



It's
Your
Health...
Take Charge!

Teens Taking Charge in the Kitchen

Teens in the Kitchen

Table of Contents

Lessons

1. Take Charge of Your Plate
2. Breakfast Brain Food
3. Cut Down on Fat
4. Get Your Whole Grains
5. Veggies
6. Fruits
7. Take Action
8. Dining Out
9. Try New Foods
10. Take A Look at the Label

Down load copies of Take Charge flyers at Take Charge web site

For copies of placemat, cookbook and measuring cup call 803-898-0803



Teens "Take Charge of Your Plate" Test

- 1) It is important to pay attention to which foods I choose to eat because some types of food can help me be healthier than others.

TRUE

FLASE

- 2) How many cups of vegetables does the food guide pyramid suggest a person my age eat each day?

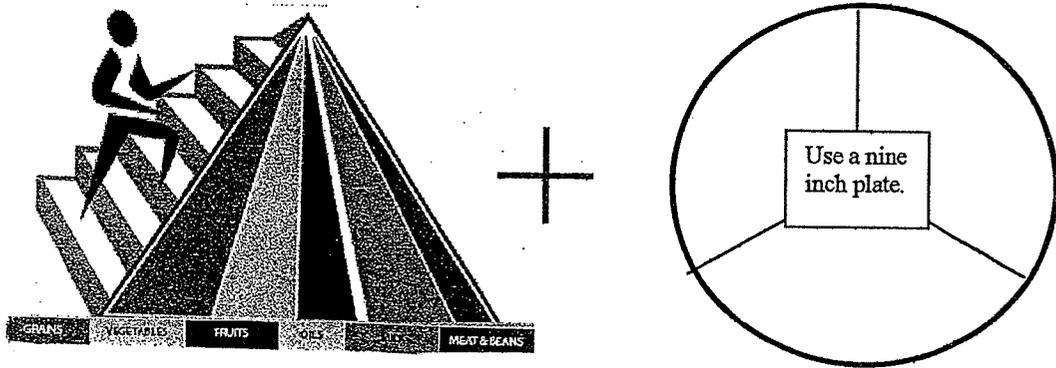
a) 1 b) 2 ½ c) 3 d) Does Not Matter

- 3) How much of your plate should whole grains cover?

a) Does Not Matter b) 1/4 c) 1/3 d) 3/4

Teens - Take Charge of Your Plate! (Nutrition Lesson)

Combine the food pyramid with your plate to eat balanced meals.



- A) Fill at least one third of your plate with fruits and vegetables.
One to two servings of fruits or vegetables each meal will help you eat a total of at least **five** servings through the whole day! That is the goal!
- B) Fill up to one third of your plate with lean protein.
This could be chicken, turkey, fish, milk, beans, eggs, peanut butter, lean beef or pork to name a few. Eat a variety to get different nutrients!
- C) Fill one third of your plate with whole grains.
Try whole wheat bread, brown rice, whole wheat crackers, oatmeal or maybe bran flakes. Try them a few times until you get used to them.

Growing teen bodies have high demands for the many nutrients found in foods to develop good overall health and build strong bones and muscles.

As a growing teen, make a commitment to...

Make smart food choices.

Pay attention to how much food you eat.

Make smart drink choices.

Try new foods!

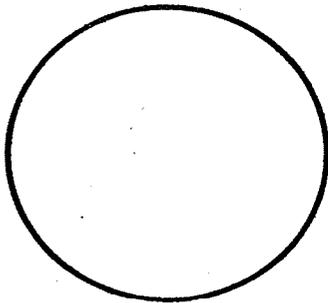
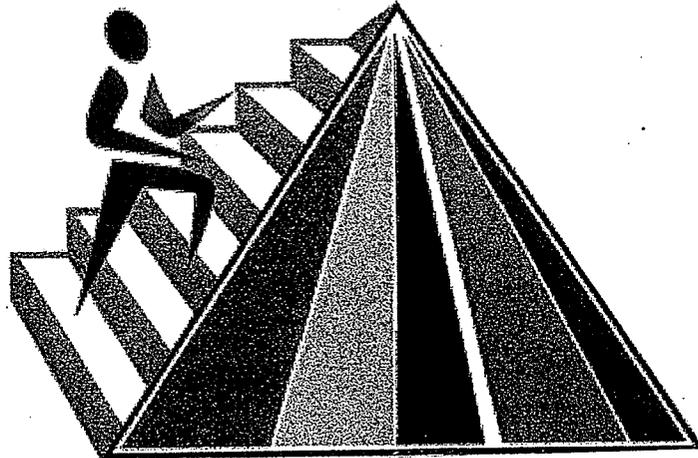


Take Charge of Your Plate!

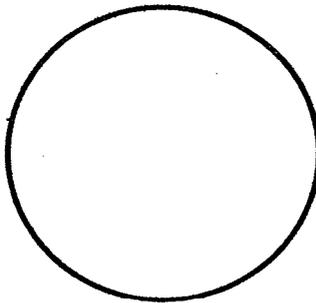


Take Charge of Your Plate!

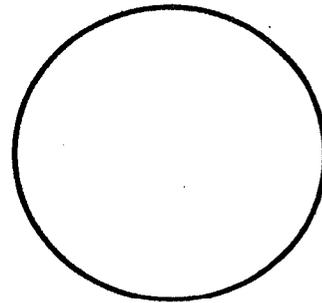
Activity 1: Transfer **ALL** of the foods from the food pyramid onto the plates. Combine foods in healthy ways. Each meal should have some vegetable or fruit, protein, and carbohydrate. (Draw in six or more glasses of water!)



Breakfast Plate

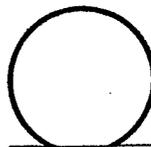


Lunch Plate

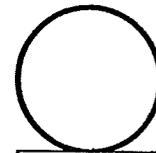


Dinner Plate

Activity 2: Take a blank piece of paper and draw the number of plates YOU use each day. Fill them up with healthy combinations of foods. Include what you drink!



Snack



Snack



Name: _____

MyPyramid Word Search

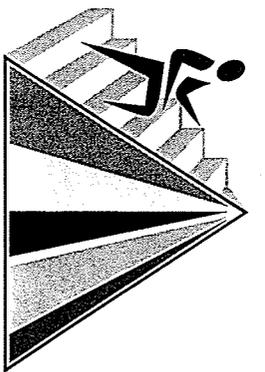
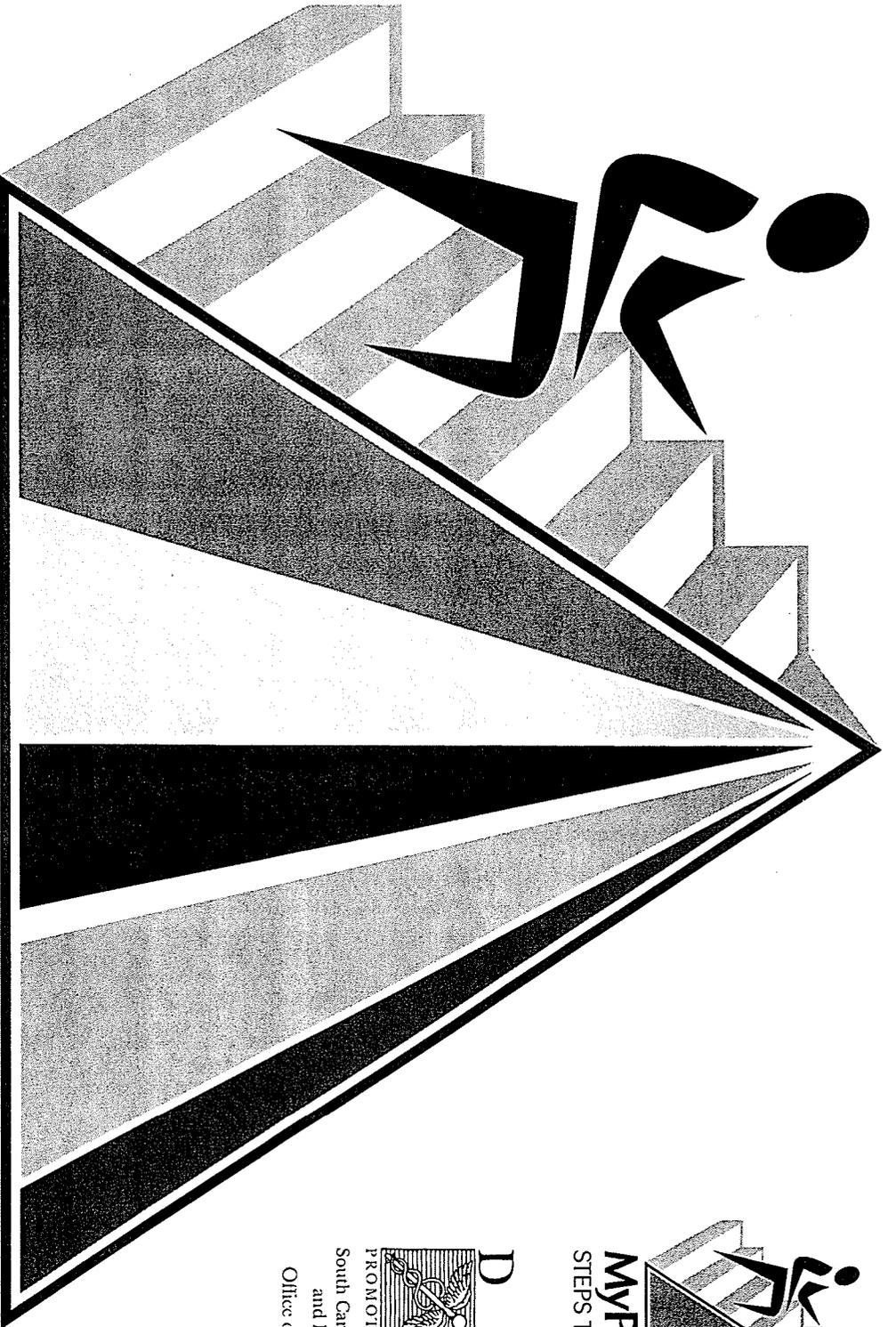
Find the hidden words.

Y J P I O O P X O M U S P C Q Q X U V N E S B K G
 Z R A I M K P K Y G T L L B Z O Q D X C J N E N R
 S V A G J Z Q P Y N F R U I T S F X N M N I A C O
 B E R N I Y Y Y E C F G N D X Z A A V P S A N P C
 X T I B O R F L J I N J O Y K W L B V T B R S Y W
 S B K R A I A Q K F N U U E P A M X F M L G R J B
 V H K M O V T K Q N S R K V B M R T X C L E T M A
 B B I H I L N E X Q K B B K R P T O M K O L R Y A
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 L I I S D U W M M U V X M C O H S V D G Z Z A R U
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 E R P H Y V C Z I Y E V E G E T A B L E S K L I M

ACTIVE
 BALANCE
 BEANS
 CALORIES
 DISCRETIONARY
 EQUIVALENTS
 EXERCISE

FRUITS
 MEAT
 MILK
 MYPYRAMID
 NUTRITION
 NUTS
 OILS

OUNCE
 SEDENTARY
 VARIETY
 VEGETABLES
 WHOLE GRAINS



MyPyramid.gov
STEPS TO A HEALTHIER YOU



PROMOTE PROTECT PROSPER
South Carolina Department of Health
and Environmental Control
Office of Public Health Nutrition

GR-006520 7/05

For a 2000 calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.
Limit extras—solid fats and sugars—to 265 calories a day.

GRAINS	VEGETABLES	FRUITS	OILS	MILK	MEAT & BEANS
About 6 ounces; Make half your grains whole	About 2½ cups every day	About 2 cups every day	6 teaspoons a day	About 3 cups every day; for kids aged 2 to 8, it's 2	About 5½ oz. every day

Check the Nutrition Facts label to keep saturated fats and trans fats low.

Be physically active for at least 30 minutes most days of the week.



MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Food Group	Tip	Goal Based on a 2000 calorie pattern.	List each food choice in its food group*	Estimate Your Total
	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)	_____	_____ ounce equivalents
	Try to have vegetables from several subgroups each day	2 1/2 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____	_____ cups
	Make most choices fruit, not juice	2 cups	_____	_____ cups
	Choose fat-free or low fat most often	3 cups (1 1/2 ounces cheese = 1 cup milk)	_____	_____ cups
	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 1/2 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)	_____	_____ ounce equivalents
	Build more physical activity into your daily routine at home and work.	At least 60 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	_____	_____ minutes

Write in Your Choices for Today

How did you do today? Great

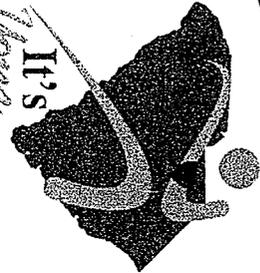
So-So

Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.



