



NAME \_\_\_\_\_

HOUR \_\_\_\_\_

## VIDEO WORKSHEET

1. What are some examples of snacks that give energy and could help you get through a hard workout?
2. What are some benefits of drinking water?
3. Why are pop and sports drinks not usually healthy choices?
4. Name a healthy choice of drink if you want something other than water.
5. Why is it important to check labels?
6. Why do you need calcium? Give examples of foods that contain calcium.



# VIDEO WORKSHEET

## Teacher's Key

1. What are some examples of snacks that give energy and could help you get through a hard workout?  
***Sunflower seeds without shells, fruits, and veggies.***
2. What are some benefits of drinking water?  
***Quenches thirst, helps you think clearly, and helps decrease body odor.***
3. Why are pop and sports drinks not usually healthy choices?  
***Pop can give you a burst of energy but will leave you feeling more tired than before. All the sugar in pop and sports drinks is bad for you teeth.***
4. Name a healthy choice of drink if you want something other than water.  
***Fruit juice is a good alternative to pop and water. Make sure the label says 100% juice.***
5. Why is it important to check labels?  
***Labels can fool you. For example, just because something claims to be fruit juice, doesn't mean that it is 100% juice. Always check ingredients.***
6. Why do you need calcium? Give examples of foods that contain calcium.  
***Calcium is needed to strengthen bones until age 21. Milk, cheese, yogurt, ice cream and frozen yogurt are good sources of calcium.***



NAME \_\_\_\_\_

HOUR \_\_\_\_\_

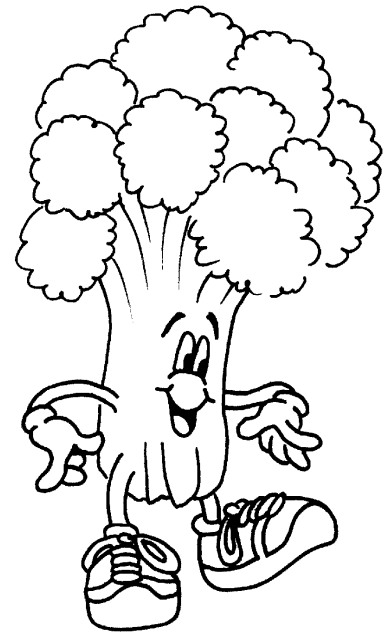
## SNACKING RULES

After looking at the snacking population and reasons why snacking occurs, we can next begin to take a look at the snacks themselves. We all know that snacks sold on supermarket shelves include things like cookies, chips and candy bars. The following lays down a few simple rules everyone should follow for snacking healthfully.

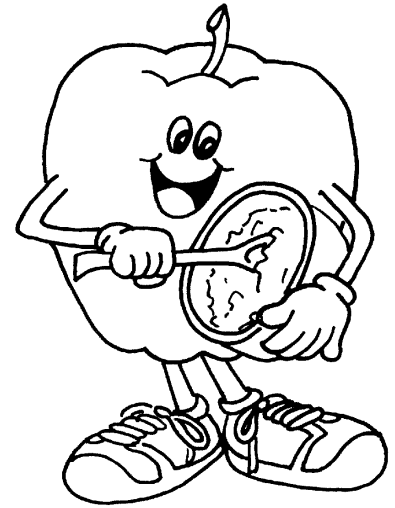
### 8 <sup>\*</sup>SIMPLE <sup>\*</sup>SNACKING RULES:

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1. Choose most of your snacks from the grains, fruits and vegetables groups of MyPyramid.
2. Avoid snacks that are high in fat or sugar.
3. Avoid the 5 C's: Chips, cookies, candy, cupcakes and Coke. All of these foods are considered discretionary calories in MyPyramid. They are high in fat, sugar and calories, and have little nutritional value. Of course, these foods can be eaten sometimes. If you like, choose one of these foods as a snack once per week.
4. Try to eat something different for your snack every day. This is a great way to add variety to your diet. An apple is a great snack, but an apple one day, a peach the next, carrot sticks the next, and some raisins the next is even better. Try new foods too. If you are not sure that you'd like to make a meal out of bulger wheat, have a little as a snack to try it out.



