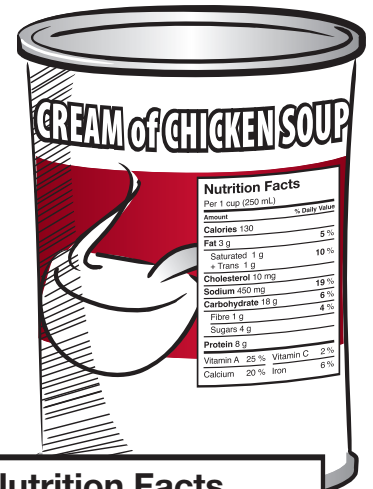


# Figure out the facts

## What does the Nutrition Facts table tell you about this packaged food?

1. What is the serving size? \_\_\_\_\_
2. How many Calories are in one serving? \_\_\_\_\_
3. How many grams of fat are in one serving? \_\_\_\_\_
4. Circle one nutrient on the Nutrition Facts table that is important to you. Circle the % Daily Value for this nutrient.
5. Decide if you want to get *less* or *more* of the nutrient you have circled:
  - Get less of this nutrient**  
(Hint: Choose packaged foods with a *low* % Daily Value.)
  - Get more of this nutrient**  
(Hint: Choose packaged foods with a *high* % Daily Value.)
6. Is this food a good choice for you?
  - Yes - Why? \_\_\_\_\_
  - No - Why? \_\_\_\_\_



Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
<b>Calories</b> 130	
<b>Fat</b> 3 g	5 %
Saturated 1 g	10 %
+ Trans 1 g	
<b>Cholesterol</b> 10 mg	19 %
<b>Sodium</b> 450 mg	6 %
<b>Carbohydrate</b> 18 g	4 %
Fibre 1 g	
Sugars 4 g	
<b>Protein</b> 8 g	
Vitamin A 25 %	Vitamin C 2 %
Calcium 20 %	Iron 6 %



Activity Sheet #1

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# Figure out the facts

## What does the Nutrition Facts table tell you about this packaged food?



1. What is the serving size? \_\_\_\_\_
2. How many Calories are in one serving? \_\_\_\_\_
3. How many grams of fat are in one serving? \_\_\_\_\_
4. Circle one nutrient on the Nutrition Facts table that is important to you. Circle the % Daily Value for this nutrient.
5. Decide if you want to get *less* or *more* of the nutrient you have circled:
  - Get less** of this nutrient  
(Hint: Choose packaged foods with a *low* % Daily Value.)
  - Get more** of this nutrient  
(Hint: Choose packaged foods with a *high* % Daily Value.)
6. Is this food a good choice for you?
  - Yes - Why? \_\_\_\_\_
  - No - Why? \_\_\_\_\_

Nutrition Facts			
Per			
Amount	% Daily Value		
<b>Calories</b>			
<b>Fat</b>	g		%
Saturated + Trans	g		%
<b>Cholesterol</b>	mg		
<b>Sodium</b>	mg		%
<b>Carbohydrate</b>	g		%
Fibre	g		%
Sugars	g		
<b>Protein</b>	g		
Vitamin A	%	Vitamin C	%
Calcium	%	Iron	%



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Activity Sheet #2

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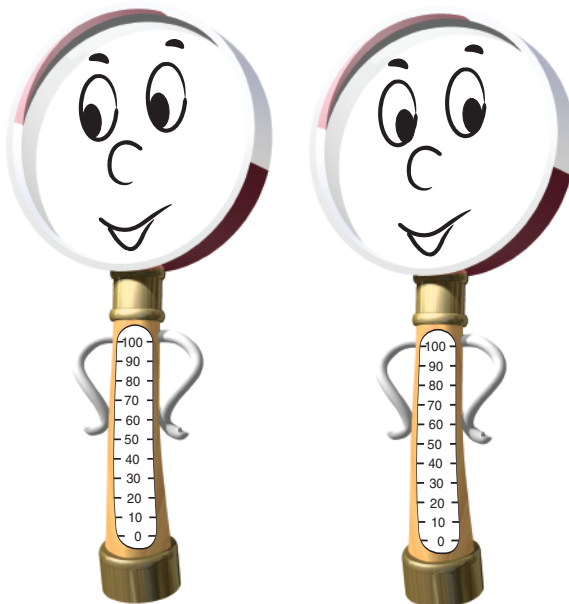
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# Compare foods using percent Daily Value (% Daily Value)

Use % Daily Value to decide which of these two yogurts is the better choice for you.



Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
<b>Calories</b> 110	
<b>Fat</b> 3 g	<b>5 %</b>
Saturated 2 g + Trans 0 g	<b>10 %</b>
<b>Cholesterol</b> 10 mg	
<b>Sodium</b> 125 mg	<b>5 %</b>
<b>Carbohydrate</b> 12 g	<b>4 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 8 g	
<b>Protein</b> 9 g	
Vitamin A 4 %	Vitamin C 2 %
Calcium 30 %	Iron 0 %



Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
<b>Calories</b> 170	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 6 g + Trans 1 g	<b>35 %</b>
<b>Cholesterol</b> 30 mg	
<b>Sodium</b> 100 mg	<b>4 %</b>
<b>Carbohydrate</b> 13 g	<b>4 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 6 g	
<b>Protein</b> 7 g	
Vitamin A 10 %	Vitamin C 2 %
Calcium 25 %	Iron 0 %

1. Circle the % Daily Value for fat on both Nutrition Facts tables shown above.
2. Shade in the % Daily Value for fat on each % Daily Value scale shown above.
3. What do you want to do with the fat?

- I want to get *less* of this nutrient. (Hint: Choose packaged foods with a *low* % Daily Value.)
- I want to get *more* of this nutrient. (Hint: Choose packaged foods with a *high* % Daily Value.)

4. Which yogurt is the better choice for you?

Yogurt A - Why? \_\_\_\_\_

Yogurt B - Why? \_\_\_\_\_



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Activity Sheet #3

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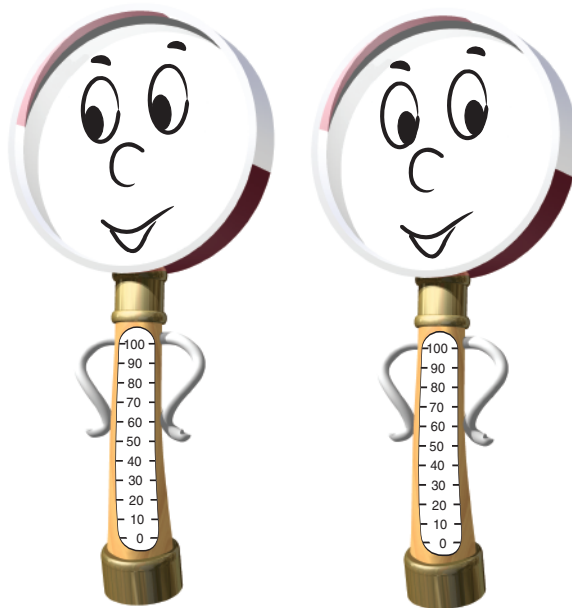


# Compare foods using percent Daily Value (% Daily Value)

Use % Daily Value to decide which of these two packaged foods is the better choice for you.

## Food A

Nutrition Facts			
Per			
Amount	% Daily Value		
<b>Calories</b>			
<b>Fat</b>	g		%
Saturated + Trans	g		%
<b>Cholesterol</b>	mg		
<b>Sodium</b>	mg		%
<b>Carbohydrate</b>	g		%
Fibre	g		%
Sugars	g		
<b>Protein</b>	g		
Vitamin A	%	Vitamin C	%
Calcium	%	Iron	%



## Food B

Nutrition Facts			
Per			
Amount	% Daily Value		
<b>Calories</b>			
<b>Fat</b>	g		%
Saturated + Trans	g		%
<b>Cholesterol</b>	mg		
<b>Sodium</b>	mg		%
<b>Carbohydrate</b>	g		%
Fibre	g		%
Sugars	g		
<b>Protein</b>	g		
Vitamin A	%	Vitamin C	%
Calcium	%	Iron	%

- Choose one nutrient that is important to you.
- Circle this nutrient and its % Daily Value on both Nutrition Facts tables shown above.
- Shade in the % Daily Value for this nutrient on each % Daily Value scale shown above.
- What do you want to do with the nutrient you have circled?
  - I want to get *less* of this nutrient. (Hint: Choose packaged foods with a *low* % Daily Value.)
  - I want to get *more* of this nutrient. (Hint: Choose packaged foods with a *high* % Daily Value.)