**It's your Health...!
Take Charge!**

Choices for Whole Grains:

- Whole grain bread
- Whole grain muffins
- Whole grain bagels
- Whole grain rolls
- 100% bran cereal
- Raisin bran
- Brown rice
- Whole rye crackers
- Whole grain flatbread
- Multigrain crackers
- Popcorn
- Sunflower seeds
- Pumpkin seeds

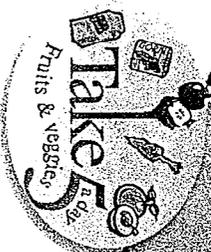
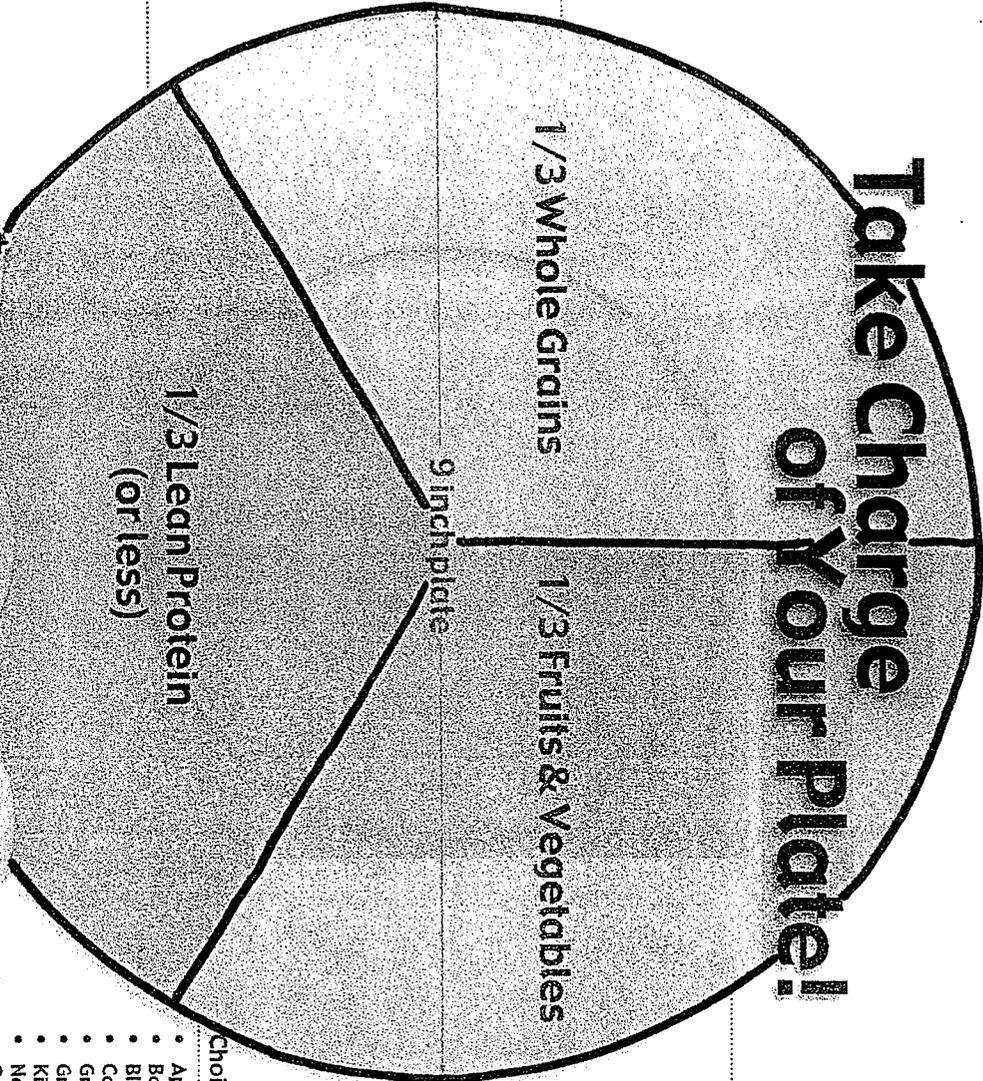
*Serving Size—1/2 cup
or the size of a cupcake*

Choices for Lean Protein:

- Egg whites
- Chicken (no skin)
- Turkey (no skin)
- Sirloin (cut away extra fat)
- Flank steak
- Pork loin
- Fish (2 times a week)
- Salmon
- Tuna
- Flounder
- Catfish
- 90% Lean Ground Beef

*Serving Size—3 oz.
or the size of a deck of cards*

Take Charge of Your Plate!



Choices for Vegetables:

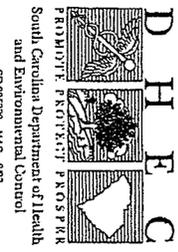
- Asparagus
- Baked beans
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Green beans
- Kale
- Leafy greens
- Lima beans
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Potatoes
- Rutabagas
- Squash
- Sweet potatoes
- Turnip greens
- Zucchini

*Serving Size—1/2 cup
or the size of 1/2 a baseball*

For more information:
Toll Free

1-866-369-9333

Office of Public Health Nutrition
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USDA's Food Stamp Program.
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OVEN FRIED CHICKEN

3 cups butter type crackers, finely crumbled
½-¾ teaspoons dried basil
⅛ teaspoon black pepper
2 tablespoons skim milk
1 lb. boneless, skinless chicken breast or turkey breast
tenderloins
non-stick vegetable spray

COOKING INSTRUCTIONS:

- Preheat oven to 400° F.
- Spray a shallow baking pan with vegetable oil.
- Place crackers, basil and pepper in a large plastic bag with a tight-fitting seal (leave end open so air can escape). Set aside.
- Remove all visible fat from chicken. Rinse chicken and pat dry.
- Cut into 16 strips, about 1 x 3 inches each.
- Dip chicken in milk. Add chicken strips, a few pieces at a time, to bag with cracker mixture. Seal bag and shake until chicken is completely coated.
- Place coated chicken in a single layer on prepared baking pan.
- Bake, uncovered, 5 to 7 minutes, or until chicken is tender and no longer pink.

THIS TRADITIONAL FAVORITE IS MADE HEALTHY BY
COOKING IT IN THE OVEN.

SERVES 8

NUTRITIONAL ANALYSIS—2 STRIPS

224 CALORIES • 18g CARBOHYDRATE
20g PROTEIN • 8g FAT • 321 mg SODIUM

LOW COUNTRY OKRA

1 tablespoon sugar substitute
1 teaspoon all-purpose flour
½ teaspoon salt
½ teaspoon pepper
2 cups sliced fresh okra
boiling water
2 tablespoons vegetable oil
1 medium onion, chopped
1 medium green pepper, chopped
3 medium tomatoes, peeled and chopped
hot cooked rice (optional)

COOKING INSTRUCTIONS:

- Combine the first four ingredients; set aside.
- In a covered saucepan, cook okra in boiling water for 10 minutes or until tender. Drain and set aside.
- In a skillet, heat oil over medium heat.
- Sauté onion and green pepper until tender.
- Stir in sugar mixture and tomatoes; cook for 5 minutes.
- Add okra and simmer until heated through, stirring very little.
- Serve with rice if desired.

SERVES 6

NUTRITIONAL ANALYSIS—½ CUP
81 CALORIES • 10g CARBOHYDRATE
2g PROTEIN • 5g FAT • 333mg SODIUM



Teens "Take Charge of Your Plate" Test

- 1) It is important to pay attention to which foods I choose to eat because some types of food can help me be healthier than others.

TRUE

FLASE

- 2) How many cups of vegetables does the food guide pyramid suggest a person my age eat each day?

a) 1 b) 2 ½ c) 3 d) Does Not Matter

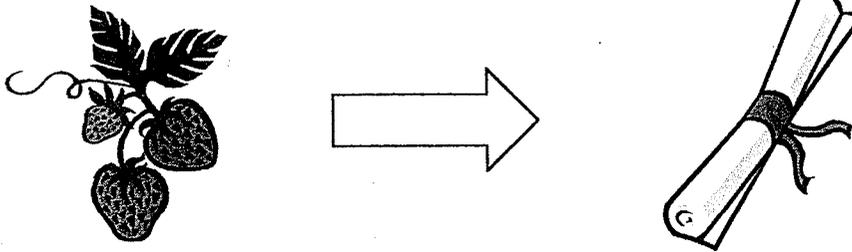
- 3) How much of your plate should whole grains cover?

a) Does Not Matter b) 1/4 c) 1/3 d) 3/4

Breakfast Brain Boost (Nutrition Lesson)

Students increase their standardized test scores when they eat breakfast. (Maryland State Department of Education)

** Breakfast boosts your brain power. It is necessary fuel.*



Students who eat breakfast have improved good behavior and attitude. (Maryland State Department of Education)

** Breakfast boosts your mood!*

More than 50 percent of children report that they skip breakfast at some time during the week. (American Dietetic Association)

** Make time for your breakfast!*

Only 45 percent of students eat a breakfast that includes food from at least two of the five food groups. (U.S. Department of Agriculture)

** Eat a variety of foods!*

Childhood obesity has reached an all-time high. Studies in adults show that skipping breakfast can lead to being overweight. (American Dietetic Association)

** Breakfast keeps your metabolism working!*

Children who skip breakfast not only take in fewer vitamins and minerals than children who eat breakfast, but they also do not make them up at other meals. (Journal of the American College of Nutrition)

** Examples – have orange juice for Vitamin C and milk for calcium!*



Eat A Balanced Breakfast Every Day!



Teen Breakfast Test

1) I should eat breakfast every day.

YES NO

2) Eating breakfast helps a person:

- a) Think better.
- b) Improve their mood.
- c) Keep their metabolism working properly.
- d) Answers a and b.
- e) Answers a, b, and c.

3) Skipping breakfast is a good way to lose weight?

TRUE FALSE





Don't Skip Breakfast

Boost your brain power, feel better, and jump start your metabolism with a breakfast!

● Activity 1

List your two favorite breakfasts.

Decide if the breakfasts on your list are healthy.

Example: Donuts are not healthy!

● Activity 2

Read the breakfast ideas below and circle two to try this week.

Invent and write down your own new healthy breakfast idea.

Banana Dogs. Spread peanut butter on a whole grain hot dog bun; plop in a banana, and sprinkle with raisins.

Cheese Grits.

Dry cereal with milk or soymilk. Read the cereal label and choose cereal that has fiber.

Fresh, frozen, or canned fruit. Remember to eat different colored fruits regularly.

Fruit and Nut Oatmeal. Add dried cranberries and almonds to instant oatmeal – microwave.

Leftovers! Boost your brain power for school with pizza, potatoes, beans or soup...

Low Fat chocolate milk.

Peanut Butter. Put some on toast, on an apple or in oatmeal!

Raisins. Try adding them to cereal or eating them with a slice of peanut butter toast.

Yogurt. Add fruit, dry cereal or granola.

My Invented Breakfast: _____

Breakfast Recipes

Orange Muffins (Preheat oven to 350 degrees)

Mix in a bowl: 1 egg
 ¾ cup orange juice
 ¼ cup canola oil

Mix in another bowl: 1 cup white flour
 1 cup whole wheat flour
 1 cup sugar or ½ cup honey
 1½ tsp baking powder
 ½ tsp baking soda
 1 tsp salt

Add orange juice mixture to dry mixture and gently stir together until moist.

Bake at 350 degrees for 20 to 30 minutes, or until done.

*Optional: Add two cups whole, washed cranberries to make Cranberry Orange Muffins

Whole Wheat Pancakes (Preheat frying pan)

Mix in a bowl: 1 egg
 2 cups skim milk
 2 Tbls canola oil
 2 Tbls honey, molasses, or sugar

Mix in another bowl: 1 cup white flour
 1 cup whole wheat flour
 ½ tsp salt
 ½ tsp baking powder
 ¾ tsp baking soda

Add milk mixture to the dry mixture and gently stir together until moist.
Drop spoonfuls of batter on a preheated frying pan. Fry until small bubbles appear.
Flip pancake with a spatula. Fry other side until done.

*Note: Leftover batter can be stored in the refrigerator for two days.

*Optional: After dropping batter onto frying pan, add fruit (examples-chopped apples, blueberries, sliced bananas, chopped strawberries)



Teen Breakfast Test

1) I should eat breakfast every day.

YES NO

2) Eating breakfast helps a person:

- a) Think better.
- b) Improve their mood.
- c) Keep their metabolism working properly.
- d) Answers a and b.
- e) Answers a, b, and c.

3) Skipping breakfast is a good way to lose weight?

TRUE FALSE





CUT DOWN ON FAT (lesson)

Fat Facts:

- Your body needs fat to work properly, but there are some fats that are better choices.
- Each gram of fat provides 9 calories, compared to each gram of carbohydrate or protein which provides 4 calories. So you get twice as many calories from 1 gram of fat as you would from 1 gram of carbohydrate or protein.
- Each day 60% of Americans eat a meal away from home. Most meals away from home are higher in fat, saturated fat, and cholesterol than meals made at home.

Why Eat Less Fat?

- People who have diets high in fat are more likely to be overweight.
- A low fat diet can reduce the risk of overweight, heart disease, diabetes and some cancers.

Tips to Cut Down Fat:

- Cut extra fat (the white part) from meat and throw it away.
- Eat less fried foods
- Eat fewer desserts, cakes, cookies, doughnuts.
- Pick low fat versions of favorite foods like milk, yogurt, sour cream, salad dressings, ice cream etc. Make sure you don't increase portion sizes. Just because an item is low in fat does not mean you can eat as much of it as you want.
- Use the "5-20" rule: Check labels to find foods with less fat, saturated fat and cholesterol Try to pick foods with a lower % DV.
 - 20% DV or more is a lot-try to pick these foods less often
 - 5% DV or less is a little-try to pick these foods more often

Fat Label Lingo:

- Total Fat: All the fat including saturated fat in a food
- Saturated Fat: fat that is solid (not oil) at room temperature, mostly comes from animal products.
- Cholesterol: a fat like substance, but is not a fat itself. Only comes from animal products.



Teens Cut Down on Fat Pre/Post Test

- 1.) **TRUE or FALSE** Your body can work without any fat from the diet.
- 2.) **TRUE or FALSE** A low fat diet can decrease chances of heart disease.
- 3.) **TRUE or FALSE** Meals eaten away from home are usually higher in fat than meals eaten at home.
- 4.) **TRUE or FALSE** Fried foods have less fat than baked or grilled foods.
- 5.) **TRUE or FALSE** A good rule to follow when picking foods is the "5-20" rule.

Take Down Fat Activities Teens

Activity 1

Have teens bring in Nutrition Facts labels from their favorite foods.

You will also need a box or two of paper clips. Each paper clip weighs 1 gram.

Pick the food with the highest fat content. Count out that many paper clips (if 60 grams fat then count out 60 paper clips)

Discuss if this is a lot (imagine that those paper clips are in your body each time you eat that item). Does it seem like a lot, does it seem worth it for that food?

Discuss how food items high in fat can provide a lot of calories that your body may not need. Point out that occasionally these items are okay, but daily you need to pick lower fat options.

Activity 2

Remember: we want to eat less saturated fat and cholesterol. Saturated fat and cholesterol are mainly found in animal products. It is better to pick foods that are from plant sources.

Call out the following items and have teens identify if it is from a plant or animal source.

Butter	Cream	Eggs
Margarine	Peanut Butter	Cheese
Milk	Olives	Bacon
Avocado	Fat Back	Peanut Oil
Olive Oil	Almonds	Steak

From each of the following pairs of items, pick which is lower in fat.

- Ice cream or yogurt
- Cheeseburger or grilled chicken sandwich
- Whole milk or 1% milk
- Candy bar or fruit salad
- Fried okra or steamed veggies



Eat Less Fat

Lowering fat may lower your chances of getting some kinds of cancer. Here's how to do it.

- 1. Cut extra fat from your meat and throw the fat away.**
- 2. Before you eat chicken, take off the skin and throw it away.**
- 3. Use less fat to cook vegetables.**
 - Cut a piece of fat meat the size you normally use when you cook vegetables.
 - Then cut this piece in half.
 - Now cut it in half again.
 - Use only one piece of this fat meat to cook your vegetables. You will then be using one quarter of the fat you usually use.
- 4. Cook vegetables with fresh turkey parts without skin; fresh garlic, onions, celery, and bell peppers; or lemon juice.**
- 5. Pour the fat from the frying pan before you make gravy. Throw the fat away.**
- 6. Broil, boil, bake, or pan broil your meat instead of frying it. This is how to pan broil meat:**
 - Spray nonstick spray in the bottom of a frying pan. Let it get medium hot.
 - Put the meat in the pan. Do not add any more nonstick spray.
 - Turn the meat often.
 - Pour the fat from the pan as the meat cooks. Throw the fat away.

