

Ana's Food Choices

Ana lives with her mother, who has diabetes. Ana is grocery shopping and wants to buy foods that are lower in calories to help her mother.

Look at the food labels. Help Ana select foods that are lower in sugar.

Which foods should Ana buy? Write the number of your choice for each pair in the space between the labels. Then write the number of grams of sugar saved by this choice.

1 – Whole Oat Cereal*

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 19	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value†	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	
Vitamin A 30%	Vitamin C 25%
Calcium 20%	Iron 45%

Lower
sugar
choice

Grams
of sugar
saved

2 – Chocolate Puffs Cereal*

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Container 14	
Amount Per Serving	
Calories 160	Calories from Fat 5
% Daily Value†	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 2g	
Vitamin A 20%	Vitamin C 25%
Calcium 10%	Iron 10%

3 – Gelatin

Nutrition Facts	
Serving Size 1/4 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
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4 – Sugar-Free Gelatin

Nutrition Facts	
Serving Size 1/4 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%

* The serving sizes of the cereals are not the same because cereal serving size is determined by weight (ounces), and some cereals weigh more than others.

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

Ana's Food Choices *(continued)*

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

Nutrition Facts	
Serving Size 1/2 cup (66g)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
<i>Trans</i> 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%

6 – Regular Ice Cream

Nutrition Facts	
Serving Size 1/2 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%
<i>Trans</i> 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%

Lower
sugar
choice

Grams
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7 – Guava Nectar

Nutrition Facts	
Serving Size 1 can (340mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 240	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 59g	20%
Dietary Fiber 2g	8%
Sugars 48g	
Protein 1g	
Vitamin A 15%	Vitamin C 100%
Calcium 4%	Iron 8%

8 – Water

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> 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%

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