



## UNIT 4:

### Healthy and Unhealthy Fats

### *Go for the Good!*

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A nutrition and physical activity curriculum designed to help children develop healthy habits during out-of-school time

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This document was created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity for educational use in afterschool programs for children from kindergarten through fifth grade.

# About Food & Fun After School

## 2<sup>nd</sup> Edition

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The goal of **Food & Fun** is to assist program staff in providing healthier environments to children during out-of-school time. The curriculum is designed to incorporate lessons and activities about healthy eating and physical activity into regular afterschool program schedules. **Food & Fun** includes 11 teaching units that encourage healthy behaviors through active play, literacy and math skills development, creative learning, and hands-on snack time activities. With over 70 activities to choose from and a user-friendly layout for each lesson, Food & Fun makes it simple to promote healthy eating and physical activity in your program every day!

### Environmental Standards for Nutrition and Physical Activity in Out-of-school Time Programs

- ★ Do not serve sugar-sweetened beverages.
- ★ Serve water every day.
- ★ Serve a fruit and/or vegetable every day.
- ★ Do not serve foods with trans fat.
- ★ When serving grains (like bread, crackers and cereals), serve whole grains.
- ★ Eliminate broadcast and cable TV or movies. Limit computer time to less than 1 hour each day.
- ★ Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous activity at least 3 days per week.

Teaching about healthy behavior is most effective when the program environment is consistent with the **Food & Fun** messages on healthy eating and physical activity. Programs are encouraged to work towards achieving the Environmental Standards for Nutrition and Physical Activity.

**Food & Fun** materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in partnership with the YMCA of the USA's Activate America initiative to help individuals and families lead healthier lives. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the Environmental Standards, see the **Harvard School of Public Health Prevention Research Center's Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs**. All **Food & Fun** materials, including parent engagement tools, tip sheets on implementing the Environmental Standards, snack recipes, and assessment tools can be downloaded at no cost from the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

# Unit 4 Information for Leaders

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## Behavior Goal

Children will choose foods with healthy fats when possible.

## Key Messages for Kids

- You need to eat fat to keep your body healthy, but not all fats are the same. Try to choose fats that are good for your body.
- Fats from fish, nuts, and seeds are healthy for your body.
- Limit fats from animal sources, like butter, whole milk, and red meat.
- Do not eat trans fats found in fast food like French fries and baked goods like cookies.

## Key Information for Program Staff

Fat is a tricky subject for children (and adults!) to think about. Children, especially older ones, often associate “fat” with body image, and they do not think about it in a good way. When you introduce this unit, inform the group that fat is just one of three energy sources that we get from food (carbohydrates, protein, and fat all give us energy for the body to work). We need to eat fat for energy, to help us feel full, and because it provides nutrients like vitamin E. Our bodies need fat for nerve function, healthy skin and to protect our organs (fat acts like a cushion!). Some body fat is normal and healthy! However, we need to be careful about the type of fat we consume.

Before participating in the activities in this unit, children should have some understanding of the difference between “Go” foods with healthy fat and “Slow” foods with unhealthy fats. Explain that healthy fats are plant fats (like nuts or olive oil) and fish oils, or have lower saturated fat (like low-fat milk). Fats that are not healthy are saturated, like fat from animals (butter, red meat, and whole milk), and trans fat (found in processed snack foods, margarine, and many fried fast foods like French fries). See the box below for more information on the different types of fats!

When discussing food fats with children, keep in mind that younger children in particular will have difficulty understanding the difference between healthy and unhealthy fats. Try partnering older children with younger children so they can help with these concepts. You can also discuss food choices with children and encourage them to find healthier options at lunch or when they are eating out. As you explore the different types of healthy fats, try to incorporate foods that are relevant to the lives of the children you serve. Take time to talk to kids about how the food they eat at home is prepared and help them identify when they are eating healthy vs. unhealthy fats. Don't forget, the best way to influence healthy habits among children is for you to be a positive role model by offering healthy snack options (and eating them too!).

It is important to avoid suggestions of “dieting” to children at this age! You may need to remind children that you are discussing food fat as it relates to healthy eating, and not as it relates to body fatness. We do not want children to interpret this topic as suggesting that they are “fat” or need to lose weight. Though some children may be overweight, neither this unit nor the **Food & Fun**

curriculum are designed for weight loss. Also avoid the suggestion that low-fat diets will help children stay slim or lose weight. Food fats are not turned directly into body fat; they have functions in the body as noted above. When people gain too much weight, it is because they eat more calories from *any* type of food (calories comes from carbohydrates, protein and fat) than they use for exercise and basic body functions (including growth and development).