To keep from eating too much fat:

- Try not to fry foods.
- When fat cooks out of meat, pour the fat off and throw it away.
- Eat bread with little butter or margarine.
- Use less fat meat.
- Eat fewer of these foods: fatty meats, salad dressing, regular cream, mayonnaise, sauces, butter or margarine, ice cream, potato chips, donuts, pies, cakes and snack cakes.

CLASSIC MACARONI AND CHEESE

2 cups macaroni uncooked
½ cup chopped onions
½ cup evaporated skim milk
1 medium egg, beaten
¼ tsp black pepper
1¼ cups sharp cheddar cheese (4 oz), finely shredded, low fat
nonstick cooking oil spray

COOKING INSTRUCTIONS:

- Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
- Spray a casserole dish with nonstick cooking oil spray.
- Preheat oven to 350° F.
- Lightly spray saucepan with nonstick cooking oil spray.
- Add onions to saucepan and sauté for about 3 minutes.
- In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly.
- Let stand for 10 minutes before serving.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP
200 CALORIES • 30 gm CARBOHYDRATE
4 gm of FAT • 8 gm of PROTEIN • 120 mg SODIUM

BAKED "FRIED" CHICKEN

1/3 cup low fat buttermilk (1% milk fat)
1 pound chicken parts, skinned
2 ounces cornflake crumbs
2 teaspoons sesame seed

COOKING INSTRUCTIONS:

- Preheat oven to 350° F.
- Pour buttermilk into shallow bowl; add chicken and turn to coat.
- On paper plate combine cornflake crumbs and sesame seed; dredge chicken in crumb-seed mixture.
- Arrange chicken on nonstick baking sheet and bake until chicken is browned and crispy, about 40 minutes.

THIS FIGURE DOES NOT INCLUDE SESAME SEED;
NUTRITIONAL ANALYSIS UNAVAILABLE

SERVES 2

NUTRITIONAL ANALYSIS—4 OUNCES

280 CALORIES • 21g CARBOHYDRATE
28g PROTEIN • 8g FAT • 385mg SODIUM



Teens Cut Down on Fat Pre/Post Test

- 1.) **TRUE** or **FALSE** Your body can work without any fat from the diet.

- 2.) **TRUE** or **FALSE** A low fat diet can decrease chances of heart disease.

- 3.) **TRUE** or **FALSE** Meals eaten away from home are usually higher in fat than meals eaten at home.

- 4.) **TRUE** or **FALSE** Fried foods have less fat than baked or grilled foods.

- 5.) **TRUE** or **FALSE** A good rule to follow when picking foods is the "5-20" rule.



Get Your Whole Grains-Teens

Whole Grain Facts

- On average, Americans consume only 1 serving of whole grains each day.
- It is recommended that you get closer to 6 servings of whole grains each day.
- Whole grains give more nutrition because they use the entire grain.
- Diets rich in whole grains may reduce the risk of being overweight, developing diabetes, developing heart disease, and certain cancers.

What's a Whole Grain

- The wheat plant is composed of 4 major parts:
 - The protective coating of **bran** is around the kernel and is rich in nutrients and fiber.
 - The **endosperm** contains starch and proteins.
 - The **germ** is the seed that grows into a wheat plant.
 - The outer **husk** is not edible.
- Whole-grain products have much of the germ and bran as well as the endosperm; that is why they are so nutritious.
- Refined white grain products have only the endosperm, which is why they are not as nutritious.

Grain Terminology

- Refined foods may have lost nutrients during processing.
- Enriched products may have had some nutrients added back after processing.
- Whole-grain products may be rich in all nutrients found in the original grain.

How Can You Increase Whole Grains in Your Diet

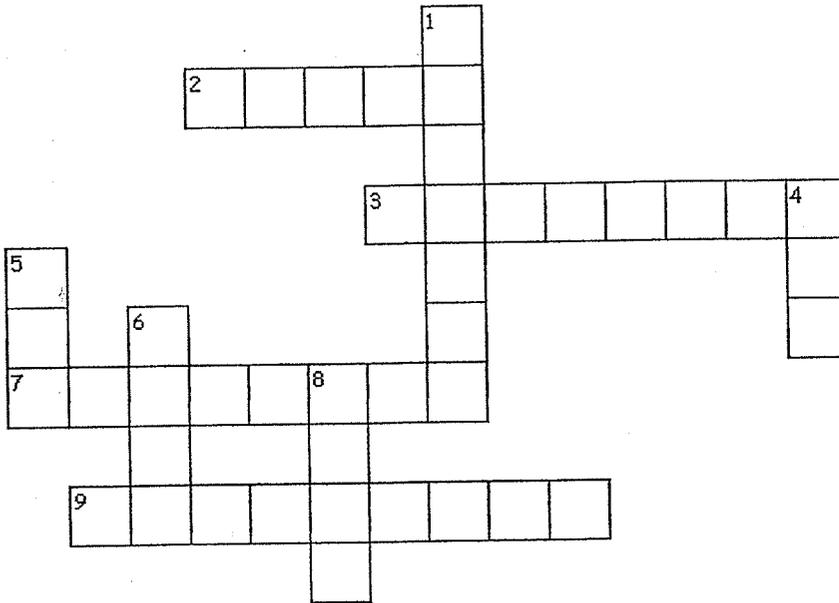
- Look at the labels of the foods you eat. Pick products that have the following terms as the first ingredient listed:
 - Whole wheat, whole oats, whole barley, cracked wheat, whole cornmeal, graham flour.
- Start your day with a whole grain breakfast cereal such as All-Bran or Shredded Wheat. Top your cereal with some fresh berries and milk or experiment by adding the cereal to low fat yogurt.
- Pick whole wheat pasta and rice instead of white pasta and rice. Choose bran muffins and switch to whole grain bread instead of white bread.



Whole Grain Pre/ Post Test-Teens

- 1.) **TRUE or FALSE** Americans consume more whole grains than they need.
- 2.) **TRUE or FALSE** White bread is more nutritious than whole grain bread.
- 3.) **TRUE or FALSE** Refined products have lost some nutrients during processing.
- 4.) **TRUE or FALSE** You should pick products that list whole-wheat as the first ingredient because they are healthier for you.
- 5.) **TRUE or FALSE** Diets high in whole grains can increase your risk of heart disease and cancers.

WHOLE GRAIN CROSSWORD PUZZLE



Across

2. Wheat should be first ingredient listed
3. Eating whole grains reduces your risk
7. has nutrients added after processing
9. Part of plant that contain proteins

Down

1. Foods lost nutrients in processing
4. Recommended servings of whole grains daily
5. Servings of grains Americans consume
6. Part of the plant rich in fiber
8. Part of plant that is not edible

Find These Whole Grain Words And Discover The Hidden Message

K R T A K E S S I O X W H O W
S E L E G R A H I V S N S Z H
I F A R V J T R D E E O Q T O
R I L B R A N E C R T H W P L
E N L R J I H D Q W E I H K E
C E B Y W C Q D W E B U O M G
U D R Z I R T E I I A Z L R R
D W A R Z Q X D M G I S E E A
E S N L H H H W B H D U W P I
R E Y Z H L G H C T K K H S N
F S G N I V R E S X I S E O S
L W U A W H E A T B R E A D G
E S A E S I D T R A E H T N C
B R O W N R I C E C A N C E R
H B M G W H E A T P A S T A J

Words to Find

ALL BRAN
BRAN
BROWN RICE
CANCER
DIABETES
ENDOSPERM
ENRICHED
HEART DISEASE
OVERWEIGHT
REDUCE RISK
REFINED
SHREDDED WHEAT
SIX SERVINGS
WHEAT BREAD
WHEAT PASTA
WHOLE GRAINS
WHOLE WHEAT

RICE CASSEROLE

¼ cup margarine
8 ounces uncooked brown rice
1 8 ounces can mushroom pieces, drained
2 packets instant beef flavored broth mix
2 tablespoons minced onion flakes
2 cups water

COOKING INSTRUCTIONS:

- Preheat oven to 350° F.
- Melt margarine in a 1½ quart ovenproof saucepan or casserole over medium heat. Stir in rice.
- Cook, stirring, until rice is lightly browned. Remove from heat. Add remaining ingredients. Cover and bake for 1 hour, stirring once after 45 minutes of cooking.

SERVES 8

NUTRITIONAL ANALYSIS—½ CUP

163 CALORIES • 22g CARBOHYDRATE
5g PROTEIN • 6g FAT • 368mg SODIUM,

OLD-FASHION BREAD PUDDING

10 slices whole-wheat bread
1 egg
3 egg whites
1 ½ cups of skim milk
¼ cup of sugar
¼ cup of brown sugar
3 teaspoon of vanilla extract
½ teaspoon of cinnamon
¼ teaspoon of nutmeg
¼ teaspoon of cloves
4 teaspoons of sugar

COOKING INSTRUCTIONS:

- Preheat oven to 350° F.
- Spray an 8 x 8-inch baking dish with vegetable oil spray.
- Lay the slices of bread in the baking dish in two rows, overlapping them like shingles.
- In a medium bowl, beat together the egg, egg whites, milk, ¼ cup of sugar, brown sugar, and vanilla extract.
- Pour the egg mixture over the bread.
- In a small bowl stir together the cinnamon, nutmeg, cloves and 2 teaspoons of sugar. Sprinkle the spiced sugar over the bread pudding.
- Bake the pudding for 30-35 minutes, until it has browned on top and is firm to the touch.
- Serve warm or at room temperature.

THIS BREAD PUDDING WAS ALREADY LOW IN FAT, SO NO CHANGES WERE NEEDED.

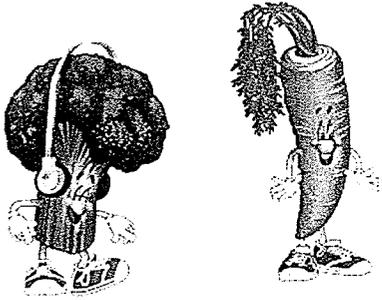
SERVES 9

NUTRITIONAL ANALYSIS—½ CUP
166 CALORIES • 32g CARBOHYDRATE
6g PROTEIN • 2g FAT • 221mg SODIUM



Whole Grain Pre/ Post Test-Teens

- 1.) **TRUE** or **FALSE** Americans consume more whole grains than they need.
- 2.) **TRUE** or **FALSE** White bread is more nutritious than whole grain bread.
- 3.) **TRUE** or **FALSE** Refined products have lost some nutrients during processing.
- 4.) **TRUE** or **FALSE** You should pick products that list whole-wheat as the first ingredient because they are healthier for you.
- 5.) **TRUE** or **FALSE** Diets high in whole grains can increase your risk of heart disease and cancers.



Veggies! (Teen Lesson)

How Do I Eat More Veggies?

We know veggies are good for us, but how does a regular person really eat more? Try eating a **NEW** vegetable every week. Follow the list below of ten ways to eat your veggies! Veggies are an easy way to make meals more interesting. A serving of a veggie is usually about half a cup, or half the size of a baseball.

Why should I?

Eating vegetables can protect us from cancer, heart disease and strokes. Vegetables are often high in *both* vitamins and minerals, such as vitamins A, B and C, iron and calcium. The different colors veggies come in – red, orange, yellow, green, and more - provide different health benefits. Eat a variety of colors!

Safety First!

Before eating or cooking any raw vegetables, you must wash them thoroughly. Be safe in all manners of food preparation, using caution around grills, hot oil, steam, boiling liquids, and knives to prevent burns and cuts.

TEN ways to have your veggies

- 1) **BAKE** – See attached recipe *Herbed Vegetable Bake*
Cooking in dry heat in an enclosed oven.
- 2) **BOIL** – Cabbage, Corn, Potatoes, Beets, Pumpkin...
Cooking in very hot and bubbling liquid.
- 3) **FRY** – Okra, Potatoes, Jalapenos...
Cooking in hot oil using moderate to high heat.

Healthy tips: Use canola or olive oil. Do not submerge the vegetable in oil, but just cover the bottom of the pan with oil.

4) **GRILL** – Peppers, Onions, Mushrooms, Potatoes, Corn, Garlic...
Cooking over hot coals or other intense heat source, creating a crust on the surface of the food and sealing juices inside.

5) **MICROWAVE** – Frozen, canned, or fresh vegetables.
Cooking food quickly with high-frequency waves.

Healthy tip: Short cooking time helps retain vitamins/minerals.

6) **RAW** – Lettuce, celery, tomato, cucumber, sprouts, carrots, peppers...
Uncooked food that is ready to eat.

Healthy tip: Raw veggies have more vitamins, minerals and fiber than cooked veggies.

7) **SAUTE** – Almost any fresh or frozen veggie!
Cooking quickly in a small amount of oil in a pan over direct heat.

8) **SIMMER** – Carrots, Beets, Beans, Peas, Onions, Sweet potatoes...
Cooking food in liquid over gentle heat.

9) **STEAM** – Broccoli, String beans, Cauliflower, Asparagus...
Cooking food on a rack over boiling liquid in a covered pan.

Healthy tip: Steaming often provides more flavor, texture and nutrients than boiling or frying.

10) **STEW** – Tomatoes
Cooking food in liquid in a covered pan.

What Else?

Add veggies to soups, casseroles, salads, omelets and pizza! You also can mash, stir-fry, or cream your veggies too!

People who *do* eat five or more servings of fruits and vegetables per day mostly do so by eating larger portions at a time. It is easier to add an extra scoop of veggies at lunch or dinner than it is to make sure and pack them for a snack. Eat two half-cup servings of cooked vegetables at lunch and two half-cup servings at dinner. You'll be glad you did!



HERBED VEGETABLE BAKE

3 cups broccoli florets
2 cups cauliflower
2 medium carrots, thinly sliced
1 medium red onion, thinly sliced
1 celery rib, thinly sliced
½ teaspoon Italian seasoning
½ teaspoon dried basil
½ garlic salt
2 tablespoons water
2 tablespoons reduced fat stick margarine

COOKING INSTRUCTIONS:

- Place vegetables in a 9 inch square baking dish coated with nonstick cooking spray.
- Sprinkle with Italian seasoning, basil, garlic salt and water. Dot with margarine.
- Cover and bake at 450° F for 20 to 25 minutes or until vegetables are tender.