5. Which food is the better choice for you?

Food A - Why? \_\_\_\_\_

Food B - Why? \_\_\_\_\_



Activity Sheet #4

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# Serve it up or serve it down!

**If you eat the serving size shown on the Nutrition Facts table, you will get the amount of Calories and nutrients that are listed.**



**What happens if you eat less or more than the serving size shown?**

1. Choose one packaged food.
2. Choose a nutrient on the Nutrition Facts table that is important to you. Write the name of this nutrient on the chart shown below.
3. Write the serving size, Calories and % Daily Value (or g/mg) shown on your package in the "Serving size on the package" column on the chart.
4. Fill in the new serving size, Calories and % Daily Value (or g/mg) for "Half a serving" and for a "Double serving" on the chart.
5. Which serving size is the best choice for you? Why?

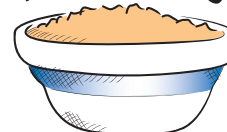
Serving size on the package



Half a serving



Double serving



Nutrient _____	Serving size on the package	Half a serving (Hint: Divide by 2)	Double serving (Hint: Multiply by 2)
Serving size	_____	_____	_____
Calories	_____	_____	_____
% Daily Value	_____ %	_____ %	_____ %
Amount in g or mg	_____ g or mg	_____ g or mg	_____ g or mg



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Activity Sheet #5

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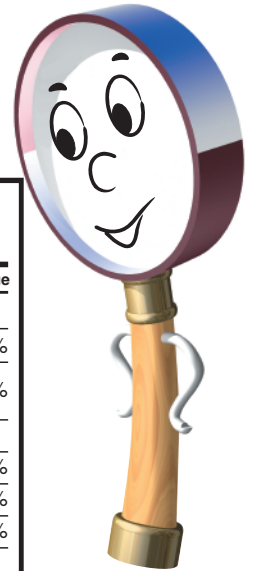
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# Plan meals with carbohydrate in mind

## A packaged food activity for people with diabetes



Nutrition Facts	
Per 1 cup (55 g)	
Amount	% Daily Value
<b>Calories</b> 220	
<b>Fat</b> 2 g	<b>3 %</b>
Saturated 0 g	
+ Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate</b> 44 g	<b>15 %</b>
Fibre 8 g	<b>32 %</b>
Sugars 16 g	
<b>Protein</b> 6 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 60 %

- Choose a few packaged foods for breakfast and list them in the first column in the chart below. Don't forget to include foods such as sugar, jam and margarine.
- Look at the Nutrition Facts table on each food package.
- Write the grams of carbohydrate for each food you have chosen in the "Breakfast number 1" column in the chart below.
- Add up the grams of carbohydrate and write the total in the chart below.
- Choose a few packaged foods for another breakfast. Repeat steps 2, 3 and 4 to fill in the "Breakfast number 2" columns in the chart below.

Breakfast #1		Breakfast #2	
Packaged food	Carbohydrate	Packaged food	Carbohydrate
1 _____	_____ g	1 _____	_____ g
2 _____	_____ g	2 _____	_____ g
3 _____	_____ g	3 _____	_____ g
4 _____	_____ g	4 _____	_____ g
5 _____	_____ g	5 _____	_____ g
6 _____	_____ g	6 _____	_____ g
<b>Total grams of carbohydrate</b>	<b>Total: _____ g</b>	<b>Total grams of carbohydrate</b>	<b>Total: _____ g</b>

- Compare your two breakfasts. Did you meet your carbohydrate goal at each breakfast? If not, what changes would you make?



