

# Comparemos

## GALLETAS SALADAS



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	

## GALLETAS INTEGRALES



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	

- ¿Cuál es el tamaño de la ración de cada producto?
- ¿Cuántas calorías contiene una ración de cada producto?
- ¿Cuántas calorías contiene un ENVASE ENTERO de cada producto?
- ¿Cuál producto tiene el contenido más bajo en grasa?



## LECHE ENTERA

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>

## LECHE SIN GRASA

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>

- ¿Cuál leche contiene menos calorías?
- ¿Cuál leche contiene menos grasa?

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## PAPITAS HORNEADAS

- ¿Cuál tipo de papitas contiene menos calorías?
- ¿Cuál tipo de papitas contiene menos grasa?
- ¿Cuál tipo de papitas contiene menos sodio?



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%	

## PAPITAS FRITAS NORMALES

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%

## QUESO TIPO CHEDDAR

- ¿Cuál queso contiene más proteína?
- ¿Cuál queso contiene más calcio?
- ¿Cuál queso contiene la menor cantidad de calorías y grasa?
- ¿Cree que elegir un queso de grasa reducida es algo que podría hacer por su familia?

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>
<b>Calories</b> 110	Trans Fat 0g		Sugars 0g	
Fat Cal 80	<b>Cholest</b> 30mg	<b>10%</b>	<b>Protein</b> 7g	
	<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%			
<b>INGREDIENTS:</b> CHEDDAR CHEESE (PASTEURIZED NONFAT MILK AND MILKFAT, CHEESE CULTURE, SALT, ENZYMES), NATAMYCIN (A NATURAL MOLD INHIBITOR)				
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CONTAINS 0g OF LACTOSE PER SERVING © KF HOLDINGS				

## QUESO TIPO CHEDDAR DE GRASA REDUCIDA



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%			
<b>INGREDIENTS:</b> 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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