18 FOOD DETECTIVES: THE WHOLE STORY HANDOUT # 1



ANSWER SHEET

Instructions: Write an 'X' next to the **100%** whole grain products.

1. NATURE'S PRIDE BREAD, DOUBLE FIBER

Ingredients: Whole Wheat Flour, Water, Inulin, Wheat Gluten, Yeast, Sugar, Cracked Wheat, Soy Fiber. Contains 2% or Less of: Cultured Wheat Flour, Honey, Salt, Brown Sugar, Molasses, Wheat Bran, Soybean Oil, Raisin Juice Concentrate, Vinegar, Soy Flour, Whey, Soy Lecithin, Cultured Corn Solids.

2. RITZ CRACKERS. BAKED WITH WHOLE WHEAT

Ingredients: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1]), Riboflavin [Vitamin B2], Folic Acid), Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially hydrogenated Cottonseed Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Leavening (Calcium Phosphate and/or Baking Soda), Salt, High Fructose Corn Syrup, Soy Lecithin. Contains Wheat, Soy.

3. BELVITA SOFT BAKED OATS & CHOCOLATE

Ingredients: Whole Grain Blend (Rolled Oats, Rye Flakes), Enriched Flour [Wheat Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Canola Oil, Invert Sugar, Inulin, Sugar, Raisin Paste, Glycerin, Semi-Sweet Chocolate (Sugar, Chocolate, Cocoa Butter, Dextrose, Milkfat, Soy Lecithin, Vanilla Extract), Sugar, Cornstarch, Molasses, Baking Soda, Soy Lecithin, Salt, Natural Flavor, Ferric Orthophosphate (Iron), Niacinamide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1).

4. BARILLA WHITE FIBER SHELLS

Ingredients: Semolina (Wheat), Durum Wheat Flour, Whole Durum Wheat Flour, Corn Starch, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid.

5. THOMAS' HEARTY GRAINS ENGLISH MUFFINS

Ingredients: Whole Wheat Flour, Water, Farina, Wheat Gluten, Yeast, Sugar, Salt, Preservatives (Calcium Propionate, Sorbic Acid, Grain Vinegar, Natural Flavor, Sodium Stearoyl Lactylate, Mono- and Diglycerides, Ethoxylated Mono- and Diglycerides, Sucralose, Soy Lecithin, Soy, Whey (Milk).

6. BEAR NAKED HONEY ALMOND WHOLE GRAIN OAT GRANOLA

Ingredients: Whole Grain Oats, Soy Protein Concentrate, Honey, Expeller Pressed Canola Oil, Soy Protein Isolate, Almonds, Soy Nuts (Roasted Soybeans), Natural Flavor, Whole Grain Crisp Rice (Whole Grain Rice, Barley Malt).

18 FOOD DETECTIVES: THE WHOLE STORY HANDOUT # 2



Instructions: Let's compare a snack product's packaging to its nutrition information. Circle the buzzwords product marketers have used to convince shoppers that these products are healthy. Then, circle the first couple of ingredients in the ingredient list. Do you think the packaging is misleading? Or is this truly a healthy snack?

MOM'S BEST CEREALS, COCOA MARSHMALLOW SAFARI



Servings Per Pag	:kage: TB	lg) ID	
			Cereal With
Amount Per Serving		Cereal	1/2 Cup Skim Mill
Calories		120	160
Calories from	Fat	10	10
		% Da	aily Value**
Total Fat 1g*		2%	2%
Saturated Fat	0.5g	3%	3%
Trans Fat 0g			
Polyunsaturat	ed Fat 0	1	
Monounsatur			
Cholesterol Om		0%	0%
Sodium 85mg	-9	4%	6%
Potassium 50m	na	1%	7%
Total Carbohydrate		9%	11%
Dietary Fiber 1		4%	4%
Sugars 16g			
Protein 1g			
Vitamin A		0%	6%
Vitamin C		0%	0%
Calcium		8%	25%
Iron		2%	2%
 Amount in cereal. an additional 65m sugars) and 4g pro 	g sodium, 6 tein.	g total carb	ohydrate (69 calorie diet
** Percent Daily Values Your daily values m your calorie needs:	ay be high		
** Percent Daily Value Your daily values m your calorie needs:	ay be highe : Calories	2,000	2,500
** Percent Daily Value Your daily values m your calorie needs: Total Fat	ay be highe	65g	80g
** Percent Daily Value Your daily values m your calorie needs:	calories Less than		
** Percent Daily Value Your daily values myour calorie needs: Total Fat Saturated Fat Cholesterol Sodium	Calories Less than Less than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg
** Percent Daily Value Your daily values m your calorie needs: Total Fat Saturated Fat Cholesterol	Calories Calories Less than Less than Less than	65g 20g 300mg	80g 25g 300mg 2,400mg