Children should be encouraged to be active for the fun of it and to choose foods that taste good and keep their bodies healthy. *If weight is a real concern, it is up to the parents to work with the child's doctor and a dietitian on a healthy plan.*

Refer to the “Say No to Trans Fat!” *Tip Sheet* for ideas on how to get trans fats out of the snacks served at your afterschool program. The Tip Sheets are also available on the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

### Keeping Track of Fats!

- **Unsaturated fats** are healthy fats. These fats are found in plant oils (like olive oil and vegetable oil), nuts, and fish. Unsaturated fats help lower the “bad” (LDL) cholesterol in the blood.
- **Saturated fats** come from animal sources like dairy products (for example whole milk and butter) and red meat. Coconut and palm oils are also saturated fats. Saturated fats raise LDL cholesterol and can lead to heart disease and diabetes. Since whole milk is a major source of saturated fat in children’s diets, one easy way to lower their intake of unhealthy saturated fat is to offer skim or 1% milk.
- **Trans fats** are created from plant oils through a chemical process called *partial hydrogenation* which makes them solid at room temperature. Trans fats are commonly found in stick margarine, processed baked goods like cookies, crackers, and other snack products, and fast foods. *Trans fats are bad for your health and should be avoided!* Buy snacks for your program that have 0 grams of trans fat on the nutrition label. But, also check the ingredient list! By law, products labeled as “0 grams trans fat,” are still allowed to contain up to 0.49 grams of trans fat per serving. Look for the words “partially hydrogenated vegetable oil” in the ingredient list; this means the food has trans fat.

# Activity Options for Children

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## Active Games

Warm Up & Cool Down – do this whenever the children are active

Snatch the Fat – this relay-type tag game helps children sort foods by healthy versus unhealthy fats



## Other Group Games or Activities (can be used in circle time or small groups)

Food Label Mosaic - be creative with food labels and grocery circulars!

Track the Trans Fat - children review food labels and identify the healthier option based on trans fat content of the food



## Snack Time Ideas

Homemade Salsa – Serve with guacamole; avocados are a great source of healthy fats!

Awesome Granola – No trans fats here!

“Migas” Crumbs – a traditional Hispanic snack with no trans fats

Taste test ideas- taste low-fat milk or cheese, make “silly” popcorn or taste healthy fats like olive oil with whole wheat bread

You can also find these recipes in the Food & Fun 2<sup>nd</sup> Edition Recipe Packet, available on the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

# Connect with Parents!

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## Key Messages for Parents

- The type of fats in the foods you eat is more important than the total amount.
- Include “good for you” fats found in fish and plant sources like vegetable oils (such as olive and canola), nuts, and seeds.
- Limit saturated fats found in butter, whole milk, and red meat.
- Avoid trans fats found in fast food, packaged baked goods like cookies and muffins, stick margarine, and any food with “partially hydrogenated vegetable oil” or “shortening” in the ingredients list.

## Parent Engagement Options

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents at pick up
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents in daily physical activities and snack time
- Hold regularly scheduled events each month
- Hand-out the “Choosing Healthy Fats” section on page 7 of Food, Fun & Family to share with parents how to read a label to look for trans fats!
- Offer healthy trans fat free snacks at pick-up! Serve trans fat free whole grain crackers or popcorn at pick-up time for parents to try out with their kids. Display a box of crackers or popcorn with trans fat and show parents how to find trans fat on the nutrition label.

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun:

- **Newsletter Article:** “Go for Healthy Fats!”. Insert this into your program newsletter.
- **Email message:** “Healthy Habits Power Tips—Fats in Foods”. Email this message to parents at the start of this unit.
- **Parent Handout:** “Dietary Fats: The good, the bad, and the ugly”. Send this handout home in a mailing, insert it into your next newsletter, or have copies available for pick up at your program’s sign-out area.

Parent Communications are also available on the Food and Fun website: [www.foodandfun.org](http://www.foodandfun.org) or [www.hsph.harvard.edu/research/prc/projects/food-fun/](http://www.hsph.harvard.edu/research/prc/projects/food-fun/)

# Resources

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## Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

[www.foodandfun.org](http://www.foodandfun.org)



Harvard School of Public Health publishes an online nutrition news and resource center:

[www.hsph.harvard.edu/nutritionsource/](http://www.hsph.harvard.edu/nutritionsource/)

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

[www.hsph.harvard.edu/prc/](http://www.hsph.harvard.edu/prc/)

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

[www.letsmove.gov/index.html](http://www.letsmove.gov/index.html)

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

[www.healthiergeneration.org](http://www.healthiergeneration.org)

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Available in English and Spanish.

[www.kidshealth.org](http://www.kidshealth.org)

[www.kidshealth.org/parent/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html)

Trans free America is a campaign by the Center for Science in the Public Interest to eliminate trans fats from the food supply.

[www.cspinet.org/transfat/](http://www.cspinet.org/transfat/)



BanTransFats.com, Inc is a non-profit organization that has the goal of reducing and eliminating trans fats from all food products.

[www.bantransfat.com/](http://www.bantransfat.com/)

The United States Department of Agriculture (USDA) has an interactive website that provides information about the MyPlate food guidance system with specific information on each food group, which can be tailored for individual needs.

[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

### **Web Sites for Kids:**

The BAM! (Body and Mind) program provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

[www.bam.gov](http://www.bam.gov)

KidsHealth also has a website especially for kids in English and Spanish.