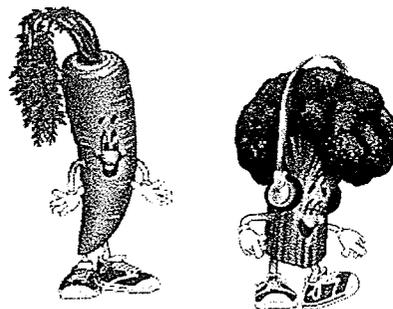
SERVES 6

NUTRITIONAL ANALYSIS—¾ CUP
55 CALORIES • 8g CARBOHYDRATE
2g PROTEIN • 2g FAT • 139mg SODIUM



Veggie Pre/Post Test

- TRUE** **FALSE** Vegetables should be washed before cooking.
- TRUE** **FALSE** A serving of a veggie is usually about half a cup, or half the size of a baseball.
- TRUE** **FALSE** Eating vegetables can protect us from cancer, heart disease and strokes.
- TRUE** **FALSE** It is okay to microwave veggies. In fact, the short cooking time helps retain vitamins and minerals.
- TRUE** **FALSE** There are different types of lettuce and some types are healthier for you than others.
- TRUE** **FALSE** Vegetables can be baked.



Teen Veggie Activity

Have a volunteer read the clues about a veggie slowly to the rest of the class. The first person to guess which vegetable the clues are referring to gets to read next one. Continue.

<ul style="list-style-type: none"> - This veggie contains more Vitamin A than any other veggie. - It is orange in color. - It grows like a potato does. - It is sometimes confused with yams (which do not have any vitamin A) <p>Answer: Sweet Potato</p>	<ul style="list-style-type: none"> - As this veggie grows, it changes from a green color to yellow and then to red. After that it turns purple and finally brown. - Five strips of this veggie provide all the Vitamin C you need for a day. - It is named after its shape. <p>Answer: Bell Peppers</p>
<ul style="list-style-type: none"> - This veggie can grow several inches in one day (on a warm spring day). - This veggie is high in Vitamin C. - A serving of this veggie is five spears. - This veggie is green. - It is often served with hollandaise sauce. <p>Answer: Asparagus</p>	<ul style="list-style-type: none"> - Many people eat the “baby” version. - This veggie is good for the eyes and skin. - It contains Vitamin A. - This veggie grows underground. - It can be cooked many ways. - It is orange. <p>Answer: Carrots</p>
<ul style="list-style-type: none"> - Egyptians used to worship this veggie. - This veggie contains chemicals that help cancer fighting enzymes. - It is bought and sold as “heads”. - It is used to make cole slaw. - When cooking, it has a strong smell. <p>Answer: Green Cabbage</p>	<ul style="list-style-type: none"> - The name of this veggie comes from the Latin word meaning “branch” or “arm”. - It is a great source of Vitamin C. - It has a strong taste and takes some people time to get used to it. - Some top this veggie with melted cheese. <p>Answer: Broccoli</p>
<ul style="list-style-type: none"> - In ancient Greece, the winner of an athletic event was given a bunch of this veggie instead of a bunch of flowers. - It is high in potassium and fiber. - Tastes great with peanut butter. - One serving is two stalks of this veggie. <p>Answer: Celery</p>	<ul style="list-style-type: none"> - This is the healthiest type of <u>lettuce</u>. - It is darker green than most types. - Though similar in health, it is not spinach or collards because those are <u>not lettuce</u>. - Its name has seven letters. - It begins with the letter “R”. <p>Answer: Romaine Lettuce</p>
<ul style="list-style-type: none"> - This is a member of the grass family. It is a grain. People eat it like a veggie. - It grows in ears. - One ear has 16 rows and about 800 kernels. - It is sometimes called “sweet”. <p>Answer: Corn</p>	<ul style="list-style-type: none"> - Sometimes called “baby cabbages”. - It is from the country Belgium and was named after one of its <u>cities</u>. - It grows slowly (takes 4 months from the seed to <u>sprout</u>) - One serving is about 4 sprouts. <p>Answer: Brussels Sprouts</p>

CRISPY BAKED VEGETABLES

- 1 cup of seasoned breadcrumbs
- 1 cup of cornmeal
- 1 tablespoons of grated parmesan
- 8 cloves of garlic, peeled and minced
- 2 cups plain non-fat yogurt
- ¼ cup sliced zucchini
- ¼ cup sliced okra
- ¼ cup sliced eggplant
- ¼ cup sliced, peeled potatoes
- ¼ sliced, peeled sweet potatoes
- ¼ cup quartered mushrooms
- ¼ cup sliced peeled parsnips
- 1 small onion, peeled and sliced

COOKING INSTRUCTIONS:

- Preheat oven to 425° F.
- Line a baking sheet with parchment paper; set aside.
- Mix the breadcrumbs, cornmeal and Parmesan cheese together; set aside.
- Over very low heat, slowly sauté garlic in a nonstick pan sprayed with vegetable cooking spray, until garlic begins to brown. Let cool and mix into crumb mixture.
- Dip vegetables into yogurt and then into crumb mixture.
- Lay vegetables on baking sheet and bake until browned and crispy, about 10 to 15 minutes.
- Serve hot.

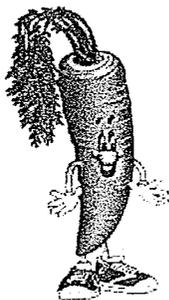
SERVES 8

NUTRITIONAL ANALYSIS—1 CUP
219 CALORIES • 41g CARBOHYDRATE
8g PROTEIN • 3g FAT • 490mg SODIUM



Veggie Pre/Post Test

- TRUE** **FALSE** Vegetables should be washed before cooking.
- TRUE** **FALSE** A serving of a veggie is usually about half a cup, or half the size of a baseball.
- TRUE** **FALSE** Eating vegetables can protect us from cancer, heart disease and strokes.
- TRUE** **FALSE** It is okay to microwave veggies. In fact, the short cooking time helps retain vitamins and minerals.
- TRUE** **FALSE** There are different types of lettuce and some types are healthier for you than others.
- TRUE** **FALSE** Vegetables can be baked.





Teens Fruit Lesson

Did you ever wonder why so many fruits (and vegetables) are different colors? Think about it now. What do you think it means?

Different colors often represent different combinations of flavors, vitamins and minerals. Different fruits (or vegetables) offer different health benefits, so eat a variety to help yourself have good overall health.

It's Your Health, Take Charge!

Red fruits – help you have a healthy heart, help your memory and help lower the risk of some cancers

Orange/Yellow fruits – help you have a healthy heart, help you have good vision, help keep you from getting sick and lower the risk of some cancers

White fruits – help you have a healthy heart and help lower the risk of some cancers

Green fruits – help you have strong teeth and bones, help you have good vision and help lower the risk of some cancers

Blue/Purple fruits – help your memory, help you with healthy aging and help lower the risk of some cancers

(The health benefits above also apply to different color vegetables.)

Set a goal to **eat 2-3 servings** of fruit every single day.

Know a **serving of fruit is usually about half a cup** or half the size of a baseball. A large piece of fruit, such as a large banana, should count as **two** servings of fruit. A small piece of fruit or 15 grapes is **one** serving.

Eat fruit instead of drinking fruit juice whenever possible! A serving of juice is usually only $\frac{1}{2}$ of a cup because it is so concentrated! Most people easily overdose servings of juice and this adds too many calories and too much sugar too quickly. Even the juice with no sugar added is high in sugar from the fruits' natural juices.



Teens Fruit Pre/Post Test

Which item has the most calories?

- 1) 1 cup of orange juice
- 2) A whole apple
- 3) 15 grapes
- 4) $\frac{1}{2}$ cup of soda

Different fruits have different health benefits. Some of these include:

- 1) Helping one have a healthy heart
- 2) Helping with one's memory
- 3) Lowering one's risk of some cancers
- 4) Answers 1 and 2
- 5) Answers 1, 2 and 3

A serving of fruit juice is:

- 1) 16 ounces
- 2) 12 ounces
- 3) 4 ounces

How many cups of fruit should we try to eat each day according to the food guide pyramid?

- 1) None
- 2) 1 cup
- 3) 2 cups



Teen Activities – Fruits

Activity One:

Pass around a 16-ounce bottle of fruit juice. Also pass around a can or bottle of soda. Ask them if they could drink 16 ounces of juice as one serving. Remind the class that a serving of juice is $\frac{1}{2}$ cup, not what the company or container says. Then ask them to read out loud the number of servings suggested per container and then figure the total number of calories for each drink. Not many people realize how many calories juice actually contains, almost as much as soda.

Now have a bidding contest asking people how many calories an average serving of fresh fruit contains. From the first number, say “higher” or “lower” until the correct number is given (Answer: 50).

Activity Two: (Divide class up into teams. One by one read the clues from below to each team, having each team announce an answer. Keep score if desired.)

Most popular fruit in the United States.	Bananas
Most popular fruit in the world.	Mangos
Their seeds grow on the outside.	Strawberries
It looks somewhat like a pinecone.	Pineapple
Contains more Vitamin A than any other fruit.	Cantaloupe
Native to America (along with only two other fruits: cranberries and Concord grapes).	Blueberries
These grow on vines like grapes... but are fuzzy.	Kiwi

BERRY PARFAITS

- 1 package (.3 ounce) sugar free strawberry gelatin
- 1 cup boiling water
- 1 cup cold water
- 2 cups fresh or frozen blueberries, divided
- 2 cups sliced fresh or frozen unsweetened strawberries, divided
- 1 package (1 ounce) sugar free instant vanilla pudding mix

COOKING INSTRUCTIONS:

- In a bowl, dissolve gelatin in boiling water. Stir in cold water.
- Pour into eight parfait glasses; refrigerate until firm, about 1 hour.
- Top with half of the blueberries and half of the strawberries.
- In a bowl, whisk milk and pudding mix for 2 minutes or until slightly thickened; pour over berries.
- Top with remaining berries.
- Cover and refrigerate 1 hour longer.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP
68 CALORIES • 14g CARBOHYDRATE
TRACE OF FAT • 3g PROTEIN • 208mg SODIUM

FRUIT CUP

- 2 medium navel oranges, peeled and sliced
- 2 kiwi fruit, peeled and cubed
- 1 medium firm banana, sliced
- 1 cup seedless red grapes
- ½ cup reduced fat vanilla yogurt
- 2 tablespoons plus 2 teaspoons brown sugar

COOKING INSTRUCTIONS:

- In a bowl, combine the oranges, kiwi, banana and grapes.
- Divide among six serving bowls.
- Combine yogurt and brown sugar.
- Dollop over the fruit.
- Serve immediately.

SERVES 6

NUTRITIONAL ANALYSIS—½ CUP
107 CALORIES • 27g CARBOHYDRATE
2g PROTEIN • 1g FAT • 15mg SODIUM



Teens Fruit Pre/Post Test

Which item has the most calories?

- 1) 1 cup of orange juice
- 2) A whole apple
- 3) 15 grapes
- 4) $\frac{1}{2}$ cup of soda

Different fruits have different health benefits. Some of these include:

- 1) Helping one have a healthy heart
- 2) Helping with one's memory
- 3) Lowering one's risk of some cancers
- 4) Answers 1 and 2
- 5) Answers 1,2 and 3

A serving of fruit juice is:

- 1) 16 ounces
- 2) 12 ounces
- 3) 4 ounces

How many cups of fruit should we try to eat each day according to the food guide pyramid?

- 1) None
- 2) 1 cup
- 3) 2 cups

Teens Take Action (Nutrition Lesson)

Why Should You Get Up and Get Moving?

Physical activity can improve the way you feel, look and think. Some benefits of regular physical activity include:

- Have fun with friends and family
- Deal with stress
- Sleep better
- Improve weight
- Feel good about yourself
- Improve self confidence and appearance
- Build strength and endurance

How Much is Enough?

- The Dietary Guidelines for Americans recommend being active for 60 minutes a day, most days of the week.
- However, this does not have to be 60 minutes all at one time. Can be broken down into shorter periods of time to total 60 minutes per day.

Are You Getting a Good Workout?

- If you can talk while doing a physical activity, you are probably moving at a pace that is good for you.
- If you are too out of breath to talk, you need to slow down.
- If you can sing while doing a physical activity, you are probably not moving fast enough.

Important Tips to Get Started.

- Begin by making small changes that add activity to your daily life. Take the stairs instead of the elevator, ride your bike or walk to your destination if possible.
- Wear comfortable shoes that don't hurt your feet.
- Have fun and enjoy your new active lifestyle.





Teens Take Action Pre/Post Test

- 1.) **TRUE or FALSE** Regular physical activity can help you sleep better at night?
- 2.) **TRUE or FALSE** The Dietary Guidelines for Americans recommend being active for 60 minutes a day.
- 3.) **TRUE or FALSE** You have to exercise for 60 minutes in a row to meet the recommended guidelines.
- 4.) **TRUE or FALSE** You should be able to sing while doing a physical activity.
- 5.) **TRUE or FALSE** It is okay to begin by making small changes to your daily life.

Teens Take Action: Get Moving Activity

This activity is designed to get teens to begin to think of easy ways to incorporate activity into their daily lives.

Station 1: Lifting

Hold an unopened soup can tightly in each hand.

- Try to lift your arms over your head while holding the cans.
 - How many times could you lift?
- Put your arms straight out in front of you, pull your arms straight back to your shoulders while holding the cans.
 - How many times could you lift?

Station 2: Sitting Up

Lie on a towel on the floor with your knees bent and your feet flat on the floor, about 12 inches from your buttocks. Cross your arms in front of you. Have a partner hold your feet flat while you bend to touch your elbows to your knees.

- How many could you do in 1 minute?

Station 3: Jumping Jacks

Standing up with plenty of space, see how many jumping jacks you can do in one minute.

- How many could you do?

Station 4: Flexibility

Take off your shoes and sit on the floor, facing a wall, with your knees straight and locked. Place your feet flat against the wall and about 12 inches apart. Without bouncing, reach forward with your hands and try to touch the wall. Leave your hands on the wall for 5 seconds.

- Can you touch the wall with your fingertips? Palms of your hands? Not at all?

Activity 2: Move It

After going through the lesson and the first activity, have teens make a list of:

- At least five ways to incorporate more activity into each day.
- Ways to cut down on TV “sitting time”.
 - Can you think of ways to be active and watch TV at the same time?
 - Run in place during commercials, use soup cans and do arm exercising during the television shows, etc.
- Any changes they are thinking about/willing to make to become more active.



Ten Easy Ways to Get Physical

1 TAKE YOUR FEET.

Forget about asking your folks for a ride or taking the bus. Put your feet to the ground and start walking. Your feet will thank you, your heart will thank you, and Mother Nature will thank you for cutting down on pollution.

2 TRY IN-LINE SKATING.

Fun, fast, and easy to learn, skateboarding and in-line skating are great ways to spend a day outside with friends. Remember: wear the gear (helmet plus knee, wrist, and elbow pads).

