



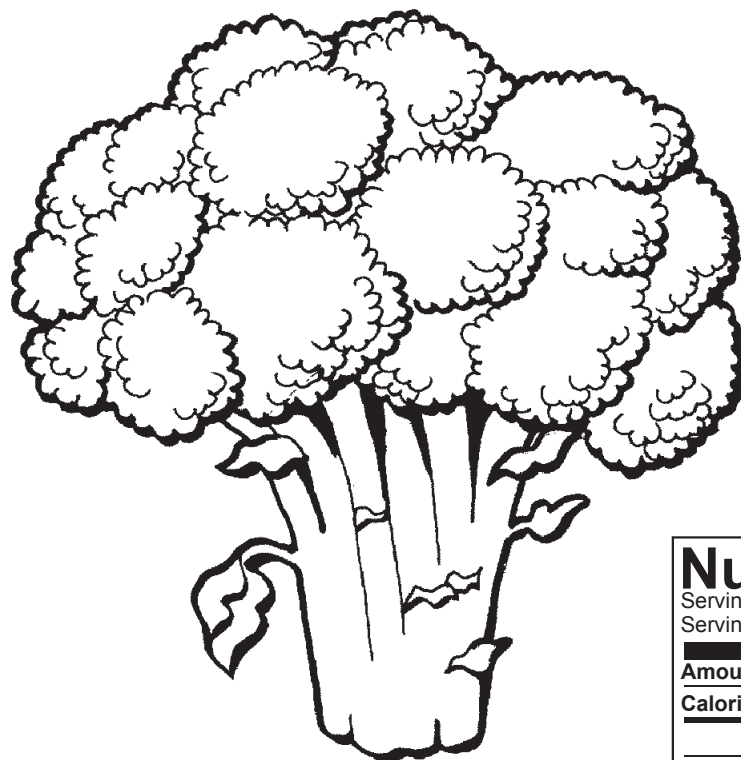
Calcium and Fat Detectives



Food Labels

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).

Unit 1, Lesson 5



Broccoli, 1/2 cup

Nutrition Facts			
Serving Size 1/2 cup, chopped 78g (78 g)			
Servings per container 1			
Amount Per Serving			
Calories 27		Calories from Fat 3	
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat			
Cholesterol	0mg		0%
Sodium	32mg		1%
Total Carbohydrate	6g		2%
Dietary Fiber	3g		10%
Sugars	1g		
Protein	2g		
Vitamin A	24% •	Vitamin C	84%
Calcium	3% •	Iron	3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
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From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).

Unit 1, Lesson 5



Corn on the cob, one ear

Nutrition Facts			
Serving Size 77 (100 grams)			
Servings per container 1			
Amount Per Serving			
Calories 93		Calories from Fat 8	
% Daily Value*			
Total Fat 1g		1%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 12mg		1%	
Total Carbohydrate 22g		7%	
Dietary Fiber 1g		5%	
Sugars 5g			
Protein 3g			
Vitamin A		1% • Vitamin C	
Calcium		0% • Iron	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
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Unit 1, Lesson 5



Soft drink, 12 ounces

Nutrition Facts			
Serving Size 1 can 12 fl oz 368g (368 g)			
Servings per container 1			
Amount Per Serving			
Calories 136		Calories from Fat 1	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 15mg		1%	
Total Carbohydrate 35g		12%	
Dietary Fiber 0g		0%	
Sugars 33g			
Protein 0g			
Vitamin A		0% • Vitamin C	0%
Calcium		1% • Iron	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:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
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Unit 1, Lesson 5