[www.kidshealth.org/kid/index.jsp?tracking=K\\_Home](http://www.kidshealth.org/kid/index.jsp?tracking=K_Home)

[www.kidshealth.org/kid/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html)

MyPlate.org has a page of activities and materials for kids ages 6 to 11. It includes The MyPlate Blast Off Game as well as kids' posters and coloring pages.

[www.choosemyplate.gov/children-over-five.html](http://www.choosemyplate.gov/children-over-five.html)

The Center for Science in the Public Interest produces "Smart Mouth", a site created for older children to find out fun facts about food and the food industry. It includes a scale that allows people to see how many calories and fat are in various fast food meals.

[www.cspinet.org/smartmouth/index1.html](http://www.cspinet.org/smartmouth/index1.html)

# Activities

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## WARM UP, COOL DOWN

### Objective:

It is important for children (and adults!) to warm up their muscles and get the blood flowing before engaging in more vigorous/heart pumping activities. It is also important to allow the body to slow down instead of abruptly stopping an activity. Below are some ideas to help children ease into and out of the physical games.

### Warm Ups:

- Walk around the gym or field, or up and down corridors if using modified space for activity. Begin at a slow pace, then increase the speed of each lap, but do not run.
- Play a short movement game such as “Red Light, Green Light” (children move across room when you say, “Green Light”, and stop when you call out, “Red Light!” Alter movement instructions with each start, e.g.: tip toe, hop or gallop.)
- Play “Simon Says” and incorporate stretching moves (such as “reach to the sky” or “touch your toes”) along with warming moves (such as “march in place” or “hop on one foot”)
- Perform simple stretches sitting on the floor. Remind children not to bounce or pull. For younger children, offer visual cues like, “reach forward and hug the beach ball”, or “paint a rainbow with your right hand...now paint one with your left”.

### Cool Downs:

- Race across the gym or field with progressively slower movements: run then gallop then skip then walk then tip toe, etc.
- Repeat simple stretching activities.
- Introduce deep breathing or simple yoga moves as a way to cool down and relax (remind children that these can be used any time!).
  - Slowly (to the count of five) breathe in while bringing your hands together and rising over the head. Then slowly breathe out with a loud “whoosh” while bringing your arms down to the side.
  - “Cat” pose: create a table, supporting the body with the hands and knees. Breathe in and arch back so that the belly moves to the floor and the shoulders move back to look up. Breathe out to reverse the curve of the back like a cat stretching its back.

# SNATCH THE HEALTHY FAT



## Objective:

Race to “snatch” as many “slow” or “go” foods as possible and place them in the correct category bag.

## Materials and Preparation:

- “Healthy” and “Unhealthy” fat cards- copy and cut out 2 sets (preferably onto card stock).
- *Note:* Children should have some understanding of the difference between “Go” foods with healthy fat and “Slow” foods with unhealthy fats. Explain that healthy fats contain plant fats (like nuts or olive oil) and fish oils, or have lower saturated fat (like low-fat milk). Fats that are not healthy are saturated, like fat from animals (like butter, red meat, or whole milk), and trans fat (found in processed snacks, margarine, and many fried fast foods like French fries).
- Paper bags or signs that read “Go”, “Slow”, and “Oops” (2 sets)
- Whistle (*optional*)
- *Optional:* Gather empty food containers representing each of the foods listed on the go/slow cards, or tape the food cards to small containers such as milk cartons, to make it easier for children to collect the foods
- *Note:* A gym or open space is needed

## Instructions:

1. Divide the group into 2 teams and have each team line up on opposite sides of a gym or field.
2. Have the players on each team count off 1, 2, 3, 4, 5 etc. Players need to remember their numbers!
3. Place the fat cards (or containers) in the center of the room. Show the group a few examples and explain that foods with unhealthy fat are foods that we should eat only sometimes (called “slow” foods), but the “go” foods are foods with healthy fat and should be eaten to stay healthy.
  - If playing with younger students, you may need to review all of the foods prior to playing so that they will understand how to sort them.
4. Explain that the teams will race to collect “slow” (unhealthy fats) and “go” (healthy fats) foods, depending on what you call out. The object of the game is to make it back to the team with as many foods as possible.

5. Start by calling out a number (1-5) and “SLOW!” or “GO!” All of the players with that number will run to the center and find a food that meets your command. Each player will pick up one food, race back to the team and place it in the appropriate bag. If a player snatched the wrong type of food, they must drop it in the “Oops” bag.
6. Play until all foods have been snatched, then review the bags to see if all foods have been placed correctly. The team with the least mistakes or foods in the “oops” bag wins.

### **Optional Set-Up**

- Line up all of the children on one side of the gym and have the entire group work together to sort the cards (use multiple sets of cards so that all children can pick up a card; it’s best if they have the chance to race back for more cards). Select 2 or 3 children to stand in the middle of the gym and throw the cards into the air, scattering them around the floor. Players then race to pick up a card and sort it into the containers (large paper bags, boxes or piles) on the opposite side of the gym.