5. Go for snacks with minimal processing. This means fresh fruits and veggies, whole-grain breads and things like milk, nuts or other foods that don't come in a "package." Some highly processed snacks may look healthy (many new low-fat choices are now available) but really are not, they may be filled with sugar and have very little nutritional value. Foods with minimal processing usually have their vitamins, minerals, and fiber intact and don't have a lot of added sugar or sodium.



6. Look for low-fat options. Fruits and vegetables are naturally low in fat, but when choosing snacks such as yogurt, milk or whole wheat crackers, go for the lower fat option.
7. Listen to your body. If you are hungry and need a snack, your body will tell you. Snacking out of boredom, or just because you are at a movie theater can lead to an over consumption of calories and weight gain. If you like to snack at a certain time and anticipate eating a snack because you are going somewhere like the movies, eat a bit less during your meal. This is O.K. as long as the snack you are eating is healthy. Don't skimp on the grilled chicken breast and steamed veggies so you'll be hungry for a box of peanut M&M's later on.
8. Don't snack while watching T.V. Studies have shown that the more hours of television a person watches per week, the more likely that person is to be overweight. First of all, watching T.V. is not a physical activity, this lack of physical activity can lead to weight gain. Secondly, sitting and watching television, and the hundreds of advertisements for fast food, pizza, chips, soda pop and the like can make you reach for a snack when you're not even hungry! Make it a rule to avoid snacking when watching T.V.

**FOLLOWING THESE 8 SIMPLE RULES  
SHOULD HELP YOU START AND KEEP  
SNACKING IN A HEALTHY WAY!**



NAME \_\_\_\_\_

HOUR \_\_\_\_\_

# FOOD LABELS

**DIRECTIONS:** Answer the following questions by reading the nutrition label on the left.

Nutrition Facts	
Serving Size 6 Crackers (28g)	
Servings per Container About 13	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 0.5g	<b>4%</b>
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>7%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 3g	<b>13%</b>
Sugar 0g	
Other Carbohydrate 17g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8% • Phosphorus 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
Dietary Fiber	25g 30g

INGREDIENTS: WHOLE WHEAT, SOYBEAN OIL, SALT, MONOGLYCERIDES

- How large is the *servings size* listed on the label? \_\_\_\_\_  
Do you typically eat a larger serving of crackers? \_\_\_\_\_
- How many *calories* are there in one serving of the crackers? \_\_\_\_\_
- If your "typical" serving is 12 crackers, how many calories are you taking in? \_\_\_\_\_
- Nutrition labels break down food contents as well: *fat, cholesterol, sodium, carbohydrate and protein*. What is the major component of these crackers? \_\_\_\_\_
- Nutrition labels also break down the types of fat and carbohydrates. What type of fat is the majority of fat in these crackers?  
\_\_\_\_\_
- Ingredients* are listed by weight in descending order (the "most" ingredient first). Is there more wheat or soybean oil in this product? \_\_\_\_\_

- Containers list the weight of the product (to help you compare sizes and prices).

**NET WT. 13 OZ. (368g)**

- Packaged meats and dairy products carry sell-by dates to let you (and the store) know that the last date on which the product should be sold. (That date indicates to the consumer how much time the product has at home under the right storage conditions.) i.e. Aug 10
- Bread, cereal, and some other products carry freshness dates to show the last day on which the product will be at peak quality.

BETTER AUG 13 2007  
IF USED NC 008  
BEFORE

# HOW MANY CALORIES\* FROM FAT?

**DIRECTIONS:** Calculate how many grams of fat are in a food item and then what percentage of calories come from fat following the examples.

Example:

<b>LUNCH MEAT</b>	
Nutrition Information Per Portion	
Serving Size.....	1 oz.
Servings Per Container.....	10
Calories.....	90
Fat.....	8g

$$\begin{array}{r}
 8 \text{ g of fat} \\
 \times \quad 9 \\
 \hline
 72 \text{ calories from fat}
 \end{array}$$

Your Label:

Food Item	_____
Nutrition Information Per Portion	
Serving Size	_____
Servings Per Container	_____
Calories	_____
Fat	_____

$$\begin{array}{r}
 \text{_____ g of fat} \\
 \times \quad 9 \\
 \hline
 \text{_____ calories from fat}
 \end{array}$$