3 TAKE THE STAIRS.

Forget the elevator. Take the stairs every chance you can. You'll get a workout without even thinking.

4 WALK THE DOG.

Whether you volunteer or get paid, dog walking is a fun, furry way to be physically active.

5 EARN EXTRA CASH.

That's right, make money while helping your body. Try mowing lawns, weeding gardens, shoveling snow, cleaning garages, and washing the family car or your bike.

6 BE A GOOD NEIGHBOR!

Help older people by walking their dog or volunteering to do household jobs.

7 TURN UP THE MUSIC.

Shake, rattle, and roll to your favorite tunes. It doesn't matter if you move to rap, hip hop, or salsa music, or do the twist—as long as you move as you groove.

8 GO OUT AND PLAY.

Rake a mountain of leaves; jump in it. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Jump rope; try double Dutch with two ropes for more fun!

9 JOIN A CLASS.

Make your moves with aerobics, kickboxing, karate, yoga, tae kwon do, or dancing.

10 BABY-SIT.

Sounds silly, but if you've never kept up with a toddler, you're in for a surprise. They move, and they move fast. Keeping your eye on a tot can challenge even the quickest.

Refreshing Recipes

It is important to remember that increased physical activity also increases the amount of fluids that your body needs each day. It is always best to drink water, but you can have some 100% fruit juice as a refreshing change.

Frozen Fruit Pops

- 1 can (8oz) crushed pineapple
- 1 cup (8oz) lowfat fruit yogurt
- 1 can (6oz) orange juice concentrate, thawed

1. Mix the ingredients in a medium size bowl. Divide into 4 paper cups.
2. Freeze until slushy, about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away paper cup before you eat the fruit pop.
4. Enjoy after exercising as a refreshing treat.

Fruit Juicers

- 2 or more varieties of 100% fruit juice
- Lemon or orange wedges
- Ice

1. Mix two or more of your favorite juice flavors in a cup.
2. Add ice
3. Add a lemon or orange wedge.
4. Enjoy



Teens Take Action Pre/Post Test

- 1.) **TRUE or FALSE** Regular physical activity can help you sleep better at night?
- 2.) **TRUE or FALSE** The Dietary Guidelines for Americans recommend being active for 60 minutes a day.
- 3.) **TRUE or FALSE** You have to exercise for 60 minutes in a row to meet the recommended guidelines.
- 4.) **TRUE or FALSE** You should be able to sing while doing a physical activity.
- 5.) **TRUE or FALSE** It is okay to begin by making small changes to your daily life.



Dining Out Tips for Teens

Fast Food Facts:

- Each day about 60% of Americans eat one meal away from home.
- Meals eaten away from home, especially fast foods tend to be high in fat, calories and sodium and low in calcium, fiber and other vitamins.
- Fast food meals usually do not include fruits or vegetables.
- Just one fast food meal can give you more fat than you need for the entire day.
 - In 1950, a burger and soda from fast food provided 640 calories.
 - Today, a burger and soda from fast food provides 1500 calories, which is more than double what it used to be.

Tips To Eat Less Fat:

- Order regular sizes not super or deluxe.
- Order grilled chicken sandwich instead of fried chicken.
- Order a side salad with low fat dressing instead of french fries.
- If you do get fries, order a small size or share with a friend.
- Order sandwiches without cheese, bacon or mayonnaise.
- Order a small diet soda or low fat milk.
- When ordering pizza, get extra veggie toppings and skip the pepperoni, extra cheese and garlic butter sauce.
- Watch out for words such as: fried, cream, butter sauce, alfredo, smothered in cheese sauce, etc.
- Instead look for items that are: steamed, baked, broiled or grilled.

Remember:

- In today's busy world, it is expected that occasionally you will stop for a fast food meal. It is possible to enjoy fast food and still make healthy choices, just follow the above tips.
- Be flexible and balance your food choices. If you eat a high fat meal for lunch, cut back on fat the rest of the day.



Dining Out Quiz-Teens

- 1.) **TRUE or FALSE** Fast food meals are usually lower in fat than meals prepared at home?

- 2.) **TRUE or FALSE** Fast food meals are larger and provide more calories today than they did 50 years ago.

- 3.) **TRUE or FALSE** Foods that are fried or in a cream sauce are healthier choices than foods that are grilled or baked.

- 4.) **TRUE or FALSE** An easy way to cut down on fat is to order sandwiches without cheese, bacon or mayonnaise.

- 5.) **TRUE or FALSE** In order to be healthy, you can never eat a fast food meal.



Fun, Fast Food Activities for Teens

Activity 1:

Fast Food Advertising

Get teens thinking about how fast food companies try to get their attention and their food dollars.

Ask:

- What TV advertisements really grab your attention? Why?
- What could they do to make you want to buy their products?
- Why do teens your age like fast foods? Can you think of ways to make healthier food choices when eating out?
- How can advertisers get the message across to you that healthy foods are good foods?
 - Encourage teens to be creative with this. Offer coupons for healthy foods, involve celebrities, using music to advertise.

Divide into groups of four or five and have them come up with a “commercial” about 30-60 seconds long that is meant to get teens to pick healthier food choices at fast food restaurants.

Activity 2

The purpose of this activity is to get teens to look at the nutritional values of foods at popular fast food chains and help them see what the healthier choices are.

- Using the food composition tables for the fast food chains, pick two of your favorite fast food restaurants and review the nutritional value of the foods.
- Make a list of the meals you would normally pick and calculate the nutritional value of the meal.
- Now, using the food tables, plan a healthier meal and calculate the nutritional value of the meal.
- Compare the calories and fat in the original meal and the new “healthier” meal.



McDonald's USA Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your McDonald's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**		Saturated Fat (g)	% Daily Value**		Trans Fat (g)	Cholesterol (mg)	% Daily Value**		Carbohydrates (g)	% Daily Value**		Dietary Fiber (g)	% Daily Value**		Sugars (g)	Protein (g)	% DAILY VALUE			
					% Daily Value**	% Daily Value**		% Daily Value**	% Daily Value**			% Daily Value**	% Daily Value**		Vitamin A	Vitamin C		Calcium	Iron						
Sandwiches																									
Hamburger	3.7 oz (105 g)	260	80	9	14	3.5	17	0.5	30	9	530	22	33	11	1	5	7	13	2	2	15	15			
Cheeseburger	4.2 oz (119 g)	310	110	12	19	6	28	1	40	14	740	31	35	12	1	5	7	15	6	2	20	15			
Double Cheeseburger	6.1 oz (173 g)	460	210	23	35	11	55	1.5	80	27	1140	47	37	12	1	6	8	25	10	2	30	20			
Quarter Pounder®+	6.1 oz (171 g)	420	160	18	27	7	37	1	70	23	730	30	40	13	3	11	8	24	2	2	15	25			
Quarter Pounder® with Cheese+	7 oz (199 g)	510	220	25	38	12	59	1.5	95	31	1150	48	43	14	3	11	9	29	10	2	30	25			
Double Quarter Pounder® with Cheese++	9.9 oz (280 g)	730	360	40	62	19	93	3	160	53	1330	55	46	15	3	11	9	47	10	2	30	35			
Big Mac®	7.8 oz (219 g)	560	270	30	47	10	52	1.5	80	26	1010	42	47	16	3	14	8	25	8	2	25	25			
Big N' Tasty®	8.2 oz (232 g)	520	260	29	45	9	46	1.5	80	26	730	31	42	14	3	13	9	24	8	8	15	25			
Big N' Tasty® with Cheese	8.7 oz (247 g)	570	290	33	50	11	57	1.5	90	30	960	40	43	14	3	13	9	27	15	8	20	25			
Filet-O-Fish®	5 oz (141 g)	400	160	18	28	4	20	1	40	13	640	26	42	14	1	5	8	14	2	0	15	10			
Chicken McGrill®	7.4 oz (210 g)	400	140	16	24	3	14	0	70	24	1010	42	38	13	3	11	7	27	6	10	15	15			
Crispy Chicken	7.7 oz (219 g)	500	210	23	36	4	21	1.5	50	16	1090	45	50	17	3	12	6	24	8	8	15	15			
McChicken®	5.2 oz (147 g)	430	200	22	34	4.5	21	1	45	15	760	32	41	14	1	5	5	15	2	2	15	15			
Hot 'n Spicy McChicken®	5.1 oz (145 g)	440	210	24	36	4.5	23	1	45	14	920	38	42	14	1	5	5	14	2	2	15	15			
French Fries																									
Small French Fries	2.6 oz (74 g)	230	100	11	16	2	10	2.5	0	0	140	6	30	10	3	12	0	2	0	6	2	4			
Medium French Fries	4 oz (114 g)	350	150	16	25	3	16	4	0	0	220	9	47	16	5	19	0	4	0	10	2	6			
Large French Fries	6 oz (170 g)	520	220	25	38	5	24	6	0	0	330	14	70	23	7	28	0	6	0	15	2	10			
Ketchup Packet	1 pkg (10 g)	10	0	0	0	0	0	0	0	0	100	4	3	1	0	0	2	0	2	2	0	0			

Salt Packet	1 pkg (0.7 g)	0	0	0	0	0	0	0	0	0	270	11	0	0	0	0	0	0	0	0	0	
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron

Chicken McNuggets®/Chicken Selects® Premium Breast Strips

Chicken McNuggets® (4 piece)	2.3 oz (64 g)	170	90	10	15	2	11	1	25	8	450	19	10	3	0	0	0	10	2	2	0	2
Chicken McNuggets® (6 piece)	3.4 oz (96 g)	250	130	15	22	3	16	1.5	35	12	670	28	15	5	0	0	0	15	2	2	2	4
Chicken McNuggets® (10 piece)	5.6 oz (160 g)	420	220	24	37	5	27	2.5	60	21	1120	47	26	9	0	0	0	25	4	2	2	6
Chicken McNuggets® (20 piece)	11.3 oz (320 g)	840	440	49	75	11	53	5	125	41	2240	93	51	17	0	0	0	50	6	6	4	15
Barbeque Sauce	1 pkg (28 g)	45	0	0	0	0	0	0	0	0	260	11	11	4	0	0	10	0	2	0	0	0
Honey	1 pkg (14 g)	50	0	0	0	0	0	0	0	0	0	0	12	4	0	0	11	0	0	0	0	0
Hot Mustard Sauce	1 pkg (28 g)	50	15	2	3	0	0	0	0	0	260	11	9	3	1	6	6	1	0	0	0	2
Sweet 'N Sour Sauce	1 pkg (28 g)	50	0	0	0	0	0	0	0	0	160	7	11	4	0	0	10	0	0	0	0	2
Chicken Selects® Premium Breast Strips (3 pc)	4.7 oz (133 g)	380	180	20	30	3.5	19	2.5	55	18	930	39	28	9	0	0	0	23	0	4	2	4
Chicken Selects® Premium Breast Strips (5 pc)	7.8 oz (221 g)	630	300	33	51	6	31	4.5	90	30	1550	65	46	15	0	0	0	39	0	6	4	8
Chicken Selects® Premium Breast Strips (10 pc)	15.6 oz (442 g)	1270	590	66	101	12	62	9	180	60	3100	129	92	31	0	0	0	77	0	15	8	15
Spicy Buffalo Sauce	1.5 oz (43 g)	60	60	6	10	1	5	0	0	0	910	38	1	0	<1	3	0	0	8	0	0	0
Creamy Ranch Sauce	1.5 oz (43 g)	200	190	21	32	3.5	17	0	10	3	300	13	3	1	0	0	1	0	0	0	2	0
Tangy Honey Mustard Sauce	1.5 oz (43 g)	70	20	2	3	0	0	0	0	0	160	7	13	4	1	5	9	1	0	0	0	1
Chipotle Barbeque Sauce	1.5 oz (43 g)	70	0	0	0	0	0	0	0	0	260	11	16	5	0	0	14	0	2	10	0	2

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron

Salads

Bacon Ranch Salad with Grilled Chicken	11 oz (311 g)	250	80	9	14	4	20	0	85	29	950	39	12	4	3	13	4	31	110	50	15	10
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Bacon Ranch Salad with Crispy Chicken	11.2 oz (316 g)	350	150	17	25	5	26	1.5	65	22	1030	43	23	8	3	13	4	27	110	50	15	10
Bacon Ranch Salad (without chicken)	7.9 oz (223 g)	130	60	7	11	3.5	17	0	25	9	290	12	9	3	3	13	4	9	110	50	15	8
Caesar Salad with Grilled Chicken	10.6 oz (301 g)	210	60	6	9	3	15	0	70	24	830	35	11	4	3	13	4	28	110	50	20	10
Caesar Salad with Crispy Chicken	10.8 oz (306 g)	310	120	14	21	4.5	22	1.5	50	17	910	38	23	8	3	13	4	25	110	50	20	10
Caesar Salad (without chicken)	7.5 oz (213 g)	90	35	4	6	2.5	12	0	10	4	180	7	8	3	3	13	4	7	110	50	20	6
California Cobb Salad with Grilled Chicken	11.5 oz (325 g)	270	100	11	17	5	24	0	145	48	1060	44	11	4	3	14	5	33	120	50	15	10
California Cobb Salad with Crispy Chicken	11.7 oz (331 g)	370	170	18	28	6	31	1.5	125	41	1150	48	23	8	3	14	4	29	120	50	15	10
California Cobb Salad (without chicken)	8.4 oz (237 g)	150	80	9	14	4	21	0	85	28	410	17	8	3	3	14	4	11	120	50	15	8
Fruit & Walnut Salad	9.3 oz (264 g)	310	120	13	20	2	9	0	5	1	85	3	44	15	6	24	32	5	0	640	15	4
Side Salad	3.1 oz (87 g)	15	0	0	0	0	0	0	0	0	10	0	3	1	1	5	2	1	45	25	2	4
Butter Garlic Croutons	0.5 oz (14 g)	60	10	1	2	0	0	0	0	0	160	7	10	3	1	2	1	2	2	0	2	4
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron

Salad Dressings

Newman's Own® Cobb Dressing	2 fl oz (59 mL)	120	80	9	14	1.5	9	0	10	3	440	18	9	3	0	0	5	1	2	0	4	0
Newman's Own® Creamy Caesar Dressing	2 fl oz (59 mL)	190	170	18	28	3.5	17	0	20	7	500	21	4	1	0	0	2	2	2	0	6	0
Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz (44 mL)	40	25	3	4	0	0	0	0	0	730	30	4	1	0	0	3	0	2	4	0	0
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz	50	25	2.5	4	0.5	4	0	5	1	680	28	7	2	0	0	2	1	0	0	2	2
Newman's Own® Ranch Dressing	2 fl oz (59 mL)	170	130	15	23	2.5	12	0	20	6	530	22	9	3	0	0	4	1	0	0	4	0
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron

Breakfast

Egg McMuffin®	4.9 oz (138 g)	290	100	11	17	4.5	24	0	235	78	850	35	30	10	2	6	2	17	10	2	30	15
Sausage McMuffin®	4 oz (114 g)	370	190	21	32	9	43	0.5	45	16	790	33	31	10	2	6	2	14	6	0	25	15
Sausage McMuffin® with Egg	5.8 oz (164 g)	450	240	26	40	10	51	0.5	260	86	930	39	31	10	2	6	2	20	10	0	30	20
English Muffin	2 oz (57 g)	150	15	2	3	1	4	0	0	0	260	11	27	9	2	6	2	5	0	0	20	10
Bacon, Egg & Cheese Biscuit	5.1 oz (145 g)	440	220	24	38	8	41	5	245	82	1250	52	36	12	1	4	3	19	10	0	15	20
Sausage Biscuit with Egg	5.7 oz (162 g)	500	290	32	49	10	50	5	250	83	1080	45	36	12	1	4	2	18	6	0	8	20
Sausage Biscuit	4 oz (112 g)	410	240	26	40	8	40	5	30	11	990	41	34	11	1	4	2	10	0	0	6	15
Biscuit	2.4 oz (69 g)	240	100	11	16	2.5	12	5	0	0	680	28	31	10	1	4	2	4	0	0	4	10
Bacon, Egg & Cheese McGriddles®	5.9 oz (168 g)	450	180	21	32	7	36	1.5	245	82	1260	52	46	15	1	5	16	20	10	0	20	15
Sausage, Egg & Cheese McGriddles®	7 oz (199 g)	560	280	32	49	11	56	1.5	260	87	1290	54	48	16	1	5	16	21	10	0	20	15
Sausage McGriddles®	4.7 oz (135 g)	420	200	22	34	7	35	1.5	30	11	990	41	44	15	1	5	15	11	0	0	8	10
Big Breakfast®	9.4 oz (266 g)	730	410	46	70	14	68	7	465	156	1460	61	53	18	3	11	2	27	10	2	15	30
Deluxe Breakfast	15.3 oz (437 g)	1220	540	60	93	17	84	11	480	160	1900	79	136	45	4	16	42	33	20	2	20	40
Sausage Burrito	4 oz (113 g)	300	140	16	24	6	30	1	175	58	760	32	26	9	1	5	3	13	8	2	20	10
Hotcakes and Sausage	9.2 oz (264 g)	770	300	33	51	9	46	4	50	17	930	39	104	35	2	8	45	15	8	0	15	20
Hotcakes (margarine 2 pats & syrup)	7.6 oz (221 g)	600	160	17	27	4	19	4	20	6	620	26	102	34	2	8	45	9	8	0	15	15
Sausage Patty	1.5 oz (43 g)	170	140	15	24	6	28	0	30	11	310	13	2	1	0	0	0	7	0	0	0	2
Scrambled Eggs (2)	3.6 oz (101 g)	180	100	11	18	4	20	0	435	145	180	8	5	2	0	0	0	15	10	0	6	10
Hash Browns	1.9 oz (53 g)	140	70	8	13	1.5	8	2	0	0	290	12	15	5	2	7	0	1	0	2	0	2
Warm Cinnamon Roll	3.7 oz (105 g)	420	160	18	28	4.5	24	4.5	60	20	400	17	57	19	2	8	26	8	8	0	6	10
Deluxe Warm Cinnamon Roll	5.7 oz (162 g)	590	210	24	37	7	37	6	55	18	660	27	86	29	4	16	36	9	20	0	8	20
Grape Jam	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	2	0	0
Strawberry Preserves	0.5 oz (14 g)	35	0	0	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0
Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value**	Saturated Fat (g)	% Daily Value**	Trans Fat (g)	Cholesterol (mg)	% Daily Value**	Sodium (mg)	% Daily Value**	Carbohydrates (g)	% Daily Value**	Dietary Fiber (g)	% Daily Value**	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Desserts/Shakes																						
Fruit 'n Yogurt Parfait®	5.3 oz (149 g)	160	20	2	3	1	5	0	5	2	85	4	31	10	<1	3	21	4	0	15	15	4

Fruit 'n Yogurt Parfait (without granola)»	5 oz (142 g)	130	15	2	3	1	5	0	5	2	55	2	25	8	0	0	19	4	0	15	10	2
Apple Dippers with Low Fat Caramel Dip	3.2 oz (89 g)	100	5	1	1	0.5	3	0	5	1	35	2	22	7	0	0	15	0	0	310	6	0
Apple Dippers	1 pkg (68 g)	35	0	0	0	0	0	0	0	0	0	0	8	3	0	0	6	0	0	310	4	0
Low Fat Caramel Dip	0.8 oz (21 g)	70	5	1	1	0.5	3	0	5	1	35	2	14	5	0	0	9	0	0	0	2	0
Vanilla Reduced Fat Ice Cream Cone	3.2 oz (90 g)	150	35	3.5	6	2	11	0	15	5	60	2	24	8	0	0	18	4	6	0	10	2
Kiddie Cone	1 oz (29 g)	45	10	1	2	0.5	4	0	5	2	20	1	8	3	0	0	6	1	2	0	4	0
Strawberry Sundae	6.3 oz (178 g)	280	50	6	9	3.5	18	0	25	8	85	3	51	17	0	0	45	6	10	4	20	2
Hot Caramel Sundae	6.4 oz (182 g)	340	70	7	11	4.5	22	0	30	10	140	6	62	21	0	0	43	7	10	0	25	0
Hot Fudge Sundae	6.3 oz (179 g)	330	80	9	14	6	32	0	25	8	170	7	55	18	<1	3	48	8	10	0	25	8
Peanuts (for Sundaes)	0.3 oz (7 g)	45	30	3.5	5	0.5	3	0	0	0	0	0	2	1	1	5	0	2	0	0	0	0
McFlurry® with M&M'S® Candies (12 fl oz cup)	12.3 oz (348 g)	620	180	20	30	12	59	1	55	19	190	8	96	32	<1	3	85	14	20	0	45	6
McFlurry® with OREO® Cookies (12 fl oz cup)	11.9 oz (337 g)	560	150	16	25	9	43	2	50	17	250	10	88	29	0	0	71	14	20	0	45	10
Chocolate Triple Thick® Shake (12 fl oz cup)	333 mL	440	90	10	16	6	31	0.5	40	13	190	8	76	25	<1	3	63	10	15	0	35	8
Chocolate Triple Thick® Shake (16 fl oz cup)	444 mL	580	120	14	21	8	41	1	50	17	250	11	102	34	<1	4	84	13	20	0	45	10
Chocolate Triple Thick® Shake (21 fl oz cup)	583 mL	770	160	18	28	11	55	1	70	23	330	14	134	45	1	5	111	18	30	0	60	15
Chocolate Triple Thick® Shake (32 fl oz cup)	888 mL	1160	240	27	42	16	82	2	100	34	510	21	203	68	2	7	168	27	40	0	90	20
Strawberry Triple Thick® Shake (12 fl oz cup)	333 mL	420	90	10	15	6	30	0.5	40	13	130	5	73	24	0	0	63	10	15	2	30	2
Strawberry Triple Thick® Shake (16 fl oz cup)	444 mL	560	120	13	20	8	40	1	50	17	170	7	97	32	0	0	84	13	20	2	45	2
Strawberry Triple Thick® Shake (21 fl oz cup)	583 mL	740	160	18	27	11	53	1	70	23	230	10	128	43	0	0	111	17	30	2	60	2
Strawberry Triple Thick® Shake (32 fl oz cup)	888 mL	1110	240	26	41	16	80	2	100	34	350	15	194	65	0	0	168	25	40	4	90	4
Vanilla Triple Thick® Shake (12 fl oz cup)	333 mL	420	90	10	15	6	30	0.5	40	13	140	6	72	24	0	0	54	9	15	0	30	2
Vanilla Triple Thick® Shake (16 fl oz cup)	444 mL	550	120	13	20	8	40	1	50	17	190	8	96	32	0	0	72	13	20	0	45	2

Arby's® 2005 Nutrition, Ingredient & Allergen Information (U.S.)

Notice to Arby's® customers:

Arby's menu items and nutritional information, as listed at www.arbys.com, may vary based on product offerings, regional variability and in individual unit compliance with Arby's standard operating procedures. Periodically, Arby's restaurants offer test products or regional favorites that may not be offered in all locations. For information on any products not listed here, please call 1-800-487-2729.

Information on Arby's products contained herein is approximate based on current laboratory and calculated analyses of ingredients. Actual nutritional information may vary based on regional variability in product availability and in individual unit compliance with Arby's Standard Operating Procedures.

Information is not to be used by individuals with special dietary needs in lieu of professional medical advice. **If you have dietary restrictions, please consult your physician.** Arby's reserves the right to make changes to any ingredient specification or menu item without notice.

 Available Nutrients Menu Items	Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (%RDI)
Roast Beef® Sandwiches															
Big Montana® Roast Beef, Sesame Seed Bun ¹	309	590	260	29	14	115	2080	41	3	6	47	0	0	8	40
Giant Roast Beef Roast Beef, Sesame Seed Bun ¹	224	450	170	19	9	75	1440	41	2	6	32	0	0	6	30
Regular Roast Beef Roast Beef, Sesame Seed Bun ¹	154	320	110	13	6	45	950	34	2	5	21	0	0	6	20
Beef 'n Cheddar Roast Beef, Cheddar Cheese Sauce ³⁶ , Red Ranch Sauce, Onion Bun ²	195	440	180	21	7	50	1270	44	2	8	22	2	2	8	20
Super Roast Beef Roast Beef, Red Ranch Sauce, Tomato, Leaf Lettuce, Sesame Seed Bun ¹	230	440	170	19	7	45	1130	48	3	11	22	4	4	8	25
Junior Roast Beef Roast Beef, Sesame Seed Bun ¹	125	270	90	9	4	30	740	34	2	5	16	0	0	6	15
Other Sandwiches															
Chicken Breast Fillet Breaded Chicken Breast Fillet ¹³ , Leaf Lettuce, Tomatoes, Mayonnaise ⁴ , Sesame Seed Bun ¹	233	500	220	25	4	55	1220	48	3	8	25	10	15	8	15
Chicken Bacon 'n Swiss Breaded Chicken Breast Fillet ¹³ , Dijon Honey Mustard Sauce ⁵ , Pepper Bacon, Swiss Cheese ⁶ , Sesame Seed Bun ¹	209	550	240	27	7	70	1640	49	2	10	31	4	2	15	15
Chicken Fingers 4 Pack Chicken Fingers ¹³ (4)	192	640	350	38	8	70	1590	42	3	0	31	0	0	2	15
Chicken Fingers Combo Chicken Fingers ¹³ (4), Curly Fries ¹⁴	320	1050	540	60	11	70	2540	89	5	0	37	8	10	6	25
Roast Chicken Club Roast Chicken ⁴³ , Mayonnaise ⁴ , Leaf Lettuce, Tomato, Pepper Bacon, Swiss Cheese ⁶ , Sesame Seed Bun ¹	228	470	230	25	7	65	1320	39	2	7	27	6	4	15	15
Market Fresh® Sandwiches															
Market Fresh® Roast Turkey, Ranch & Bacon Roast Turkey, Creamy Ranch Spread ⁷ , Red Onion Rings, Tomato, Lettuce, Pepper Bacon, Natural Sharp Cheddar Cheese ⁸ , Honey Wheat Bread ⁹	379	830	340	38	10	110	2260	75	5	16	49	10	6	35	30
Market Fresh® Ultimate BLT Pepper Bacon, Lettuce, Tomato, Mayonnaise ⁴ , Honey Wheat Bread ⁹	293	780	410	46	9	50	1570	75	6	18	23	15	30	15	25

Arby's® 2005 Nutrition, Ingredient & Allergen Information (U.S.)

 Available Nutrients Menu Items	Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (%RDI)
Market Fresh® Sandwiches (continued)															
Market Fresh® Roast Beef & Swiss Roast Beef, Mayonnaise ⁴ , Spicy Brown Honey Mustard ¹⁰ , Red Onion Rings, Tomato, Lettuce, Big Eye Swiss Cheese ¹¹ , Honey Wheat Bread ⁹	357	780	350	39	12	90	1740	74	6	16	37	8	4	35	35
Market Fresh® Roast Ham & Swiss Roast Ham, Mayonnaise ⁴ , Spicy Brown Honey Mustard ¹⁰ , Red Onion Rings, Tomato, Lettuce, Big Eye Swiss Cheese ¹¹ , Honey Wheat Bread ⁹	357	700	270	31	7	85	2140	74	5	18	36	8	6	35	30
Market Fresh® Roast Turkey & Swiss Roast Turkey, Mayonnaise ⁴ , Spicy Brown Honey Mustard ¹⁰ , Red Onion Rings, Tomato, Lettuce, Big Eye Swiss Cheese ¹¹ , Honey Wheat Bread ⁹	357	720	250	27	6	90	1790	74	5	16	45	8	4	35	30
Market Fresh® Chicken Salad Chicken Salad (Diced Grilled Chicken ⁵¹ , Celery, Red Seedless Grapes, Chopped Apple, Toasted Pecans ²⁵ and Mayonnaise ⁴), Lettuce, Honey Wheat Bread ⁹	322	770	340	38	9	75	1240	78	9	17	30	4	50	20	25
Market Fresh® Wrap															
Ultimate BLT Wrap Green Leaf Lettuce, Tomatoes, Pepper Bacon, Mayonnaise ⁴ , Whole Wheat Tortilla ¹⁵	254	650	420	47	11	50	1730	48	31	4	25	15	30	20	10
Roast Turkey Ranch & Bacon Wrap Green Leaf Lettuce, Tomatoes, Red Onion Rings, Natural Sharp Cheddar Cheese ⁶ , Pepper Bacon, Roast Turkey, Creamy Ranch Spread ⁷ , Whole Wheat Tortilla ¹⁵	338	710	350	39	11	110	2420	48	30	3	51	15	20	35	15
Southwest Chicken Wrap Green Leaf Lettuce, Shredded Cheddar Cheese ¹² , Shredded Pepper Jack Cheese ¹⁶ , Red Onion Rings, Diced Grilled Chicken ⁵¹ , Santa Fe Ranch Sauce ²⁰ , Whole Wheat Tortilla ¹⁵	259	550	270	30	9	75	1690	45	30	1	35	10	10	40	10
Chicken Club Wrap Green Leaf Lettuce, Dijon Honey Mustard Sauce ⁵ , Diced Grilled Chicken ⁵¹ , Shredded Cheddar Cheese ¹² , Pepper Bacon, Tomato, Whole Wheat Tortilla ¹⁵	321	680	350	38	14	100	1800	52	31	8	43	20	20	50	15
Market Fresh® Salads															
Martha's Vineyard™ Iceberg/Romaine/Spring Mix, Diced Grilled Chicken ⁵¹ , Diced Apples, Dried Cranberries, Grape Tomatoes and Shredded Cheddar Cheese ¹²	291	250	70	8	4.5	60	490	23	4	23	26	60	40	20	10
Sliced Almonds ³¹	14	81	64	7	0	0	0	2	1	0	4	0	0	4	4
Raspberry Vinaigrette	64	190	120	14	1.5	0	390	18	0	16	0	0	4	0	0

Arby's® 2005 Nutrition, Ingredient & Allergen Information (U.S.)