### **Extension Activities:**

- Using snatch the fat cards, play a version of Red Light, Green Light where the leader calls out names of “Go” foods (green light) and “Slow” food (red light)\*. For example, the leader may call out “olive oil!” and the children move forward, or “whole milk!” and the children have to stop. Children that move when a slow snack is called are out. The first child to tag the leader becomes the new game leader. (\*© Epstein LH, Squires S. *Stoplight Diet for Children: An Eight-Week Program for Parents and Children*. Lippincott Williams & Wilkins, 1998).
- After completing Snatch the Healthy Fat, talk to kids about their favorite snacks. Which “slow” snacks would they be willing to give up? Which “go” snacks would they like to try instead?

# TRACK THE TRANS FAT



## Objective:

Children will use food labels to compare foods and make healthy choices based on the trans fat content of those foods

## Materials:

- Track the Trans Fat comparison list for leaders – print out
- Which Would You Choose nutrition label worksheets – print and arrange on tables in pairs around the room
- *Optional:* Collect empty containers for the foods and beverages listed so that children can read food labels from the containers (Note: due to brand differences, the trans fat content of some foods may be different from those used on the worksheets)

## Instructions:

1. Divide the group into 8 small groups and explain that they will be looking at different foods to determine the healthiest choice based on whether the food has trans fat or not. Instruct children to look for the grams of trans fat on the nutrition label, but ALSO look at the ingredient list! If they see the words “partially hydrogenated”, the food has trans fats EVEN IF the nutrition label says 0g! This is because by law, foods labeled as “0 grams trans fat,” are still allowed to contain up to 0.49 grams of trans fat per serving.
2. Explain that trans fats are made from partially hydrogenated vegetable oils – a process that makes liquid oil solid. Trans fats may be found in processed foods such as baked goods (like brownies or cookies), and fried food at many fast food restaurants.
3. Once all of the groups have made their selections, invite them to report their selections and review the answers. Ask if they were they surprised to find trans fat in any of the foods.
4. Encourage the children to evaluate their own food choices by reading nutrition and ingredient labels and to select foods that do not have any trans fats!

## Extension Activities:

- Copy the “Which Would You Choose” worksheet and cut out each food label. Place all labels in a hat/box/pile and invite 2 children to draw from the pile. The children will then review the 2 random food selections, discuss their options, and determine whether or not one food is a better choice, or if neither is acceptable!
  - In some cases, both foods selected will contain trans fat making neither choice a good one! In other cases, the selections may not have trans fat, but are high saturated fat or sugar which means that children should proceed with caution.
  - To determine if a food is high in saturated fat or sugar, look at the **% Daily Value** on the Nutrition Facts label. If the % Daily Value for saturated fat or sugar is **20% or more**, then it is high.

# FOOD LABEL COLLAGE



## Objective:

Children will learn to identify and discover several “healthy fat” snacks they enjoy

## Materials:

- Several copies of food labels containing “healthy” and “unhealthy” fats. You can use the sample food labels from this unit, but feel free to add more and have children bring in their own labels from foods at home. Print and arrange on tables around the room
- See: [www.nutritiondata.com](http://www.nutritiondata.com) or [www.peapod.com](http://www.peapod.com) for more printable label images.
- 2 Large Poster Boards
- Grocery bulletins and food magazines. Use a range of food types and bulletins/magazines from different types of grocery stores (for example Latino or Asian markets).
- Scissors
- Glue
- Markers

## Instructions:

1. Have the children cut out labels of foods and snacks they like or would like to try. Then have them identify and sort the labels into 2 piles: foods with “healthy fats” and foods with “unhealthy fats.” Tell the children to look at the number of grams of trans fats as well as the ingredient list for partially hydrogenated oils.
2. Collect the labels into two separate containers. Divide the group into two teams and have one team work to create a “healthy fats” collage and the other an “unhealthy fats” collage by gluing the labels on the poster board and using markers and grocery bulletins to depict the various foods.

## Extension Activities:

- Couple this activity with a taste test of healthy fat snacks (see the recipes in this unit for ideas!). Doing this during pick up is also a great way to engage parents.
- Post the collages in the school cafeteria or another public place to share.

# Recipes and Taste Tests

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## Recipe Criteria

All recipes included in the Food & Fun 2<sup>nd</sup> Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of \$0.74 per serving for afterschool programs.



Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

- Level 1. No cooking required
- Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)
- Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!



# Salsa Fresca (Fresh Salsa)

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



**Level 1: No cooking required**

**Price per serving: 73¢**

**Serving size: ½ cup**

**Preparation time: 20 minutes**

**Servings per recipe: 24**

## Supplies:

Sharp knife

Spoon

Large Bowl

## Ingredients:

12 chopped tomatoes

1.5 finely chopped onions

1½ cups chopped cilantro

3 Tbsp lime juice

Salt to taste

1 14oz tub of guacamole

2 10oz bags of corn tortilla chips or 2 12oz packages of whole wheat pita bread for dipping

## Adult Preparation:

Chop the tomato, onion, and cilantro.