# WHAT PERCENT OF CALORIES\* COME FROM FAT?

Example:

<b>LIGHT LUNCH MEAT</b>	
Nutrition Information Per Portion	
Serving Size.....	1 oz.
Servings Per Container.....	10
Calories.....	60
Fat.....	5g

$$\frac{5 \text{ g of fat} \times 9}{60 \text{ cal/serv}} \times 100 = 75\%$$

calories from fat

Your Label:

Food Item	_____
Nutrition Information Per Portion	
Serving Size	_____
Servings Per Container	_____
Calories	_____
Fat	_____

$$\frac{\text{_____ g of fat} \times 9}{\text{_____ cal/serv}} \times 100 = \text{_____}\%$$

calories from fat

# SNACK TRADE - a WINNING IDEA

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**DIRECTIONS:** List three of your favorite snack foods. Read the label to determine the serving size, grams of fat, and calories. Write down your usual serving size and calculate the grams of fat and calories accordingly. For example, if a bag of microwave popcorn has 2-3 servings and you usually eat the entire bag, the calories and fat should be multiplied by 2 or 3.

	Favorite Snack	Your Serving Size	Grams of Fat	Calories
Example:	Cheese Curls	1 oz.	11.0	160
1)				
2)				
3)				

## TRADE FOR a LOWER-FAT SNACK

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Now, choose three lower-fat snacks you could trade for your favorite snacks. Record the serving size, grams of fat and calories. Compare them to your favorite snack above.

	Lower-Fat Snack	Your Serving Size	Grams of Fat	Calories
Example:	Pretzels	1 oz.	1.0	111
1)				
2)				
3)				

Making a snack trade also means lowering fat intake. Talk to a registered dietitian to find out how many calories and grams of fat you need per day.

# SNACKS WITH APPROXIMATELY 100 CALORIES

- |   |   |
|---|---|
| 2 rice or popcorn cakes (70-80)   | 1 whole grapefruit (100)  |
| 2 caramel popcorn cakes (100)   | 2 medium kiwi (90)  |
| 10 mini rice or popcorn cakes (100)   | 1 medium nectarine (90)   |
| 25 (1 ounce) very thin pretzel sticks (110)   | 2 medium or 3 small plums (70)  |
| 2 pretzel rods (70-100)   | 2 medium tangerines (80)  |
| 5 pretzel twists (70-80)  | 2 cups strawberries (100)   |
| 12 Phipps or 8 Rold Gold pretzel chips (90)   | 1/4 cup raisins (115)   |
| 6 small (6" x 1/4") breadsticks (90)  | 1 cup nonfat yogurt, plain or with Nutrasweet (90-110)                  |
| 3 medium (8" x 1/2") breadsticks (100)  | 1/2 cup frozen yogurt (100)   |
| 2 pieces Wasa bread (110)   | 1/2 cup frozen yogurt in plain cone (120)                               |
| 25 oyster crackers (100)  | 1/2 cup ice milk or sherbet (110)                                       |
| 4 Ry Krisp (100)  | 1/2 cup sugar-free pudding made with skim milk (75)                     |
| 8 Saltines (96)   | 4 oz. fat free pudding cup (100)  |
| 5 melba toast (85-90)   | 1 serving sugar-free cocoa (50-60)                                      |
| 10 melba rounds (100)   | 1 cup chocolate skim milk (150)   |
| 30 Snackwell cheese crackers (100)  | 1/2 cup low-fat cottage cheese (90-100)                                 |
| 10 Snackwell wheat crackers (100)   | 1 hard-boiled egg (80)  |
| 2 slices toast with 2 tsp. jam, jelly, honey, or cream cheese (175)                           | 1 oz. string cheese (80)  |
| 2 slices bread with 1 oz. turkey or lean ham and mustard (175)                                | 1 slice cheese pizza - 1/8 of 12" or 4 1/2" wide x 6" long (150)        |
| 1 average bagel with 2 tsp. cream cheese or jam (185)   | 4 oz. shrimp cocktail (115)   |
| 1 English muffin with 2 tsp. jam or cream cheese (175)  | 1 pudding pop (70-100, see label)                                       |
| 4 cups air-popped or microwave lite popcorn (100)   | 1 fruit and juice bar (45-90, see label)                                |
| 3 cups oil-popped popcorn (120)   | 1 fudgesicle (100)  |
| 1 oz. dry cereal (see label for amount) plus 4 oz. skim milk (150)                            | 1 gelatin pop (35)  |
| 1 frozen waffle (85-130, see label) plus 1/4 cup natural applesauce or 1 Tbs. lite syrup (25) | 1 popsicle (70)   |
| 1 slice lite American cheese with 6 saltines (125)  | 6 oz. sugar-free root beer with 1/2 cup ice milk (110)                  |
| 2 cups watermelon (85)  | 5 vanilla wafers (95)   |
| 1 medium banana (100)   | 4 small (1 1/2") ginger snaps (120)                                     |
| 1 medium apple (80)   | 4 graham cracker squares - cinnamon, honey, or chocolate flavored (120) |
| 1 medium pear (85)  | 10 average animal crackers (110)  |
| 2 medium peaches (100)  | 20 small teddy bear shaped graham crackers (110)                        |
| 1/2 small cantaloupe (100)  | 4 regular or 50 mini marshmallows (110)                                 |
| 30 grapes or 1 cup (110)  | 1 oz. licorice i.e. 4 Twizzlers (100)                                   |
| 20 cherries (100)   | 1 oz. or 10 large jelly beans (105)                                     |
| 1 large orange (75)   | 1 oz. hard candies i.e. 4 Jolly Ranchers or 5 butterscotch disks (100)  |
|   | 1 roll lifesavers (90)  |

## FREEbies - the following contain negligible calories (not enough to count)

- dill pickles
- raw vegetables with fat free dressing or salsa
- diet jello
- sugar-free soft drinks - soda pop, koolade, lemonade
- mineral water
- tomato or V-8 juice





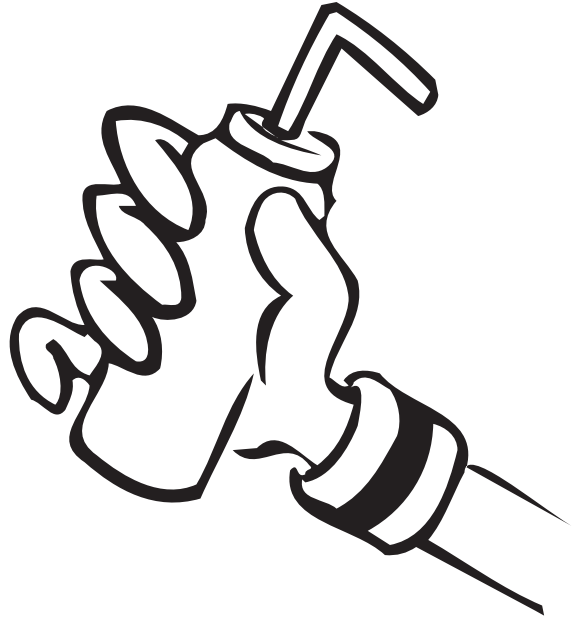


## BEVERAGES

### SPORT DRINKS

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- **Fluid replacement products:**  
designed to first replace fluid losses, and second to provide some readily available carbohydrate for the working muscles.
- **Meal replacement products:**  
milk based products intended to supplement or replace a meal; their composition of nutrients is similar to a lunch with all major nutrients included; often high in protein and fat.
- **Carbohydrate loading beverages:**  
designed to pack a lot of carbohydrate into a liquid product; used by athletes attempting to supersaturate their muscles with carbohydrate prior to a marathon event.



**Note: a number of manufacturers have developed gel based carbohydrate packaged into small foil wrappers. A small pouch can provide 70-120 calories. However, athletes should be reminded to drink 8-16 ounces of water to provide a medium for this carbohydrate to be used rapidly.**

# OTHER STORE SHELF BEVERAGES

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The varieties and types of fruit based beverage products are as varied as the many types of bottled water. The consumer should be aware of what they are purchasing. Any product that is identified on the food label as a fruit or vegetable juice is the natural, undiluted juice extracted from the fresh raw product. Juices can be marketed in their natural strength or as a concentrate. A concentrate is the natural juice which has been reduced in volume by evaporating most of the liquid. Concentrates are sold in liquid and frozen containers. The consumer then reconstitutes the product with water.

