MENAQUINONE-144), VITAMIN K₁₄₅ (MENAQUINONE-145), VITAMIN K₁₄₆ (MENAQUINONE-146), VITAMIN K₁₄₇ (MENAQUINONE-147), VITAMIN K₁₄₈ (MENAQUINONE-148), VITAMIN K₁₄₉ (MENAQUINONE-149), VITAMIN K₁₅₀ (MENAQUINONE-150), VITAMIN K₁₅₁ (MENAQUINONE-151), VITAMIN K₁₅₂ (MENAQUINONE-152), VITAMIN K₁₅₃ (MENAQUINONE-153), VITAMIN K₁₅₄ (MENAQUINONE-154), VITAMIN K₁₅₅ (MENAQUINONE-155), VITAMIN K₁₅₆ (MENAQUINONE-156), VITAMIN K₁₅₇ (MENAQUINONE-157), VITAMIN K₁₅₈ (MENAQUINONE-158), VITAMIN K₁₅₉ (MENAQUINONE-159), VITAMIN K₁₆₀ (MENAQUINONE-160), V

Servings Per Container 22

Calories 70

Calories from Fat 10

F2972022B
INGREDIENTS: WHOLE WHEAT FLOUR, WATER,
CORN SYRUP, VINEGAR, CULTURED WHEY, CALCIUM
DIGLYCERIDES, CALCIUM DIOXIDE AND/OR MONOCALCIUM
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 FRUCTOSE CORN SYRUP, CORN SYRUP, **VITAMINS AND MINERALS:** SODIUM ASCORBATE AND ASCORBIC ACID, FERRIC ORTHOPHOSPHATE, NIACINAMIDE, ZINC OXIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE, FOLIC ACID, VITAMIN D, VITAMIN B₁₂.

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

**FAT-FREE =
SIN GRASA**

Menos de 0.5 g de
grasa por ración

**LOW-FAT =
BAJO EN GRASA**

Menos de 3 g por ración

**REDUCED-FAT =
GRASA REDUCIDA**

25% menos grasa que el producto original

**LIGHT/LITE =
LIGERO**

50% menos grasa o bien, una tercera parte de menos calorías que el producto normal

This material is based upon the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

K-STATE
Research and Extension



United States Department of Agriculture
National Institute of Food and Agriculture



Nutrition Facts		
Serving Size 1/6 of recipe		
Amount Por cada ración		
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		

LASAÑA FÁCIL DE PREPARAR

Nutrition Facts		
Serving Size 1/8 package		
Amount Por cada ración		
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		

LASAÑA CONGELADA

- ¿Cuál lasaña tiene menos calorías?

- ¿Cuál lasaña tiene menos calorías provenientes de grasa?

- ¿Cuál lasaña tiene más fibra dietética?

- ¿Cuál lasaña tiene menos sodio?

- En base a estos datos, ¿cuál lasaña preferiría para su familia?