## Directions

1. In a large bowl, mix tomatoes, onion, cilantro, lime juice, and salt.
2. Serve ½ cup Salsa Fresca with 1 Tbsp of guacamole and handful of corn tortilla chips or whole wheat pita bread.

# Awesome Granola

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



**Level 2: Basic**

**Serving size: ½ cup**

**Servings per recipe: 20**

**Price per serving: 72¢**

**Preparation time: 5 minutes**

**Cook Time: 25-30 minutes in oven;  
8 minutes in microwave**

## Supplies:

- Glass baking dish
- Large bowl
- Oven or microwave
- Cookie sheet or aluminum foil

## Ingredients:

- 6 cups oatmeal, uncooked
- 1 cup shredded or flaked coconut
- 2 cups chopped pecans, walnuts or peanuts (beware of any nut allergies!)
- ½ cup honey
- ½ cup (1 stick) of melted butter
- 1 Tbsp cinnamon
- 1 1/3 cups raisins
- 2 32oz tubs plain or vanilla low-fat yogurt

## Directions:

### For Conventional Oven:

1. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in baking dish for 25-30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly.

### For Microwave:

1. Combine all ingredients, except raisins, in a large bowl; mix well.
2. Place in glass baking dish. Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins.
3. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly.

**To Serve:** Top ¼ cup of yogurt with Awesome Granola! Store extra in a covered container.

# Migas “Crumbs”

Adapted from: USDA SNAP-Ed Recipes <http://recipefinder.nal.usda.gov>



**Level 3: Full Kitchen**

**Serving size: 1 cup**

**Servings per recipe: 10**

**Price per serving: 32¢**

**Preparation time and cook time: >45 minutes; best for smaller programs or cooking classes**

## Supplies:

- Stove top
- Pan
- Spatula
- Sharp knife
- Whisk or fork
- Bowl

## Ingredients:

- 10 large corn tortillas
- ½ cup canola oil
- 1 medium bell pepper
- 1 medium onion
- 10 eggs
- ½ cup shredded cheddar cheese

**Note:** Depending on the size of your pan, estimate if you will need to make the recipe in batches. If so, how many? Before you begin cooking, divide the ingredients accordingly and repeat steps 3-8 until all ingredients have been used.

## Adult Preparation:

Use sharp knife to chop pepper and onions

## Directions:

1. Tear tortillas into small pieces.
2. Lightly beat 10 eggs in bowl with whisk or fork .
3. Heat oil in pan and add tortillas and stir until pieces begin to brown.
4. Add chopped peppers and onion to the pan; sauté until soft. Add eggs and stir until cooked.
5. Remove from heat and sprinkle on the grated cheese; cover pan and let cheese melt.
6. Serve immediately.

# A Basic Guide to Taste Tests

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## Key Information for Program Staff

Taste tests encourage children to try new healthy foods in a non-threatening manner. You can test just one item or recipe at a time, or compare new and familiar foods. Don't be afraid to reintroduce foods as children's taste and acceptance of new foods often change! Finally, when selecting foods, consider any food allergies that may be present.



## Instructions and Things to Keep in Mind:

1. Determine how many children will taste the food and purchase the appropriate amount of food to be tasted.
2. Prepare food samples in advance, if possible, and have all materials (plates, small cups, napkins, etc.) readily available, along with clean-up items such as paper towels, wet wipes and trash bins.
3. Maintain proper sanitation procedures: clean work and surface areas, wash and dry all produce, and wash all hands.
4. Copy the taste test rating sheet (one per child), and consider writing in the foods to be tasted before copying the sheet. Each page has space to try two food items, so copy additional pages if you are trying more foods.
  - If you do not have access to a copier, try a creative rating method, such as placing popsicle sticks into coffee cans or other containers labeled with the rating options. (Like A Lot! Like Somewhat. Do Not Like Very Much.)
5. Ask children to wait until everyone has received his or her samples before eating, then have the children try the food and praise them for doing so.
6. Do not force a child to try a food; however, explain to the children that although they may not think they are going to like the new food, that tasting is a good way to find out. **Praise children for trying something new!**
7. Instruct children to express their opinions on their rating sheets without verbalizing how they feel about the new food. Summarize the group's evaluation (Did they like the food a lot? Somewhat? Or Not very much?) and decide whether or not they would eat/drink/make that food/beverage/recipe again. Provide opportunities for the children to offer feedback and comments on the taste, texture and smell of the food.
  - Be creative! Try blindfolded taste tests or incorporate taste tests into a team or group activity!
  - Be sure to serve those items that they like again!

## Go For Good Fat! Taste Test Ideas for Healthy Fats

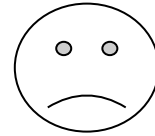
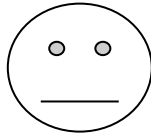


- Healthy Fat – dip whole wheat bread into olive oil. Try adding your choice of flavors with garlic, salt, rosemary, basil, or red pepper flakes.
- Compare fat in foods or drinks – 2% versus skim milk or regular versus low-fat cheese. Ask children to notice how the food feels, along with its taste.
- Go Nuts! If nut allergies are not a concern, nibble on some healthy nuts like almonds, walnuts, peanuts, or soy nuts.