Available Nutrients Menu Items	Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (%RDI)
Market Fresh® Salads (continued)															
Santa Fe™ Iceberg/Romaine/Spring Mix, Chopped Chicken Fingers ¹³ , Roasted Corn and Black Bean Mix, Grape Tomatoes, Red Onion Rings, Shredded Pepper Jack Cheese ¹⁸ and Shredded Cheddar Cheese ¹²	328	520	260	29	9	60	1120	40	5	6	27	130	45	25	20
Seasoned Tortilla Strips	14	61	23	2.5	.5	0	25	10	.5	0	1	0	0	2	0
Santa Fe Ranch Dressing ¹⁹	64	300	280	31	5	20	690	4	0	1	1	2	4	2	2
Chicken Club Salad Iceberg/Romaine/Spring Mix, Chopped Chicken Fingers ¹³ , Shredded Cheddar Cheese ¹² , Pepper Bacon, Cucumbers, Grape Tomatoes and Diced Hard Cooked Egg ²³	405	530	300	33	10	210	1120	32	5	4	30	80	60	25	20
Buttermilk Ranch Dressing ²⁰	64	330	300	34	5	30	660	4	0	2	1	2	2	4	2
Light Dressings															
Light Buttermilk Ranch Dressing ²²	64	110	60	6	1	0	470	13	<1	5	1	0	0	4	2
Premium Potatoes															
Curly Fries ¹⁴ - Small	106	340	160	18	3	0	790	39	4	N/A	4	8	8	4	10
Curly Fries ¹⁴ - Medium	128	410	200	22	3	0	950	47	5	N/A	5	8	10	6	10
Curly Fries ¹⁴ - Large	199	630	300	34	5	0	1480	73	7	N/A	8	15	15	8	20
Cheddar Cheese Sauce ³⁶ (on side)	43	60	40	4.5	1	0	360	4	0	0	1	4	0	2	0
Homestyle Fries - Small	113	300	110	13	2	0	550	44	3	1	3	0	10	2	6
Homestyle Fries - Medium	142	380	140	16	2.5	0	690	55	4	1	4	0	15	4	6
Homestyle Fries - Large	213	570	210	24	3.5	0	1030	82	6	1	6	0	20	6	10
Potato Cakes (2)	100	250	140	15	2	0	390	26	2	N/A	2	0	4	2	2
Sidekickers®															
Jalapeno Bites ⁴¹ - Regular (5)	110	310	170	19	7	30	530	29	2	3	5	15	0	4	6
Jalapeno Bites ⁴¹ - Large (10)	220	610	330	37	14	55	1050	58	4	5	11	30	2	6	10
Mozzarella Sticks ³⁸ - Regular (4)	137	430	200	23	10	45	1370	38	2	5	18	15	2	40	6
Mozzarella Sticks ³⁸ - Large (8)	274	850	410	45	19	90	2740	76	4	9	36	30	2	80	10
Onion Petals ⁴² - Regular	113	330	170	19	3	0	330	35	2	7	4	10	0	2	4
Onion Petals ⁴² - Large	284	830	440	48	7	0	830	88	5	18	10	30	2	6	10
Breakfast (Available only at participating Arby's® franchise restaurants)															
Biscuit ²⁷ - Plain	73	230	110	12	3	0	710	26	<1	3	5	0	0	2	80
Butter Adds	14	100	100	11	7	30	115	0	0	0	0	8	0	0	0
Scrambled Egg ⁴⁴ Adds	50	80	50	6	1.5	145	220	2	0	1	5	4	0	2	4
Swiss cheese ⁶ Adds	13	40	25	3	2	10	200	0	0	0	3	2	0	10	0
Bacon Biscuit Biscuit ²⁷ , Breakfast Bacon	86	300	160	17	5	15	950	27	<1	3	9	0	0	2	80
Ham Biscuit Biscuit ²⁷ , Ham	116	270	120	13	3.5	20	1170	27	<1	4	12	0	0	4	80
Sausage Biscuit Biscuit ²⁷ , Sausage Patty	113	390	250	27	9	30	1080	26	<1	3	10	0	0	2	80
Bacon 'n Egg Croissant Croissant ²⁸ , Breakfast Bacon, Egg	125	410	230	26	12	190	670	31	<1	4	13	10	0	4	15
Ham 'n Cheese Croissant Croissant ²⁸ , Ham, Swiss cheese ⁶	118	350	170	19	11	65	870	30	<1	5	15	10	0	15	10
Sausage 'n Egg Croissant Croissant ²⁸ , Sausage Patty, Egg	152	510	320	36	15	210	800	31	<1	4	14	10	0	4	15
Sourdough Ham, Egg 'n Swiss Sourdough bread ²⁹ , Ham, Swiss cheese ⁶ , Egg	237	450	210	23	8	330	1750	33	1	3	27	10	0	30	20
Sourdough Bacon, Egg & Swiss Sourdough Bread ²⁹ , Breakfast Bacon, Swiss cheese ⁶ , Egg	211	500	260	29	10	325	1600	33	1	2	25	10	0	30	20
Sourdough Egg 'n Cheese Sourdough bread ²⁹ , Swiss ⁶ , Egg	144	330	140	16	6	165	1060	31	1	2	15	8	0	30	15

Arby's® 2005 Nutrition, Ingredient & Allergen Information (U.S.)

 Available Nutrients Menu Items	Serving Weight (g)	Calories	Calories from fat	Fat - Total (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (%RDI)
	Desserts:														
Apple Turnover ³² (no icing)	89	250	90	10	3	0	200	35	2	15	4	0	4	0	6
Cherry Turnover ³³ (no icing)	89	250	90	10	3	0	200	35	2	15	4	2	4	0	6
Icing Adds	39	130	15	1.5	.5	0	N/A	29	0	26	0	N/A	0	N/A	N/A
Gourmet Chocolate Cookie ³⁷	45	200	90	10	6	15	210	26	<1	16	2	2	0	2	8
Sauces / Condiments:															
Arby's Sauce® Packet	14	15	0	0	0	0	180	4	0	1	0	0	2	0	0
BBQ Dipping Sauce	28	40	0	0	0	0	350	10	0	9	0	0	4	0	2
Branco Berry Sauce®	57	120	0	0	0	0	35	30	0	28	0	2	6	0	0
Buttermilk Ranch Dressing ³⁰	57	290	270	30	5	25	580	3	0	2	1	2	2	4	0
Honey Mustard Dipping Sauce ³⁹	28	130	110	12	2	10	170	5	0	5	0	0	0	0	0
Horsey Sauce® Packet ⁴⁰	14	60	45	5	1	5	170	3	0	1	0	0	0	0	0
Ketchup Packet	14	20	0	0	0	0	170	4	0	3	0	0	4	0	0
Light Mayonnaise Packet ⁴	14	45	45	4.5	1	5	115	1	0	0	0	0	0	0	0
Marinara Sauce ¹⁶	42	30	15	1.5	0	0	160	4	<1	3	<1	8	2	0	2
Mayonnaise Packet ⁴	14	100	100	11	2	10	75	0	0	0	0	0	0	0	0
Red Ranch Sauce	14	70	50	6	1	0	105	5	0	4	0	0	0	0	0
Tangy Southwest Sauce ²⁶	57	330	310	35	5	30	370	5	0	4	1	2	2	0	0
Three Pepper Sauce Packet	14	20	10	1	0	0	140	3	0	3	0	4	2	0	0
Shakes (Notice: All Shakes contain Dairy products)															
Chocolate Shake ⁴⁶ - Regular	397	510	120	13	8	35	360	83	0	81	13	8	10	50	2
Chocolate Shake ⁴⁶ - Large	510	660	150	17	10	45	450	110	<1	106	17	10	10	60	4
Jamocha Shake ⁴⁷ - Regular	397	500	120	13	8	35	390	81	0	78	13	8	10	50	4
Jamocha Shake ⁴⁷ - Large	510	650	150	17	10	45	510	107	<1	102	17	10	10	60	4
Strawberry Shake ⁴⁸ - Regular	397	500	120	13	8	35	360	81	0	77	13	8	10	50	4
Strawberry Shake ⁴⁸ - Large	510	650	150	17	10	45	460	107	<1	101	16	10	15	70	6
Vanilla Shake ⁴⁹ - Regular	397	500	120	13	8	35	370	82	0	81	13	8	10	50	6
Vanilla Shake ⁴⁹ - Large	510	650	150	17	10	45	470	107	0	106	16	10	10	70	10
Beverages:															
Coffee (Small)	12 fl oz	5	0	0	0	0	0	0	0	0	2	0	0	0	2
Iced Tea (Sweetened) -Small	16 fl oz	120	0	0	0	0	15	32	0	31	0	0	0	0	0
Milk (2%) (1 ea)	8 fl oz	120	40	4.5	3	20	115	12	0	11	8	15	4	30	0
Orange Juice (1 ea)	10 fl oz	140	0	0	0	N/A	35	34	0	30	0	0	150	0	0
Calorie and Sodium Ranges for Popular Soft Drinks															
Beverage	Calorie Range					Sodium Range									
Cola Beverages	185-215					45-65									
Non-Cola Carbonated Beverages	185-225					55-95									
Diet Sodas	0					55-90									
Orange Sodas	260-280					75-80									

	Serving Size (g)	Calories	Cal: From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	Suggested Exchange Values	
6-inch Sandwiches with 6 grams of Fat or Less																		
Values include Italian or wheat bread, lettuce, tomatoes, onions, green peppers, pickles and olives.																		
Ham	224	290	45	5	1.5	0	25	1260	47	4	8	18	4	30	6	25	3 sandwich (1 bread, meat, veg)	
Oven Roasted Chicken Breast	236	330	50	5	1.5	0	45	1020	47	4	9	24	4	30	6	25	3 sandwich (2 bread, meat, veg)	
Roast Beef	224	290	45	5	1.5	0	20	920	45	4	8	19	4	30	5	30	3 sandwich (1 bread, meat, veg)	
Turkey Breast	224	280	40	4.5	1.5	0	20	1020	46	4	7	18	4	30	6	25	3 sandwich (1 bread, meat, veg)	
Turkey Breast & Ham	234	290	45	5	1.5	0	25	1230	47	4	16	20	4	30	6	25	3 sandwich (1 bread, meat, veg)	
Subway Club®	257	320	50	6	2	0	35	1310	47	4	8	24	4	30	5	30	3 sandwich (2 bread, meat, veg)	
Sweet Onion Chicken Teriyaki	281	370	45	5	1.5	0	50	1220	59	4	19	26	5	40	8	25	3 sandwich (1 bread, meat, veg)	
Veggie Delite®	167	230	30	3	1	0	10	520	44	4	7	9	4	30	6	25	2 sandwich (1 bread, veg)	
6-inch Sandwiches with 6 grams of Fat or Less																		
Values include deli roll, lettuce, tomatoes, onions, green peppers, pickles and olives.																		
Cheese Steak	250	360	90	10	4.5	0	35	1090	47	5	9	24	8	30	15	45	3 sandwich (2 bread, meat, veg)	
Chicken & Bacon Ranch	297	530	280	25	10	0.5	90	1400	47	5	7	36	10	35	25	55	3 sandwich (1 bread, meat, veg)	
Chipotle Southwest Cheese Steak	274	450	180	20	6.0	0	45	1310	49	6	10	24	10	30	15	45	3 sandwich (2 bread, meat, veg)	
Tuna	250	530	280	31	7	0.5	45	1090	45	4	7	22	8	30	10	30	3 sandwich (2 bread, meat, veg)	
Cold Cut Combo	249	410	160	17	7	0.5	60	1550	47	4	8	21	10	35	15	30	3 sandwich (2 bread, meat, veg)	
Italian BMT®	243	450	190	21	8	0	55	1790	47	4	8	23	8	30	15	25	3 sandwich (2 bread, meat, veg)	
Meatball Marinara	377	560	220	24	11.0	1	45	1610	63	7	13	24	15	50	20	40	3 sandwich (2 bread, meat, veg)	
Spicy Italian	227	480	230	25	9	0	55	1670	46	4	8	21	4	30	16	25	3 sandwich (2 bread, meat, veg)	
Subway Melt®	254	380	110	12	5.0	0	45	1610	48	4	8	25	8	30	10	25	3 sandwich (2 bread, meat, veg)	
6-inch Sandwiches with 6 grams of Fat or Less																		
Values include deli roll, lettuce, tomatoes, onions, green peppers, pickles and olives.																		
Deli Style Sandwiches	164	350	170	18	5.0	0.5	30	750	35	3	3	14	8	20	10	25	2 sandwich (1 bread, meat, veg)	
Tuna (with cheese)	210	210	35	4	1.5	0	10	770	36	3	4	11	4	15	8	25	2 sandwich (1 bread, meat, veg)	
Ham	142	210	40	4	1.5	0	15	660	35	3	4	13	4	15	6	25	2 sandwich (1 bread, meat, veg)	
Roast Beef	152	220	40	4.5	2.0	0	15	730	35	3	4	13	4	15	10	25	2 sandwich (1 bread, meat, veg)	
Turkey Breast	152	210	35	3.5	1.5	0	15	730	35	3	4	13	4	15	10	25	2 sandwich (1 bread, meat, veg)	
6-inch Sandwiches with 6 grams of Fat or Less																		
Values include deli roll, lettuce, tomatoes, onions, green peppers, pickles and olives.																		
Chicken & Bacon Ranch (with cheese)	256	440	240	27	11	0.5	90	1670	16	9	11	41	10	15	30	15	3 sandwich (2 bread, meat, veg)	
Tuna (with cheese)	209	440	290	32	6	0.5	45	1310	16	9	9	27	8	10	15	15	3 sandwich (2 bread, meat, veg)	
Turkey Breast & Bacon Melt (w/ Chipotle Sauce)	242	440	260	28	10	0.5	65	1870	20	9	2	34	10	10	30	15	3 sandwich (2 bread, meat, veg)	
Turkey Breast	184	190	30	6	3	0	26	1290	16	9	2	24	4	10	10	15	3 sandwich (2 bread, meat, veg)	
6-inch Sandwiches with 6 grams of Fat or Less																		
Values include deli roll, lettuce, tomatoes, onions, green peppers, pickles and olives.																		
Salads (Dressing and croutons not included)	300	140	25	3	1	0	50	450	14	4	4	20	200	80	10	20	2 bread (1 meat, veg)	
Grilled Chicken & Baby Spinach	160	160	35	4	1.5	0	35	880	15	4	7	18	70	50	6	20	2 bread (1 meat, veg)	
Subway Club®	404	360	260	29	6	0.5	45	600	12	4	5	16	70	50	15	15	1 bread (1 meat, veg), 5 salad	
Tuna (with cheese)	322	60	10	1	0	0	0	90	12	4	5	3	70	50	16	10	1 bread (1 meat, veg), 5 salad	
6-inch Sandwiches with 6 grams of Fat or Less																		
Values include deli roll, lettuce, tomatoes, onions, green peppers, pickles and olives.																		
Salad Dressing	57	200	200	22	3	0	0	510	1	0	0	1	0	0	0	0	0	2 bread (1 meat, veg)
Atkins Honey Mustard (1 net carb)	57	35	10	0	0	0	0	720	7	0	4	1	0	0	2	0	0	2 bread (1 meat, veg)
Fat Free Italian Ranch (1.5 net carb)	57	200	200	22	3.5	0	10	550	7	0.5	0	1	0	0	0	0	0	2 bread (1 meat, veg)
6-inch Sandwiches with 6 grams of Fat or Less																		
Values include deli roll, lettuce, tomatoes, onions, green peppers, pickles and olives.																		
DM Turkey Breast	281	340	50	6	1.5	0	40	1520	48	4	8	28	4	30	6	25	3 sandwich (1 bread, meat, veg)	
DM Turkey Breast & Ham	300	360	60	7	2	0	50	1950	50	4	9	31	4	30	6	30	3 sandwich (1 bread, meat, veg)	
DM Ham	302	380	70	7	2.5	0	50	2180	57	4	16	28	4	30	16	30	3 sandwich (1 bread, meat, veg)	
DM Roast Beef	281	360	70	7	3.5	0	40	1320	46	4	9	29	4	30	6	40	3 sandwich (1 bread, meat, veg)	
DM Subway Club®	347	420	80	8	3.5	0	65	2100	50	4	10	39	4	30	16	40	3 sandwich (1 bread, meat, veg)	
DM Oven Roasted Chicken	309	430	70	8	2	0	90	1820	50	4	11	39	4	30	6	25	3 sandwich (1 bread, meat, veg)	

