

Let's Get **Fooducated**!

Product:



Ingredient List:

SUGAR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), HIGH OLEIC CANOLA AND/OR PALM OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, VANILLIN -AN ARTIFICIAL FLAVOR, CHOCOLATE. CONTAINS: WHEAT, SOY.



Nutrition Grade

Nutrition Facts:

Serving Size 3 cookies (34g)
Serving Per Container 15

Amount Per Serving

| Calories | 160 | Calories from Fat 60 |
|---------------------------|-------|----------------------|
| Total Fat | 7g | 11% |
| Saturated Fat | 2g | 10% |
| Trans Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 160mg | 7% |
| Total Carbohydrate | 25g | 8% |
| Dietary Fiber | 1g | 4% |
| Sugars | 14g | |
| Protein | 1g | 2% |
| Calories | 2,000 | 2,500 |

*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 | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | 25g | | 30g |

1. How many cookies are in a serving? _____
2. How many servings are in a package? _____
3. How many cookies are in a package? _____
4. How many cookies do you have for a snack? _____
5. What's the first ingredient listed in the ingredient list? _____
6. How many grams of sugar per serving? _____
7. How many teaspoons of sugar per serving? (HINT: there are 4 grams of sugar per teaspoon) _____
8. Approximately how many teaspoons of sugar are in each cookie? _____
9. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.



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