



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*.

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

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

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

Go Bar

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

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

2. Which snack would you choose, and why?



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

Nutrition Facts	
1 cup (250 ml)	
Calories 130	% Daily Value*
Fat 0 g	0 %
Saturated Fat 0 g	0 %
+ Trans/ Trans 0 g	
Carbohydrate 26 g	
Fibre 1 g	4 %
Sugars 13 g	13 %
Protein 1 g	
Cholesterol 0 mg	
Sodium 50 mg	3 %
Potassium 34 mg	1 %
Calcium 0 mg	0 %
Iron 4 mg	25 %
*5 % or less is a little , 15% or more is a lot	

Ingredients: Milled corn, Sugar, Salt, Vitamins and minerals.
Contains: Soy

Oatmeal Squares

Nutrition Facts	
1 cup (250 ml)	
Calories 250	% Daily Value*
Fat 2 g	2 %
Saturated Fat 0.5 g	2 %
+ Trans/ Trans 0 g	
Carbohydrate 26 g	
Fibre 5 g	18 %
Sugars 6 g	6 %
Protein 5 g	
Cholesterol 0 mg	
Sodium 170 mg	7 %
Potassium 64 mg	2 %
Calcium 195 mg	15 %
Iron 8 mg	45 %
*5 % or less is a little , 15% or more is a lot	

Ingredients: Whole grain oats, Whole grain wheat flour, Sugar, Barley malt extract, Salt, Vitamins and minerals.
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?