# Taste Test Rating Sheet

Today I tried: \_\_\_\_\_

I liked this:



**A lot!**

**Somewhat**

**Not very much**

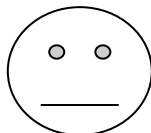
Comments on the look, taste, feel or smell of this food: \_\_\_\_\_

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Today I tried: \_\_\_\_\_

I liked this:



**A lot!**

**Somewhat**

**Not very much**

Comments on the look, taste, feel or smell of this food: \_\_\_\_\_

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# Worksheet List

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## **Snatch the Fat Cards**

**Pages 25-36**

- Leader list for Healthy/ Unhealthy fat cards
- Healthy / Unhealthy fat cards

## **Track the Trans Fat Cards**

**Pages 37-45**

- Comparison list
- “Which Would You Choose” food label worksheets

## Snatch the Fat Cards

### Leader Answer List for Food with Healthy and Unhealthy Fats

HEALTHY FAT	UNHEALTHY FAT
Olive Oil	Butter
Almonds	Cookies
Canola Oil	Milkshake
Whole Grain Bread	French Fries
Low Fat Milk	Chicken Nuggets
Sunflower Seeds	Whole Milk
Baked Fish	Pastries
Guacamole	Cheeseburger
Tuna Fish Sandwich	Hot Dog
Low Fat Yogurt	Donuts
Walnuts	Margarine



## Snatch the Fat Cards

**Olive Oil**

**Butter**

## Snatch the Fat Cards

**Almonds**

**Cookies**

## Snatch the Fat Cards

**Canola Oil**

**Milkshake**

## Snatch the Fat Cards

**Whole Grain  
Bread**

**French Fries**

## Snatch the Fat Cards

**Low Fat Milk**

**Chicken Nuggets**

## Snatch the Fat Cards

**Sunflower Seeds**

**Whole Milk**

## Snatch the Fat Cards

**Baked Salmon**

**Pastries**

## Snatch the Fat Cards

**Guacamole**

**Cheeseburger**



## Snatch the Fat Cards

**Tuna Fish  
Sandwich**

**Hot Dog**

## Snatch the Fat Cards

<p><b>Low Fat Yogurt</b></p>	<p><b>Donuts</b></p>
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## Snatch the Fat Cards

**Walnuts**

**Margarine**

# Track the Trans Fat

## Leader Answer List

Food	Grams of Trans Fat	Partially Hydrogenated Vegetable Oil?	Which is the Better Choice?
Peanut butter #1	0	No	✓
Peanut butter #2	0	Yes	
Microwave popcorn #1	5	Yes	
Microwave popcorn #2	0	No	✓
Margarine #1	0	No	✓
Margarine #2	2.5	Yes	
Tortilla chips #1	0	No	✓
Tortilla chips #2	0	Yes	
Crackers #1	0	Yes	
Crackers #2	0	No	✓
Chewy granola bar #1	1	Yes	
Chewy granola bar #2	0	No	✓
Chicken Nuggets #1	0	No	✓
Chicken Nuggets #2	1	Yes	
Chocolate Milk Drink #1	0	No	✓
Chocolate Milk Drink #2	0	Yes	

# Track the Trans Fat

## Which Would YOU Choose?

### Peanut Butter # 1

Nutrition Facts	
Serving Size 2 TBSP	
Servings Per Container 14	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 140
% Daily Value*	
<b>Total Fat</b> 16g	24%
Saturated Fat 2g	11%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
Percent daily value reflects "as packaged" food.	
* 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 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	Carbohydrate 4                      Protein 4

**INGREDIENTS:** Roasted Peanuts, Salt.

### Peanut Butter # 2

Nutrition Facts	
Serving Size 2 TBSP	
Servings Per Container 25	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 140
% Daily Value*	
<b>Total Fat</b> 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	6%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Percent daily value reflects "as packaged" food. Product is marked with a Kosher symbol.	
* 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 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	Carbohydrate 4                      Protein 4

**INGREDIENTS:** Roasted Peanuts, Sugar, Partially Hydrogenated Vegetable Oils (Cottonseed, Soybean and Rapeseed) to Prevent Separation, Salt.

# Track the Trans Fat

## Which Would YOU Choose?

### Microwave Popcorn # 1

Nutrition Facts	
Serving Size 3 TBSP UNPOPPED	
Servings Per Container 18	
Amount Per Serving	
Calories 180	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	18%
Saturated Fat 2.5g	13%
Trans Fat 5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 330mg	14%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 3g	14%
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Percent daily value reflects "as packaged" food.	
* 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 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

**INGREDIENTS:** Whole Grain Popcorn, Partially Hydrogenated Soybean Oil, Salt, Natural and Artificial Flavor, Color Added, Nonfat Milk. Freshness Preserved by Propyl Gallate and Citric Acid.

