



Take Home #14 Grocery Store Scavenger Hunt

Dear Parents,

Today we went over food labels and all the great nutrition information you can find on them. Understanding what is on a food label can help you make better food choices. This week we ask that you go on a grocery store scavenger hunt with your child to compare the food labels on different foods and determine the healthier options.

Here are some tips to help you find the best packaged food options:

- Foods that are high in a particular nutrient have % daily values greater than 20%.
- Foods that are low in a particular nutrient have % daily values less than 5%.
- Try to stay high in fiber, vitamins and minerals.
- Try to stay low in calories, total fat, saturated fat, trans fat, cholesterol and sodium.

Below is a list of the different foods we want you to find on your fun food label scavenger hunt! Write the brand name in the blank below each food.



- Canned peaches with the lowest sugar:

- Yogurt with the highest calcium:

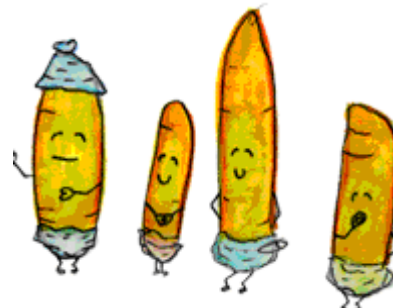
- Frozen carrots with the highest vitamin A:

- A cereal that is high in fiber:

- A frozen pizza with the lowest fat:

- Apple juice with the lowest sugar:

- Orange juice with the highest vitamin C:



- Crackers with the lowest sodium:
