

SPOT The Block

FOR SNACKS!



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?

Chocolate Graham Cookies

Chocolate Chip Cookies

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%**

Trans 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 based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 3 cookies (36g)
Servings Per Container 18

Amount Per Serving

Calories 170 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **12%**

Trans Fat 1.5g

Cholesterol 5mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 23g **8%**

Dietary Fiber 1g **0%**

Sugars 14g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

SPOT The Block



FOR SNACKS!

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?

Fruit Juice Pop

Nutrition Facts	
Serving Size 1 bar (66ml)	
Servings Per Container 4	
Amount Per Serving	
Calories 60	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 15g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Ice Cream

Nutrition Facts	
Serving Size 1/2 Cup (65g)	
Servings Per Container 18	
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 30mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 6%	Iron 0%

* Percent Daily Values are based 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.

SPOT The Block



FOR SNACKS!

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

Nathan may not want to choose only one sport to play after school (he likes so many!). But when it comes to picking a snack, he wants to **Spot the Block**, compare nutrients in foods by checking out the Percent Daily Value (%DV), and make a good choice!

He loves salty snacks, but he also knows that salt (also called sodium) is a nutrient to get less of.

Can you help Nathan choose the snack with the lower %DV of sodium?

Microwave Popcorn

[Low Salt] Pretzels

Nutrition Facts	
Serving Size 4 cups (30g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts	
Serving Size 3 pretzels (30g)	
Servings Per Container 13	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Tip

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**.

SPOT The Block

FOR SNAEKS!



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

Whitney thinks she's learned a lot about how to **Spot the Block**. And she goes crazy for anything with strawberries!

Help her decide which choice has a higher **%DV of calcium** — a nutrient to get more of.



Strawberry Yogurt

Nutrition Facts	
Serving Size 1 package (6 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 25%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



Strawberry Pudding

Nutrition Facts	
Serving Size 1 pudding (113g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 6%	Iron 0%

* Percent Daily Values are based 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.