



## Pam's Food Choices

Pam is grocery shopping for her mother, Ms. Diane, who has diabetes. Pam wants to buy foods that are lower in calories and carbohydrates for her mother. Look at the food labels. Help Pam select foods that are lower in sugar. Which foods should Pam buy? **Write the number of your choice for each pair in the space between the labels. Then write the number of grams of sugar you saved.**

### 1. Cooked Oatmeal

Nutrition Facts	
13 servings per container	
Serving size	1/2 cup (117g)
Amount Per Serving	
<b>Calories</b>	<b>70</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.7mg	4%
Potassium 66mg	2%

Lower  
sugar  
choice

Grams  
of sugar  
saved

### 2. Toaster Pastry

Nutrition Facts	
8 servings per container	
Serving size	1 pastry (54g)
Amount Per Serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 39g	14%
Dietary Fiber < 1g	3%
Total Sugars 17g	
Includes 16g Added Sugars	32%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 2.3mg	15%
Potassium 46mg	0%

### 3. Sweetened Applesauce

Nutrition Facts	
1 servings per container	
Serving size	1/2 cup (122g)
Amount Per Serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 18g	
Includes 6g Added Sugars	12%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.1mg	0%
Potassium 92mg	2%

Lower  
sugar  
choice

Grams  
of sugar  
saved

### 4. Unsweetened Applesauce

Nutrition Facts	
1 servings per container	
Serving size	1/2 cup (128g)
Amount Per Serving	
<b>Calories</b>	<b>50</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0.3mg	2%
Potassium 94mg	2%

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



## Pam's Food Choices (continued)

### 5. Light Strawberry Yogurt

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 container (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 4g Added Sugars	8%
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 2mcg	10%
Calcium 210mg	15%
Iron 0mg	0%
Potassium 260mg	6%

Lower  
sugar  
choice

Grams  
of sugar  
saved

### 6. Regular Strawberry Yogurt

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 container (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 13g Added Sugars	26%
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 2mcg	10%
Calcium 220mg	15%
Iron 0mg	0%
Potassium 280mg	6%

### 7. Sweet Tea

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 can (12 fl. oz) (372g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 28g Added Sugars	56%
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 126mg	2%

Lower  
sugar  
choice

Grams  
of sugar  
saved

### 8. Unsweetened Tea

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 can (12 fl. oz) (360g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>0</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 133mg	2%

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