### Microwave Popcorn # 2

Nutrition Facts	
Serving Size 3.5 CUP	
Servings Per Container 3	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 3g	12%
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Percent daily value reflects "as packaged" food.	
* 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 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

**INGREDIENTS:** All Natural Ingredients: Newman's Own Microwave Popcorn, Palm Oil, Salt, Soybean Oil, Natural Flavors, Vitamin E (for Freshness).

# Track the Trans Fat

## Which Would YOU Choose?

### Margarine # 1

Nutrition Facts			
Serving Size 1 TBSP			
Servings Per Container 30			
Amount Per Serving			
Calories 80		Calories from Fat 80	
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	0g		0%
Protein	0g		
Vitamin A	10%	Vitamin C	0%
Calcium	0%	Iron	0%
Percent daily value reflects "as packaged" food.			
* 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	2,400mg	2,400mg
Total		300g	375g
Carbohydrate			
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

**INGREDIENTS:** Vegetable Oil, Blend (Liquid Soybean Oil, Canola Oil, Sunflower Oil, Palm Oil, Palm Kernel Oil), Water, Whey (from Milk), Salt, Vegetable Mono and Diglycerides, Soy Lecithin, (Potassium Sorbate, Calcium Disodium EDTA) Used to Protect Quality, Vitamin E, Citric Acid, Artificial Flavor, Vitamin A Palmitate, Beta Carotene (for Color ), Vitamin D3, Pyridoxine Hydrochloride (Vitamin B6),

### Margarine # 2

Nutrition Facts			
Serving Size 1 TBSP			
Servings Per Container 32			
Amount Per Serving			
Calories 100		Calories from Fat 100	
		% Daily Value*	
Total Fat	11g		17%
Saturated Fat	2g		11%
Trans Fat	2.5g		
Cholesterol	0mg		0%
Sodium	105mg		4%
Total Carbohydrate	0g		0%
Protein	0g		
Vitamin A	10%	Vitamin C	0%
Calcium	0%	Iron	0%
Percent daily value reflects "as packaged" food.			
Product is marked with a Kosher symbol.			
* 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	2,400mg	2,400mg
Total		300g	375g
Carbohydrate			
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

**INGREDIENTS:** Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Buttermilk, Salt, Soy Lecithin, Sodium Benzoate (as a Preservative), Vegetable Mono and Diglycerides, Artificial Flavor, Vitamin Palmitate, Colored with Beta Carotene (Provitamin A).

# Track the Trans Fat

## Which Would YOU Choose?

### Tortilla Chips # 1

Nutrition Facts	
Serving Size 1 Servings Per Container 9	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	10%
Saturated Fat 1g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
Percent daily value reflects "as packaged" food. Product is marked with a Kosher symbol.	
* 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 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9	Carbohydrate 4      Protein 4

**INGREDIENTS:** Organic Yellow Corn, Expeller Pressed Oleic Safflower and/or Sunflower Oil, and/or Expeller Pressed Canola Oil, Sea Salt.

### Tortilla Chips # 2

Nutrition Facts	
Serving Size 1 OZ Servings Per Container 13	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
Percent daily value reflects "as packaged" food. * 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 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9	Carbohydrate 4      Protein 4

**INGREDIENTS:** Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, or Sunflower Oil), Buttermilk Solids, Salt, Tomato Powder, Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Corn Starch, Whey, Onion Powder, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Nonfat Milk Solids, Sugar, Dextrose, Malic Acid, Sodium Caseinate, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Spice, Natural and Artificial Flavor, Sodium Citrate, Disodium Inosinate, and Disodium Guanylate.



# Track the Trans Fat

## Which Would YOU Choose?

### Crackers # 1

### Crackers # 2

Nutrition Facts	
Serving Size 5 CRACKERS	
Servings Per Container 21	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 135mg	6%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
Percent daily value reflects "as packaged" food.	
* 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 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	Carbohydrate 4    Protein 4

**INGREDIENTS:** Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil (Adds a Trivial Amount of Trans Fat), High Fructose Corn Syrup, Leavening (Calcium

Nutrition Facts	
Serving Size 6 CRACKERS	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	7%
Saturated Fat 0.5g	4%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 180mg	7%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 3g	13%
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Percent daily value reflects "as packaged" food.	
* 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 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	Carbohydrate 4    Protein 4

**INGREDIENTS:** Whole Wheat, Soybean Oil, Salt, Monoglycerides.

# Track the Trans Fat

## Which Would YOU Choose?

### Chewy Granola Bar # 1

Nutrition Facts			
Serving Size 1 BAR			
Servings Per Container 10			
Amount Per Serving			
<b>Calories</b> 120	Calories from Fat 35		
<b>% Daily Value*</b>			
<b>Total Fat</b> 4g	6%		
Saturated Fat 1.5g	8%		
Trans Fat 1g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 70mg	3%		
<b>Total Carbohydrate</b> 21g	7%		
Dietary Fiber 1g	4%		
Sugars 9g			
<b>Protein</b> 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 2%		
Percent daily value reflects "as packaged" food. Product is marked with a Kosher symbol.			
* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