Ingredients: sugar, marshmallows (sugar, corn syrup, dextrose, gelatin, blueberry, pumpkin and carrot concentrates for color, natural flavor), corn meal, corn flour, corn syrup, corn bran, cocoa (processed with alkali). coconut oil, caramel color, canola oil, calcium carbonate, salt, natural flavor, trisodium phosphate.

Corn May Contain Traces of Soy.

ANNIE'S ORGANIC CHEDDAR BUNNIES



Nutr			
Serving Siz Servings P			
Oct villgs t	er oontam	er About	1
Amount Per	Serving		
Calories			140
Calories	s from Fat		50
1 300000000	ARSAC SANTASA	% Dai	ily Value*
Total Fat	6g		9%
Saturat	ed Fat 0.5	ig	3%
Trans F	at Og		
Choleste	erol Omg		0%
Sodium	250mg		10%
Total Ca	rbohydra	te 19g	6%
Dietary	Fiber 0g	-	0%
Sugars	1g		
Protein	3g		
	1100		
Vitamin A	0% •	Vitami	n C 0%
Calcium 2	2% •	Iron 29	%
	ily Values an Your daily v pending on Calories:	alues may	be higher
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol Sodium	Less than	300mg 2,400mg	300mg 2,400mg
Total Carboh		300g	375g
Dietary Fib		25g	30g
Diotaly 110		8	oog

Ingredients: organic wheat flour, expeller-pressed sunflower oil, salt, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), yeast, paprika, cultured whole milk, nonfat milk, annatto extract (for color), ground celery seed, onion powder, natural vitamin e (to protect flavor).

CONTAINS MILK AND WHEAT INGREDIENTS.

SENSIBLE PORTIONS GARDEN VEGGIE STRAWS



Nu	tritic	n Fa	icts
Serving Size	1 Bag (28g)	
Amount Per S	erving		
Calories 130		Calories fro	om Fat 60
			% Daily Value**
Total Fat 7g	,		11%
Saturated			3%
Trans Fat 0			3,0
Cholesterol			0%
Sodium 210			9%
Total Carbo	hydrate 15	ig	5%
Dietary Fil	er less tha	n 1g	2%
Sugars les	s than 1g		
Protein less	than 1g		
Vitamin A	0%	 Vitam 	in C 2%
Calcium	0%	•	Iron 2%
**Percent Dai	ly Values are	based on a 2,0	00 calorie
diet. Your dai	ly values may	be higher or lo	ower
depending on			
		es: 2,000	2,500
Total Fat	2000 111011	65g	80g
	Less than	20g	25g
Cholesterol		300mg	300mg
	Less than	2,400mg	
Total Carbo	,	300g	375g
Dietary Fil	oer	25g	30g

Ingredients: veggie straws (potato starch, potato flour, corn starch, tomato paste, spinach powder, salt, potassium chloride, sugar, beetroot powder [color], turmeric, canola oil and/or safflower oil and/or sunflower oil, sea salt).

SIMPLY CHEETOS PUFFS, WHITE CHEDDAR



	iories from	n Fat 80
	% Dai	ily Value*
Total Fat 9g		14%
Saturated Fat 1.5g		7%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 290mg		12%
Total Carbohydrate	16g	5%
Dietary Fiber less th	nan 1g	3%
Sugars 1g		
Protein 2g		
Vitamin A 0% •	Vitami	in C 0%
Calcium 2% •		Iron 0%
Vitamin E 10% •		avin 2%
Vitamin Be 2%	Phospho	
* Percent Daily Values are ba		
diet. Your daily values m depending on your calorie	ay be higher	r or lowe
Calories:		2,500
Total Fat Less than	65g 20g 300mg	80g 25g 300mg 2,400mg

Ingredients: organic corn meal, expeller pressed sunflower oil, whey, cheddar cheese (milk, sea salt, cheese cultures, enzymes), maltodextrin, sea salt, natural flavors, organic sour cream (cultured organic skim milk, organic cream, cornstarch, dry organic skim milk, acidophilus, bifidus culture), torula yeast, lactic acid, citric acid.

