**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_**

**Snack Label Analysis**

**Adapted from *Nutrition Workbook* by Cengage Learning**

Have you ever noticed that low-salt soups can taste sweet? The food manufacturers often add sugar to help flavor the soup so that it is not bland without the salt. Sugar can hide out in all sorts of innocent-looking products!

Keep an extra eye on:

Low-fat cookies

Low-fat sweet snacks

Low-salt juices

Low-salt soups

All of the full-fat or full-salt versions, too!

One way to appreciate the amount of sugar calories to the total calories is to calculate the percentage of calories that come from sugar. Let’s compare two cookies.

Cookie A: 120 calories per serving

 15 g sugar per serving

15 g sugar x 4 calories/gram = 60 calories from sugar

60 calories from sugar ÷ 120 total calories x 100 = **50% of total calories come from sugar**

Cookie B: 150 calories per serving

 14 g sugar per serving

14 g sugar x 4 calories/gram = 56 calories from sugar

56 calories from sugar ÷ 150 total calories x 100 = **37% of total calories come from sugar**

Even though the cookies look similar at first, we see that Cookie A gets much more of its calories from sugar!

Let’s use this to check out our own favorite treats. Select 3 of your favorites to compare. If you don’t have three labels, you can use the Internet to look up the information.

**Reference:**

***Sugar also goes by the following names:*** brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrate, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, syrup, evaporated cane juice, agave nectar, brown rice syrup

|  |  |  |  |
| --- | --- | --- | --- |
| Snack Name: |  |  |  |
| 1. Type(s) of sugar listed on label |  |  |  |
| 2. Which sugar(s) are in the top 5 ingredients? |  |  |  |
| 3. How many grams of sugar per serving? |  |  |  |
| 4. Multiply previous answer by 4 to calculate calories from sugar. | X 4 =  | X 4 = | X 4 = |
| 5. How many total calories per serving? |  |  |  |
| 6. Answer to 4 ÷ Answer to 5 x 100 = |  |  |  |

#6 gave you the percentage of total calories provided by sugar. Experts recommend that no more than 10% of your calorie intake should come from sugar.

**Analysis Questions:**

1. Did any of your snacks provide more than 10% of calories from sugar? If so, which one(s)?

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2. Which snack provided the lowest percentage of sugar calories?

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3. Did this activity change how you feel about any of these snacks? Explain. (It’s okay, be honest!)

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