**INGREDIENTS:** Granola (Rolled Oats, Rolled Whole Wheat, Brown Sugar, Partially Hydrogenated Vegetable Oil [Soybean and/or Cottonseed], Dried Unsweetened Coconut, Nonfat Dry Milk, Honey, Natural Flavor),

### Chewy Granola Bar # 2

Nutrition Facts			
Serving Size 1 BAR			
Servings Per Container 5			
Amount Per Serving			
<b>Calories</b> 220	Calories from Fat 100		
<b>% Daily Value*</b>			
<b>Total Fat</b> 12g	18%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 230mg	10%		
<b>Total Carbohydrate</b> 23g	8%		
Dietary Fiber 3g	12%		
Sugars 13g			
<b>Protein</b> 7g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 6%		
Percent daily value reflects "as packaged" food.			
* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

**INGREDIENTS:** Peanuts, Corn Syrup, Crisped Rice [Rice Flour, Sugar, Malt Extract, Salt, Caramel Color, Mixed Tocopherols (to Help Protect Flavor)], Peanut Butter (Roasted Ground Peanuts), Sugar, Evaporated Cane Juice Invert Syrup, Whole Grain Rolled Oats, Almonds, Cashews, Contains Less than 1.5% of Whey (from Milk), Soy Lecithin, Salt, Honey, Vegetable Oil (Peanut and/or Cottonseed Oil), Resistant Corn Dextrin, Granola (Whole Grain Rolled Oats, Brown Sugar, Whole Grain Rolled Wheat, Coconut, Canola Oil, Wheat Bran), Xanthan Gum, Mixed Tocopherols (to Help Protect Flavor).

# Track the Trans Fat

## Which Would YOU Choose?

### Chicken Nuggets # 1

Nutrition Facts	
Serving Size 4 NUGGETS	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 70
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 270mg	11%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein</b> 10g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 4%
Percent daily value reflects "as packaged" food.	
* 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 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	Carbohydrate 4    Protein 4

**INGREDIENTS:** Boneless, Skinless Chicken Breast with Rib Meat, Water, Potassium Lactate, Sugar, Corn Syrup Solids, Modified Food Starch, Salt, Flavorings, Sodium Phosphates, Sodium Diacetate, Carrageenan. Breaded with: Whole Wheat Flour, Water, Wheat Flour, Whole Grain Yellow Corn Meal, Modified Food Starch, Salt, Yeast, Natural Flavors, Whey, Dextrose, Leavening (Sodium and Pyrophosphate, Sodium Bicarbonate), Sugar, Calcium Propionate (to Protect Freshness), Guar Gum, Extractives of Paprika and Annatto, Potassium Sorbate (to Protect Freshness).

### Chicken Nuggets # 2

Nutrition Facts	
Serving Size	
4 pieces	
Amount per serving	
4 pieces	
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	15%
Saturated Fat 2g	10%
Trans Fat 1g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 450mg	19%
<b>Total Carbohydrates</b> 10g	3%
<b>Protein</b> 10g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	

**INGREDIENTS:** White boneless chicken, water, food starch-modified, salt, seasoning (autolyzed yeast extract, salt, wheat starch, natural flavoring (botanical source), safflower oil, dextrose, citric acid, rosemary), sodium phosphates, seasoning (canola oil, mono- and diglycerides, extractives of rosemary). Battered and breaded with: water, enriched flour (bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), yellow corn flour, food starch-modified, salt, leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate, calcium lactate), spices, wheat starch, whey, corn starch. Prepared in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with TBHQ and citric acid added to preserve freshness). Dimethylpolysiloxane added as an antifoaming

# Track the Trans Fat

## Which Would YOU Choose?

### Chocolate Milk Drink # 1

Nutrition Facts			
Serving Size 1			
Servings Per Container 8			
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	200mg	8%	
Total Carbohydrate	4g	1%	
Dietary Fiber	1g	1%	
Sugars	2g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	30%	Iron	4%
Percent daily value reflects "as packaged" food.			
* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

**INGREDIENTS:** Nonfat Dry Milk, Cocoa (Processed with Alkali), Calcium Carbonate, Modified Whey, Salt, Less Than 2% of: Carrageenan, Sucralose (Splenda Brand), Natural and Artificial Flavors, Polysorbate 60, Disodium Phosphate.

### Chocolate Milk Drink # 2

Nutrition Facts			
Serving Size 1 ENVELOPE			
Servings Per Container 10			
Amount Per Serving			
Calories 120		Calories from Fat 25	
% Daily Value*			
Total Fat	2.5g	4%	
Saturated Fat	2g	10%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	170mg	7%	
Total Carbohydrate	23g	8%	
Dietary Fiber	1g	4%	
Sugars	17g		
Protein	1g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%
Percent daily value reflects "as packaged" food.			
* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

**INGREDIENTS:** Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Partially Hydrogenated Coconut Oil, Nonfat Dry Milk, Less than 2% of: Salt, Dipotassium Phosphate, Carrageenan, Artificial Flavor, Mono- and Diglycerides.