

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



Nutrition Facts

Serving Size: 3/4 Cup (30g)
Servings Per Package: TBD

Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
Calories	120	160
Calories from Fat	10	10

	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 85mg	4%	6%
Potassium 50mg	1%	7%
Total Carbohydrate 27g	9%	11%
Dietary Fiber 1g	4%	4%
Sugars 16g		
Protein 1g		
Vitamin A	0%	6%
Vitamin C	0%	0%
Calcium	8%	25%
Iron	2%	2%

* Amount in cereal. One-half cup skim milk contributes an additional 65mg sodium, 6g total carbohydrate (6g sugars) and 4g protein.

** 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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



Nutrition Facts

Serving Size 51 Crackers (30g)
Servings Per Container About 7

Amount Per Serving	
Calories	140
Calories from Fat	50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*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

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



Nutrition Facts			
Serving Size 1 Bag (28g)			
Amount Per Serving			
Calories 130		Calories from Fat 60	
% Daily Value**			
Total Fat	7g		11%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	15g		5%
Dietary Fiber	less than 1g		2%
Sugars	less than 1g		
Protein	less than 1g		
Vitamin A	0%	Vitamin C	2%
Calcium	0%	Iron	2%
**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

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



Nutrition Facts	
Serving Size 1 oz (28g/About 32 pieces)	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily 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 than 1g	3%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%
Vitamin E 10%	• Riboflavin 2%
Vitamin B6 2%	• Phosphorus 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

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



Nutrition Facts			
Serving Size 1 oz (28g/About 3 1/2 cups)			
Amount Per Serving			
	1 oz	1 cup	
Calories	130	35	
Calories from Fat	45	15	
	% Daily Value*		
Total Fat 5g, 1.5g	8%	2%	
Saturated Fat 1g, 0g	4%	0%	
Trans Fat 0g, 0g			
Cholesterol 0mg, 0mg	0%	0%	
Sodium 220mg, 65mg	9%	3%	
Total Carbohydrate 18g, 5g	6%	2%	
Dietary Fiber 3g, less than 1g	13%	4%	
Sugars less than 1g, 0g			
Protein 3g, less than 1g			
Vitamin A	0%	0%	
Vitamin C	0%	0%	
Calcium	0%	0%	
Iron	2%	0%	
* 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

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.