Juice drinks, nectars, and ades are diluted with water and have added sugar. They may contain some natural fruit juice or fruit pulp. Some may be completely man-made with no real fruit at all. Even though many have added Vitamin C, these products lack other nutrients that a real juice product can provide.

Consider these definitions of fruit based or fruit named products before making your beverage selection:

- **Juice** - the natural liquid present in fruit or vegetables which is squeezed from the raw fruit (e.g. oranges) or extracted after cooking (e.g. carrots or tomatoes). Sold in natural strength or as a concentrate. Sugar may be added.
- **Blend** - approximately 70% natural juice blended with sugar and water. May have added Vitamin C.
- **Juice Drink** - a blended product containing about 35% natural strength fruit juice, sugar and water, and other flavorings. May have added Vitamin C.
- **Nectar** - a blended product containing 40-50% pureed fruit pulp with sugar and water. May have added Vitamin C.
- **Ade** - a blended product containing about 15% natural strength juice with sugar and water. May have added Vitamin C.
- **Fruit-flavored Drink or Fruit-Flavored Beverage** - a product containing less than 10% natural strength juice.

# CLEAR FACTS ON WATER

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- Next to air, water is the substance most necessary for our survival.
- Many Americans live in a dehydrated state.
- At least 8 glasses of water a day is essential for good health, most people fall short of this amount.
- Any water does a fine job of rehydrating the body after exercise.
- American tap water is the cleanest in the world.
- Bottled water may taste better than tap water, but something important is usually missing. It's an adequate level of fluoride, which is added to public water supplies to help insure strong bones and teeth.
- Young people today have far fewer cavities than their parents and grandparents, thanks in large part to fluoridation of their drinking water.
- Water is the ideal beverage because it is pure and simple:
  - Coffee contains caffeine
  - Fruit juices contain sugar
  - Soda contains sodium
- Your body is 65% water.
- Humans can go without food for two months or more, but without water, we can only survive for a few days.
- Bottled water is the beverage of the 21st century.
- Americans drank nearly 10 gallons of bottled water per person in 1994.
- Most people drink bottled water for two reasons - taste and health.
- There are two reasons people pay extra for bottled water:
  - for what's in it (minerals)
  - or for what's not in it (contaminants)
- As with any food or beverage, the key to getting what you want is to shop carefully and read labels.
- Companies that sell bottled water promote alleged health benefits, but the water is seldom any more pure and can have less needed minerals than tap water.
- Sparkling water has had carbon dioxide added by the manufacturer.
- Spring water comes from an underground source that flows naturally to the surface.
- Well water refers to water from underground aquifers, obtained through an excavated well.

# SMOOTHIES - A Step on the Way to Eating More Fruit

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Fruit smoothies are a delicious way to start on your path to eating more fruit servings per day. This versatile beverage can be custom made for your own taste buds.

## THE BASIC PROPORTIONS THAT WORK WELL ARE:

1/2 to 1 cup liquid (such as milk, fruit juice)

1 cup of fresh or frozen fruit (berries, pineapple, mandarin oranges)

Flavoring (such as vanilla, cinnamon or fruit juice concentrate)

2 to 4 ice cubes

A thickener ( such as 1/2 banana or 1/2 cup yogurt or ice cream)

Combine the liquid, fruit, flavoring and ice in blender container. Process until the ice is crushed and mixture is smooth. Add banana; continue processing until blended.

This is not the only way to make smoothies, though. You might want to have more fruit and less liquid, or all fruit and yogurt, for example. You get to decide! Experiment with flavors you like, and try to get the creamy thickness you like the best.

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## STRAWBERRY BANANA SMOOTHIE

1 cup orange juice

1 cup fresh strawberries, stems removed, or frozen whole strawberries

2 to 3 ice cubes

1 ripe banana

Some other fruits you might like are canned mandarin oranges, canned pineapple chunks or crushed pineapple, or other berries, such as blueberries or raspberries. Liquids might be milk, soy milk, pineapple juice, mixed berry juice, apple juice, lite coconut milk.

For thickening, besides bananas, you might try 1/2 cup silken soft tofu, any of the flavored yogurts, frozen yogurt or low-fat ice cream.