Activity Sheet #6

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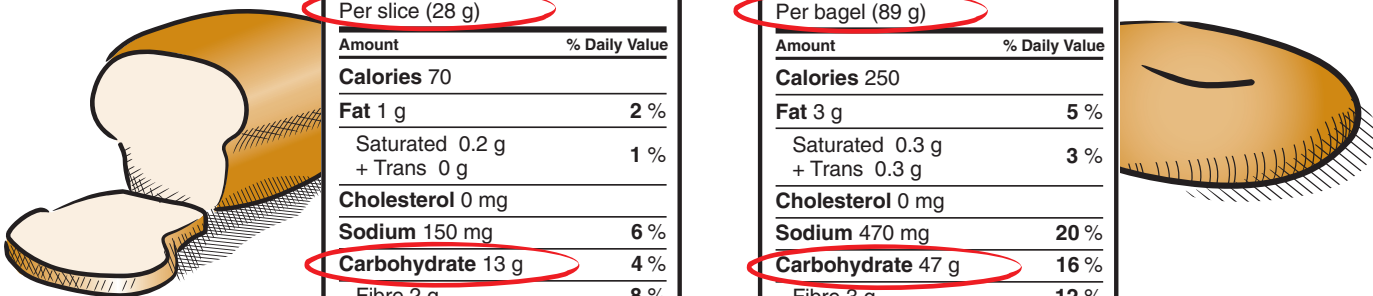
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# Compare the facts for carbohydrate

## A packaged food activity for people with diabetes



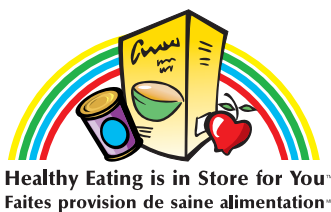
Nutrition Facts	
Per slice (28 g)	
Amount	% Daily Value
<b>Calories</b> 70	
<b>Fat</b> 1 g	2 %
Saturated 0.2 g + Trans 0 g	1 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 150 mg	6 %
<b>Carbohydrate</b> 13 g	4 %
Fibre 2 g	8 %
Sugars 1 g	
<b>Protein</b> 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 6 %

Nutrition Facts	
Per bagel (89 g)	
Amount	% Daily Value
<b>Calories</b> 250	
<b>Fat</b> 3 g	5 %
Saturated 0.3 g + Trans 0.3 g	3 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 470 mg	20 %
<b>Carbohydrate</b> 47 g	16 %
Fibre 3 g	12 %
Sugars 3 g	
<b>Protein</b> 8 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 20 %

- Look at the Nutrition Facts table for bread.
- In the "Bread" column in the chart below:
  - Write in the serving size shown on the package.
  - Write in the serving size you would eat.
- Figure out how many grams of carbohydrate there are in the serving size that you would eat. Fill in this number on the chart. (Hint: If you are eating half a serving, divide by 2. If you are eating a double serving, multiply by 2.)
- Look at the Nutrition Facts table for the bagel. Repeat steps 2 and 3 to fill in the "Bagel" column in the chart below.

Packaged food	Bread	Bagel
Serving size on package	_____ slice _____ (weight)	_____ bagel _____ (weight)
Serving size you would eat	_____ slice(s)	_____ bagel(s)
Grams of carbohydrate in the serving size you would eat	_____ g	_____ g

- Does the serving size you would eat have the right amount of carbohydrate for you to control your blood glucose level? Do you need to make any changes to the serving size you would eat?



Activity Sheet #7

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# Carbohydrate counter for serving size

## A packaged food activity for people with diabetes

If you eat the serving size shown on the Nutrition Facts table, you will get the amount of carbohydrate that is listed.

### What happens if you eat less or more than the serving size shown?

1. Choose one packaged food.
2. On the chart below:
  - Write the serving size and grams of carbohydrate shown on your package in the "Serving size on the package" column.
  - Fill in the new serving size and grams of carbohydrate for "Half a serving" and for a "Double serving."
  - Fill in the new serving size and grams of carbohydrate for "Other serving size," if necessary.



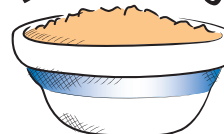
Serving size on the package



Half a serving



Double serving



	Serving size on the package	Half a serving (Hint: Divide by 2)	Double serving (Hint: Multiply by 2)	Other serving size
Serving size	_____	_____	_____	_____
Carbohydrate	_____ g	_____ g	_____ g	_____ g

3. What serving size should you choose to control your blood glucose level? Why?



Activity Sheet #8

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