SMARTFOOD DELIGHT WHITE CHEDDAR FLAVORED POPCORN



	Serving				
Calories			13	οz	1 cup
Calories fro	m Fat			5	15
Odiones no	iii i at	9/		_	alue
Total Fat	5a. 1.5a		89	_	2%
	Fat 1g, 0c	1	49	_	0%
Trans Fa	0, 0	,	-	_	-
Choleste	0. 0	ma	09	%	0%
Sodium 2	U.		99	%	3%
Total Carb			69	%	2%
		0. 0			_
Dietary Fib	er 3a. less t	han 1a	139	% o	4%
	er 3g, less to		139	%	4%
Sugars le	ess than 1g	, 0g	139	%	4%
	ess than 1g	, 0g	139	%	4%
Sugars le	ess than 1g	, 0g	09		0%
Sugars le	ess than 1g	, 0g		%	
Sugars le Protein 3 Vitamin A	ess than 1g	, 0g	09	% %	0%
Sugars le Protein 3 Vitamin A Vitamin C Calcium Iron	ess than 1g. g, less than	, 0g 1g	09	% % %	0% 0% 0%
Sugars le Protein 3g Vitamin A Vitamin C Calcium Iron * Percent Daily diet, Your de	ess than 1g. g, less than	1g	0° 0° 2° a 2,0	% % % % ooo o	0% 0% 0% 0%
Sugars le Protein 3 Vitamin A Vitamin C Calcium Iron * Percent Daily diet, Your di depending or Total Fat	ess than 1g g, less than y Values are baily values m n your calorie r Calories: Less than	n og 1g 1g ased on ay be hineeds: 2,000 65g	0° 0° 2° a 2,0	% % % 000 c r or 2,5	0% 0% 0% 0% calorie lower
Sugars le Protein 36 Vitamin A Vitamin C Calcium Iron * Percent Daily diet. Your di depending or Total Fat Sat Fat	ess than 1g, less than y Values are brailly values man your calorier Calories: Less than Less than	ased on ay be hineeds: 2,000 65g 20g	09 09 29 a 2,0 ghe	% % % 0000 or or or 2,5	0% 0% 0% calorie lower
Sugars le Protein 3 Vitamin A Vitamin C Calcium Iron * Percent Daily diet, Your di depending or Total Fat	ess than 1g g, less than y Values are baily values m n your calorie r Calories: Less than	ased on ay be hineeds: 2,000 65g 20g 300m	09 09 29 20 20 30 30 30 30	% % % 000 c r or 2,5 80 25 30	0% 0% 0% calorie lower 500 g
Sugars le Protein 3e Vitamin A Vitamin C Calcium Iron Percent Daily diet. Your de depending or Total Fat Sat Fat Cholesterol Sodium Total Carbohy Total Carbohy	values are be ally values me be ally values me or no your calorier Calories: Less than Less than Judgate of the calorier	n og 1g ased on ay be hi needs: 2,000 65g 20g 300m 2,400 300g	09 09 29 a 2,0 ighe	% % % 8000 c 25 30 2,4 37	0% 0% 0% calorie lower lower gg 0mg 400mg
Sugars le Protein 36 Vitamin A Vitamin C Calcium Iron * Percent Daily diet, Your di depending or Total Fat Sat Fat Cholesterol Sodium	y Values are be aily values me your calorie r Calories: Less than Less than Less than dest than dest	ased on ay be hineeds: 2,000 65g 20g 300m 2,400	09 09 29 a 2,0 ighe	% % % 000 c r or 2,5 80 25 30 2,4	0% 0% 0% calorie lower lower gg 0mg 400mg

Ingredients: organic corn meal, expeller pressed sunflower oil, whey, cheddar cheese (milk, sea salt, cheese cultures, enzymes), maltodextrin, sea salt, natural flavors, organic sour cream (cultured organic skim milk, organic cream, cornstarch, dry organic skim milk, acidophilus, bifidus culture), torula yeast, lactic acid, citric acid.