2-percent reduced-fat milk,
one cup

Nutrition Facts

Serving Size 1 cup 244g (244 g)
Servings per container 1

Amount Per Serving

Calories 122 **Calories from Fat** 43

% Daily Value*

Total Fat 5g 7%

Saturated Fat 3g 15%

Trans Fat

Cholesterol 20mg 7%

Sodium 100mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Sugars 12g

Protein 8g

Vitamin A 9% • **Vitamin C** 1%

Calcium 29% • **Iron** 0%

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

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Unit 1, Lesson 5



Two chocolate chip cookies

Nutrition Facts			
Serving Size 32 (1 ounce (28g))			
Servings per container 2			
Amount Per Serving			
Calories 128		Calories from Fat 42	
% Daily Value*			
Total Fat 5g		7%	
Saturated Fat 1g		7%	
Trans Fat 0g			
Cholesterol 6mg		2%	
Sodium 105mg		4%	
Total Carbohydrate 20g		7%	
Dietary Fiber 0g		0%	
Sugars 9g			
Protein 1g			
Vitamin A		4% • Vitamin C	1%
Calcium		2% • Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
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Unit 1, Lesson 5

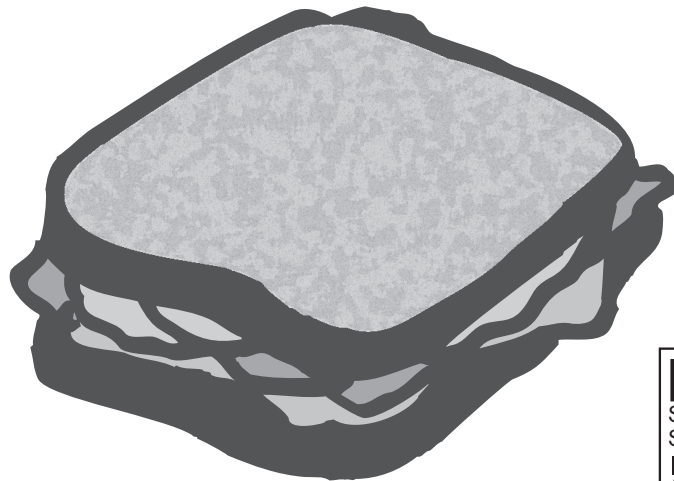


One cereal bar

Nutrition Facts			
Serving Size 1 bar 37g (37 g)			
Servings per container 1			
Amount Per Serving			
Calories 139		Calories from Fat 25	
% Daily Value*			
Total Fat 3g		4%	
Saturated Fat 0g		2%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 110mg		5%	
Total Carbohydrate 27g		9%	
Dietary Fiber 1g		3%	
Sugars 13g			
Protein 2g			
Vitamin A		15% • Vitamin C	0%
Calcium		20% • Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
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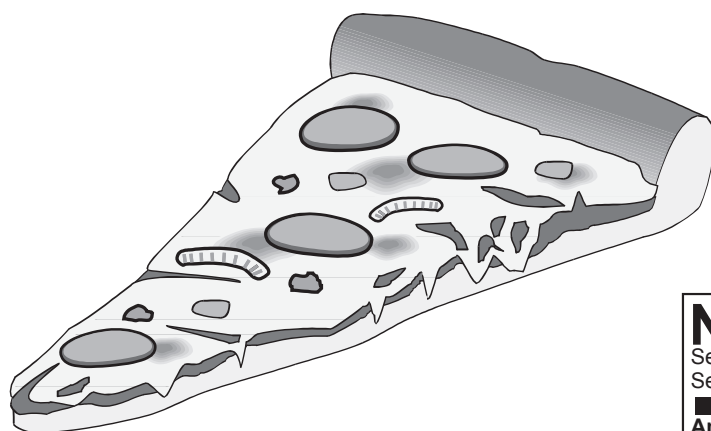


