

Mila's Food Choices



Mila has offered to go grocery shopping for her mother, Lola Idad, who is home sick with the flu. Lola also has diabetes.

Mila wants to buy foods that are lower in calories and sugar to help her mother. Look at the Nutrition Facts labels. Help Mila select foods that are lower in sugar.

Which foods should Mila buy? Write the number of your choice for each pair. Then write the number of grams of sugar saved by this choice.

1 – Pan de Sal (Filipino Roll)

Nutrition Facts	
Serving Size 1 roll (25g)	
Servings Per Container 16	
Amount Per Serving	
Calories 140	Calories from Fat 14
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	4%
Sugars 1g	
Protein 6g	
Vitamin A 10%	Vitamin C 0%
Calcium 6%	Iron 10%

Lower
sugar
choice

Grams
of sugar
saved

2 – Doughnut

Nutrition Facts	
Serving Size 1 doughnut (54g)	
Servings Per Container 5	
Amount Per Serving	
Calories 290	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 6g	30%
Trans Fat 2g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	0%
Sugars 15g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%

3 – Cooked Oatmeal

Nutrition Facts	
Serving Size ½ cup	
Servings Per Container 13	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 13%	Iron 10%

Lower
sugar
choice

Grams
of sugar
saved

4 – Bibingka (Sweet Rice Cake)

Nutrition Facts	
Serving Size 1 popsicle (273g)	
Servings Per Container 4	
Amount Per Serving	
Calories 890	Calories from Fat 460
% Daily Value*	
Total Fat 51g	78%
Saturated Fat 37g	185%
Trans Fat 0g	
Cholesterol 219mg	73%
Sodium 1940mg	81%
Total Carbohydrate 99g	33%
Dietary Fiber 6g	24%
Sugars 44g	
Protein 15g	
Vitamin A 17%	Vitamin C 3%
Calcium 105%	Iron 21%

* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Mila's Food Choices *(continued)*

5 – Gelatin

Nutrition Facts	
Serving Size ¼ cup	
Servings Per Container 8	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

Lower
sugar
choice

Grams
of sugar
saved

6 – Sugar-Free Gelatin

Nutrition Facts	
Serving Size ¼ cup	
Servings Per Container 8	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

7 – Fat-Free, No-Sugar-Added Ice Cream

Nutrition Facts	
Serving Size ½ cup (66g)	
Servings Per Container 16	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 3g	
Vitamin A 6% • Vitamin C 0%	
Calcium 8% • Iron 0%	

Lower
sugar
choice

Grams
of sugar
saved

8 – Chocolate Ice Cream

Nutrition Facts	
Serving Size ½ cup (66g)	
Servings Per Container 16	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 40mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	
Vitamin A 4% • Vitamin C 0%	
Calcium 6% • Iron 4%	

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Mila's Food Choices *(continued)*

9 – Water

Nutrition Facts	
Serving Size 1 bottle (16 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

Lower
sugar
choice

Grams
of sugar
saved

10 – Regular Soda

Nutrition Facts	
Serving Size 1 can (12 fl oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
Sugars 39g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

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