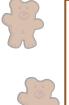


What is "The Block"? It's the black-and-white Nutrition Facts Label on food packages. Sam loves cookies! In fact, he sometimes eats them by the handful. But, Sam doesn't always check the serving size.

> Can you guide him in comparing the number of cookies in one serving of his two favorite types?





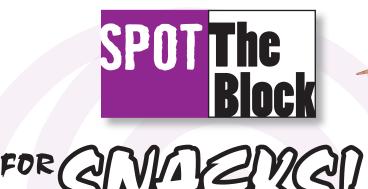
Nutrition Facts Serving Size 24 cookies (30g) Servings Per Container 7				
Amount Per Serving				
Calories 140	Calories from Fat 40			
	% Daily Value*			
Total Fat 4.5g	7%			
Saturated Fat 0g	0%			
<i>Trans</i> Fat 0g				
Cholesterol 0mg 0%				
Sodium 125mg 5 %				
Total Carbohydrate 22g 7%				
Dietary Fiber 1g 2%				
Sugars 8g				
Protein 2g				
Vitamin A 0%	Vitamin C 0%			
Calcium 20%	• Iron 4%			
* Percent Daily Values are b	based on a 2,000 calorie diet.			



Amount Per Serving				
Calories 170	C	Calories from Fat 7	0	
% Daily Value*				
Total Fat 8g		12%	%	
Saturated Fat 2.5g 1		12%	%	
Trans Fat 1.5g				
Cholesterol 5mg 0%			%	
Sodium 125mg			%	
Total Carbohyd	rate 2	23g 8 9	%	
Dietary Fiber 1g 0			%	
Sugars 14g				
Protein 1g				
Vitamin A 0%		Vitamin C 09	2/2	
Calcium 0%	•	Iron 4%		
* Percent Daily Values a	re hase	d on a 2 000 calorie die	+	

Serving Size 3 cookies (36g)





What is "The Block"? It's the black-and-white Nutrition Facts Label on food packages.

Lily makes sure to Spot the Block for serving size. In fact, when her friends come over, she offers them snacks . . . then makes them guess the "servings per container" before giving them any! She likes to see their surprise when she measures out the actual serving size.

Lily also has a total weakness for frozen sweets - and could use some help deciding whether to choose a frozen juice pop or ice cream!

> Can you show her which has fewer calories per serving?

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-	•		

Serving Size 1 bar (66ml) Servings Per Container 4 Amount Per Serving	Facts	Serving Size 1/2 Cup Servings Per Contain Amount Per Serving	(65g)
Calories 60 C	alories from Fat 0	Calories 150	Calories from Fat 90
	% Daily Value*		% Daily Value
Total Fat Og	0%	Total Fat 10g	15 %
Saturated Fat 0g	0%	Saturated Fat 6g	30%
<i>Trans</i> Fat 0g		Trans Fat 0g	
Cholesterol Omg	0%	Cholesterol 35mg	12 %
Sodium Omg	0%	Sodium 30mg	1%
Total Carbohydrate 18	5g 5 %	Total Carbohydra	te 14g 5%
Dietary Fiber 0g	0%	Dietary Fiber 0g	0%
Sugars 14g		Sugars 11g	
Protein Og		Protein 2g	
Vitamin A 0% •	Vitamin C 100%	Vitamin A 8%	Vitamin C 0%
Calcium 0% •	Iron 0%	Calcium 6%	• Iron 0%
* Percent Daily Values are based	on a 2,000 calorie diet.	* Percent Daily Values are b	ased on a 2,000 calorie diet

When choosing milk and milk products, the *Dietary Guidelines for Americans* recommends that you go for low-fat or fat-free milk, yogurt or cheese.







When choosing snacks or other foods that contain sodium (a nutrient to get less of), the *Dietary Guidelines for Americans* recommends that you look for labels that say **Low-sodium** or **Low-salt**.





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When choosing milk and milk products, the *Dietary Guidelines for Americans* recommends that you go for **low-fat** or **fat-free** milk, yogurt or cheese.