**Peanut butter and jelly
sandwich on white bread**

Nutrition Facts			
Serving Size Custom Food 100g (100 g)			
Servings per container 1			
Amount Per Serving			
Calories 347		Calories from Fat 135	
% Daily Value*			
Total Fat 15g		23%	
Saturated Fat 3g		15%	
Trans Fat			
Cholesterol		0%	
Sodium 403mg		17%	
Total Carbohydrate 45g		15%	
Dietary Fiber 3g		12%	
Sugars			
Protein 12g			
Vitamin A		0% • Vitamin C 0%	
Calcium		8% • Iron 12%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
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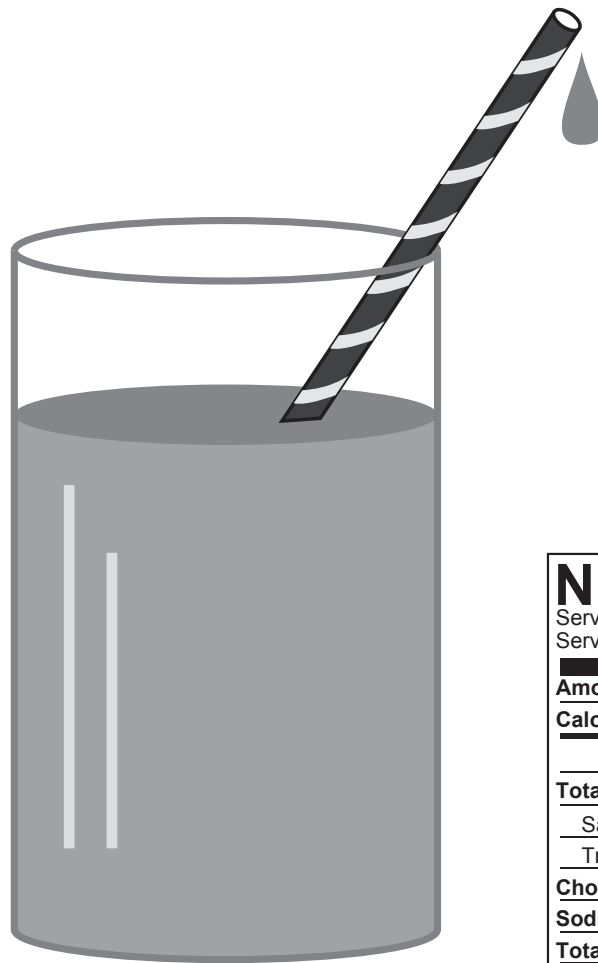


1/4 of a 12-inch pizza

Nutrition Facts		
Serving Size 1 slice 103g (103 g)		
Servings per container 1		
Amount Per Serving		
Calories 272	Calories from Fat 88	
% Daily Value*		
Total Fat 10g		15%
Saturated Fat 4g		22%
Trans Fat		
Cholesterol 22mg		7%
Sodium 551mg		23%
Total Carbohydrate 34g		11%
Dietary Fiber 2g		7%
Sugars 4g		
Protein 12g		
Vitamin A	7% • Vitamin C	0%
Calcium	18% • Iron	12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Fiber		25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
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Unit 1, Lesson 5



Orange juice with added calcium, 8 ounces

Nutrition Facts			
Serving Size 1 cup 249g (249 g)			
Servings per container 1			
Amount Per Serving			
Calories 110		Calories from Fat 6	
% Daily Value*			
Total Fat	1g		1%
Saturated Fat	0g		0%
Trans Fat			
Cholesterol	0mg		0%
Sodium	2mg		0%
Total Carbohydrate	25g		8%
Dietary Fiber	0g		2%
Sugars			
Protein 2g			
Vitamin A	4%	Vitamin C	137%
Calcium	50%	Iron	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:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
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Unit 1, Lesson 5



Orange juice, 8 ounces

Nutrition Facts			
Serving Size 1 cup 249g (249 g)			
Servings per container 1			
Amount Per Serving			
Calories 134		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 5mg		0%	
Total Carbohydrate 33g		11%	
Dietary Fiber 0g		2%	
Sugars 23g			
Protein 0g			
Vitamin A 2% • Vitamin C 62%			
Calcium 0% • Iron 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:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
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