

Name: _____ Date: _____

Fruits and vegetables are naturally low in calories, **added sugars**, and **solid fats** — which makes them healthy choices. Sometimes **sugars** and **solid fats** are added to fruit and vegetable foods during processing or preparation. This can make these foods higher in extra calories that the body does not need.

How do you know what's in a food?

Read and compare the Nutrition Facts labels and ingredients lists of the foods below to see what is in each food, as well as the calories, sodium, and solid fat content.

You have the power of choice. Can you make the healthier one?



Applesauce With Sugar

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 22g	
Proteins 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Which applesauce is lower in **calories**?

What **sugars** are in the ingredient list for the sweetened applesauce?

Ingredients: Apples, Corn Syrup, High Fructose Corn Syrup, Sugar, Water, Natural Flavor, Ascorbic Acid (Vitamin C).

Unsweetened Applesauce

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 51	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 12g	
Proteins 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Apples, Water, Ascorbic Acid (Vitamin C).



Name: _____ Date: _____

Tomato Soup, Prepared With Water

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 75	Calories from Fat 10
% Daily Value*	
Total Fat 1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 10g	
Proteins 2g	
Vitamin A 10%	Vitamin C 26%
Calcium 2%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.



What is the **%DV** (Percent Daily Value) for **sodium** for the regular tomato soup?

What is the **%DV** for the reduced **sodium** soup?

Reduced-Sodium Tomato Soup, Canned, Prepared With Water

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 75	Calories from Fat 10
% Daily Value*	
Total Fat 1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 10g	
Proteins 2g	
Vitamin A 10%	Vitamin C 26%
Calcium 2%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Frozen Broccoli

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Proteins 3g	
Vitamin A 20%	Vitamin C 60%
Calcium 4%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.



What is the **%DV** for **saturated fat** for each?

What is the **%DV** for **sodium**?

Which has more **calories**?

Frozen Broccoli With Cheese Sauce

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 105	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 14mg	5%
Sodium 178mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Proteins 6g	
Vitamin A 14%	Vitamin C 52%
Calcium 15%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

