



# Be a Food Detective



Use your nutrition detective skills to make food choices. Look for clues in the Nutrition Facts table and Ingredient list to select snack and breakfast choices on pages 2 and 3.

## Remember

When reading a Nutrition Facts table:

Use **% Daily Value** on the right side of the table to see if the food has **a little** or **a lot** of a nutrient.

- 5 % Daily Value or less is **a little**.
- 15 % Daily Value or more is **a lot**.

Look for:

- **More than 15%** Daily Value for *Fibre, Potassium, Calcium* and *Iron*.

| <b>Nutrition Facts</b>  |                       |
|---|-----------------------|
| Per 1 cup (250 mL)  |                       |
| <b>Calories 200</b>   | <b>% Daily Value*</b> |
| <b>Fat 1 g</b>  | 2 %                   |
| Saturated Fat 1 g   | 5 %                   |
| + Trans/ Trans 0 g  |                       |
| <b>Carbohydrate 45 g</b>                                      |                       |
| Fibre 6 g   | 24 %                  |
| Sugars 9 g  | 9 %                   |
| <b>Protein 6 g</b>  |                       |
| <b>Cholesterol 0 mg</b>                                       |                       |
| <b>Sodium 200 mg</b>  | 8 %                   |
| Potassium 187 mg  | 4 %                   |
| Calcium 16 mg   | 1 %                   |
| Iron 8 mg   | 44 %                  |
| *5 % or less is <b>a little</b> , 15% or more is <b>a lot</b> |                       |

When reading an Ingredient list:

- The Ingredient list gives all of the ingredients listed by weight, from most to least.
- Look for foods made with *Whole grains* listed as the first ingredient.
- Be aware of foods with *Sugar* listed as the first or second ingredient.

**Ingredients:** Whole grain wheat, Wheat bran, Sugars (sugar, barley malt extract), Salt,  
**Contains:** Wheat and Barley



# Be a Food Detective Snack Time

Review the Nutrition Facts tables for the two snack bars.  
Then complete numbers 1 and 2 below.

### Star Bar

### Go Bar

| <b>Nutrition Facts</b>  |                       |
|---|-----------------------|
| 1 bar (42 g)  |                       |
| <b>Calories 200</b>   | <b>% Daily Value*</b> |
| <b>Fat 9 g</b>  | 14 %                  |
| Saturated Fat 6 g   | 31 %                  |
| + Trans/ Trans 0 g  |                       |
| <b>Carbohydrate 36 g</b>                                      |                       |
| Fibre 1 g   | 4 %                   |
| Sugars 30 g   | 30 %                  |
| <b>Protein 2 g</b>  |                       |
| <b>Cholesterol 0 mg</b>                                       |                       |
| <b>Sodium 87 mg</b>   | 3 %                   |
| Potassium 64 mg   | 2 %                   |
| Calcium 60 mg   | 6 %                   |
| Iron 0 mg   | 0 %                   |
| *5 % or less is <b>a little</b> , 15% or more is <b>a lot</b> |                       |

| <b>Nutrition Facts</b>  |                       |
|---|-----------------------|
| 1 bar (40 g)  |                       |
| <b>Calories 130</b>   | <b>% Daily Value*</b> |
| <b>Fat 3 g</b>  | 5 %                   |
| Saturated Fat 1 g   | 5 %                   |
| + Trans/ Trans 0 g  |                       |
| <b>Carbohydrate 25 g</b>                                      |                       |
| Fibre 4 g   | 16 %                  |
| Sugars 7 g  | 7 %                   |
| <b>Protein 3 g</b>  |                       |
| <b>Cholesterol 0 mg</b>                                       |                       |
| <b>Sodium 80 mg</b>   | 3 %                   |
| Potassium 187 mg  | 4 %                   |
| Calcium 16 mg   | 1 %                   |
| Iron 3 mg   | 16 %                  |
| *5 % or less is <b>a little</b> , 15% or more is <b>a lot</b> |                       |

1. Circle the % Daily Values for Fibre and Iron that are more than 15%.

2. Which snack would you choose, and why?

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# Be a Food Detective

## Breakfast Time

Review the Nutrition Facts and Ingredient lists for the cereals.  
Then complete numbers 1 through 3 below.

### Honey Flakes

| <b>Nutrition Facts</b>  |                       |
|---|-----------------------|
| 1 cup (250 ml)  |                       |
| <b>Calories 130</b>   | <b>% Daily Value*</b> |
| <b>Fat 0 g</b>  | 0 %                   |
| Saturated Fat 0 g   | 0 %                   |
| + Trans/ Trans 0 g  |                       |
| <b>Carbohydrate 26 g</b>  |                       |
| Fibre 1 g   | 4 %                   |
| Sugars 13 g   | 13 %                  |
| <b>Protein 1 g</b>  |                       |
| <b>Cholesterol 0 mg</b>   |                       |
| <b>Sodium 50 mg</b>   | 3 %                   |
| Potassium 34 mg   | 1 %                   |
| Calcium 0 mg  | 0 %                   |
| Iron 4 mg   | 25 %                  |
| *5 % or less is <b>a little</b> , 15% or more is <b>a lot</b>                         |                       |
| <b>Ingredients:</b> Milled corn, Sugar, Salt, Vitamins and minerals.<br>Contains: Soy |                       |

### Oatmeal Squares

| <b>Nutrition Facts</b>  |                       |
|---|-----------------------|
| 1 cup (250 ml)  |                       |
| <b>Calories 250</b>   | <b>% Daily Value*</b> |
| <b>Fat 2 g</b>  | 2 %                   |
| Saturated Fat 0.5 g   | 2 %                   |
| + Trans/ Trans 0 g  |                       |
| <b>Carbohydrate 26 g</b>  |                       |
| Fibre 5 g   | 18 %                  |
| Sugars 6 g  | 6 %                   |
| <b>Protein 5 g</b>  |                       |
| <b>Cholesterol 0 mg</b>   |                       |
| <b>Sodium 170 mg</b>  | 7 %                   |
| Potassium 64 mg   | 2 %                   |
| Calcium 195 mg  | 15 %                  |
| Iron 8 mg   | 45 %                  |
| *5 % or less is <b>a little</b> , 15% or more is <b>a lot</b>   |                       |
| <b>Ingredients:</b> Whole grain oats, Whole grain wheat flour, Sugar, Barley malt extract, Salt, Vitamins and minerals.<br>Contains: Wheat and Barley |                       |

1. Circle the % Daily Values for Fibre, Calcium and Iron that are more than 15%.
2. Circle the Ingredient list that includes *Whole grains*.
3. Which cereal would you choose, and why?

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