Item	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	Suggested Exchange Values
DM Classic Tuna	320	790	490	55	11	0	80	1340	45	4	2	32	10	30	10	30	3 starch, 1 med fat, 1 veg, 1 fruit
DM Seafood Sensation	320	640	350	38	8.0	1	40	1580	58	5	0	20	8	30	20	25	4 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
DM Italian BMT®	306	630	310	35	14	0	0	2890	49	4	10	34	8	30	15	30	3 starch, 4 med fat, 1 med veg, 1 veg, 1 fruit
DM Cold Cut Combo	320	550	250	28	10	1	10	2380	49	4	8	31	10	35	20	35	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
DM Turkey Breast, Ham & Bacon Melt	320	450	120	14	6	0	70	2330	51	4	9	36	8	30	15	30	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
DM Cheese Steak	320	450	120	14	6	0	60	1470	30	6	11	37	8	30	15	60	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
DM Meatball Marinara	575	960	380	42	18	2	85	2490	82	10	18	37	15	75	25	50	6 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
DM Sweet Onion Chick. Teriyaki	373	490	60	7	2	0	100	1630	58	4	20	43	5	45	10	30	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
DM Chipotle Southwest Cheese Steak	342	540	210	24	7	0	70	1660	54	7	12	37	10	30	15	60	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
6th Limited Time Offer/Regional Subs™																	
Absolute Angus Steak	231	420	180	20	8	n/a	70	730	44	4	2	20	4	30	6	30	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Barbecue Rib Patty	245	420	170	19	6	0	50	830	47	4	3	20	6	30	6	25	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Barbecue Chicken	236	310	50	6	2	0	35	1110	42	5	15	16	10	190	10	25	3 starch, 1 med fat, 1 med veg, 1 veg, 1 fruit
BBQ Steak & Monterey Cheddar Cheese	274	390	100	11	5	0	40	1290	53	6	14	26	10	30	15	45	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Big Hot Pastrami/ Extreme Toasted Pastrami	270	580	270	30	11	0	15	1880	48	4	6	33	8	20	15	25	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Buffalo Chicken	274	390	120	13	3	0	55	1510	46	5	3	26	10	35	6	25	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Chipotle Chicken & Bacon Double Cheese	297	560	240	27	10	0	95	1410	47	5	7	36	10	35	25	25	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Gardenburger®	255	390	60	7	2.5	0	5	970	66	9	8	19	10	30	10	30	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Garlic Lover's Roast Beef Double Cheese	274	510	230	25	10	0	60	1280	48	5	8	26	10	30	25	35	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Pastrami	301	570	260	29	9	0	25	1190	49	5	7	32	10	30	10	25	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Subway® Seafood Sensation	250	450	200	22	6	0.5	35	1190	51	5	8	16	8	30	15	25	3 starch, 1 med fat, 1 med veg, 1 veg, 1 fruit
Tuna Double Cheese Melt	278	640	360	40	12	1.0	75	1210	46	5	7	28	15	30	30	30	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Turkey, Bacon & Roasted Garlic Double Cheese	283	540	250	28	10	0.5	70	1550	49	5	8	29	10	30	25	25	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Turkey Pastrami	260	330	50	6	1.5	0	10	1500	45	5	7	26	6	30	8	30	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Veggi-Max	252	380	70	8	1.5	0	10	1040	56	7	9	24	10	30	18	25	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Breakfast Sandwiches/Double Cheese																	
Cheese	126	330	140	16	6	0	90	430	24	3	3	15	8	6	20	25	2 starch, 1 med fat, 1 med veg, 1 veg, 1 fruit
Chipotle Steak & Cheese	208	530	290	33	11	0.5	230	960	38	4	5	26	15	6	30	40	2 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Double Bacon & Cheese	171	520	280	31	14	0.5	230	1080	37	3	4	27	15	6	35	25	2 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Honey Mustard Ham & Egg (Low Fat)	171	270	50	5	1.5	0	15	1080	42	3	9	18	10	6	6	25	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Honey Mustard Ham & Egg (Regular)	163	330	120	13	3.5	0	90	840	42	3	9	16	16	6	8	25	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Western with Cheese	182	420	190	22	19	0	215	900	37	3	12	23	10	15	30	28	2 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Breakfast Sandwiches/Double Cheese																	
Cheese	149	370	150	16	6	0	190	500	42	3	6	17	8	15	20	25	3 starch, 1 med fat, 1 med veg, 1 veg, 1 fruit
Chipotle Steak & Cheese	227	270	300	33	11	0.5	230	1030	46	4	8	29	15	15	30	40	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Double Bacon & Cheese	192	580	180	31	14	0.5	235	1150	45	4	6	29	15	15	35	25	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Honey Mustard Ham & Egg (Low Fat)	192	310	50	5	1.5	0	15	1150	50	3	11	20	0	15	6	25	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Honey Mustard Ham & Egg (Regular)	184	370	120	13	3.5	0	90	910	50	3	12	19	6	15	8	25	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Western with Cheese	203	460	190	22	9	0	215	370	45	4	7	25	10	20	30	25	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Breakfast Sandwiches/Double Cheese																	
Cheese	141	290	166	18	5	0	190	830	15	8	4	23	9	0	20	15	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Chipotle Steak & Cheese	219	490	310	35	10	0	230	1360	19	9	3	34	15	0	35	25	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Double Bacon & Cheese	184	470	290	33	3	0.5	235	1480	18	8	11	35	15	0	40	15	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit
Honey Mustard Ham & Egg (Low Fat)	184	230	60	7	1.5	0	15	1480	23	8	6	26	10	0	8	10	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Honey Mustard Ham & Egg (Regular)	176	290	130	15	3	0	90	1240	23	8	7	24	6	0	10	15	3 starch, 2 med fat, 1 med veg, 1 veg, 1 fruit
Western with Cheese	195	370	240	23	8	0	215	1300	18	8	2	31	10	8	30	15	3 starch, 3 med fat, 1 med veg, 1 veg, 1 fruit



U.S. NUTRITION INFORMATION

Note: Your totals may differ slightly from those listed. Wendy's calculations follow the federal regulations regarding the rounding of the nutritional data.

Garden Sensations™ Salads and Fresh Fruit

Flavor-Packed Entrée Salads to Dress and Top Yourself*

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mandarin Chicken® Salad Iceberg, Romaine, Spring Salad Mix, Mandarin Oranges, Diced Chicken	1 ea.	348	170	15	2	0.5	0	60	480	17	4	11	23
Crispy Noodles	1 pkt.	14	60	20	2	0	0.5	0	170	10	0	1	1
Roasted Almonds	1 pkt.	21	130	100	11	1	0	0	70	4	2	1	5
Oriental Sesame Dressing	1 pkt.	64	250	170	19	2.5	0	0	560	19	0	18	1
Spring Mix Salad Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Red Onions, Carrots, Cheddar Cheese	1 ea.	313	180	100	11	6	0	30	220	11	5	5	11
Honey Roasted Pecans	1 pkt.	20	130	120	13	2	0	0	65	5	2	3	2
House Vinaigrette Dressing	1 pkt.	64	190	160	18	2.5	0	0	750	8	0	7	0
Chicken BLT Salad Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Cheddar Cheese, Bacon Pieces, Diced Chicken	1 ea.	374	330	160	18	9	0	105	840	10	4	4	35
Homestyle Garlic Croutons	1 pkt.	14	70	25	3	0	0	0	125	9	0	0	2
Honey Mustard Dressing	1 pkt.	64	280	230	26	4	0	25	350	11	0	10	1
Taco Supremo Salad Iceberg, Romaine, Tomatoes, Red Onions, Cheddar Cheese, Wendy's Chili	1 ea.	494	380	150	17	9	0.5	65	1000	31	9	9	27
Salsa	1 ea.	85	30	0	0	0	0	440	6	0	4	1	
Sour Cream	1 pkt.	28	60	45	5	3.5	0	20	20	2	0	1	1
Taco Chips	1 bag	43	210	80	9	1.5	2.5	0	240	29	2	0	3
Homestyle Chicken Strips Salad Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Red Onions, Carrots, Cheddar Cheese, 2 Homestyle Chicken Strips	1 ea.	417	440	200	22	8	2.5	70	1180	33	5	6	29
Creamy Ranch Dressing	1 pkt.	64	230	210	23	4	0	15	580	5	0	3	1
Lighter Salad Dressings													
Fat Free French Style	1 pkt.	64	80	0	0	0	0	0	210	19	0	16	0
Reduced Fat Creamy Ranch	1 pkt.	64	100	70	8	1.5	0	15	550	6	1	3	1
Low Fat Honey Mustard	1 pkt.	64	110	25	3	0	0	0	340	21	0	16	0
Fresh Fruit Bowl Pineapple, Cantaloupe, Honeydew, Red Grapes, Romaine	1 ea.	297	130	0	0	0	0	0	35	33	3	28	2
Low Fat Strawberry Flavored Yogurt	1 ea.	85	90	5	1	0	0	5	50	16	0	7	4

* Toppings and Salad Dressings listed separately.

Beverages and Frosty™

Refreshments for Everyone's Thirst

Coffee	1 ea.	170	0	0	0	0	0	0	0	1	0	1	0
Tea	1 ea.	170	0	0	0	0	0	0	0	0	0	0	0
Milk, 2% Reduced Fat Milk	1 ea.	227	120	40	4.5	3	0	20	135	13	0	12	8
Milk, 1% Low Fat Chocolate	1 ea.	227	170	20	2.5	1.5	0	15	200	28	0	26	8
Diet Cola Soft Drink, Medium (20 oz. cup)*	1 ea.	312	0	0	0	0	0	0	101	0	0	0	0
Lemon-Lime Soft Drink, Medium (20 oz. cup)*	1 ea.	312	120	0	0	0	0	0	301	31	0	31	0
Cola Soft Drink, Medium (20 oz. cup)*	1 ea.	312	120	0	0	0	0	0	01	34	0	34	0
Frosty													
Junior, 6 oz. cup	1 ea.	113	160	35	4	2.5	0	15	75	28	0	21	4
Small, 12 oz. cup	1 ea.	227	330	70	8	5	0	35	150	56	0	42	8
Medium, 16 oz. cup	1 ea.	298	430	100	11	7	0	45	200	74	0	55	10

* To determine nutritional information for a Kid's size (12 oz.) soft drink, multiply by 0.6; Small (16 oz.) soft drink, multiply by 0.8; Biggie (32 oz.) soft drink, multiply by 1.6. †The sodium value will vary based on the level of sodium in your city's water supply.

This nutrition information is current as of April 1, 2005.

Side Selections

Numerous Options to Serve Yourself a Balanced Meal

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
SALADS	Side Salad Iceberg, Romaine, Cucumbers, Grape Tomatoes, Red Onions, Carrots	1 ea.	166	35	0	0	0	0	0	20	7	3	4	2
	Caesar Side Salad Romaine, Parmesan Cheese, Bacon Pieces	1 ea.	99	70	40	4.5	2	0	15	150	3	2	1	6
	Homestyle Garlic Grouton Caesar Dressing	1 pkt. 1 pkt.	14 28	70 150	25 150	3 16	0 2.5	0 0	0 20	125 240	9 1	0 0	0 0	2 1
	Mandarin Orange Cup	5 oz.	142	80	0	0	0	0	0	15	20	1	17	1
	Fresh Fruit Cup Pineapple, Cantaloupe, Honeydew, Red Grapes	1 ea.	168	80	0	0	0	0	0	20	20	2	17	1
BAKED POTATOES	Plain	10 oz.*	283	270	0	0	0	0	0	25	61	7	3	7
	Sour Cream & Chives Potato, Sour Cream, Chives	1 ea.	311	340	60	6	3.5	0	10	40	62	7	3	8
	Broccoli & Cheese Potato, Broccoli, Cheese Sauce, Margarine	1 ea.	411	440	130	15	3	0	10	540	69	9	6	10
	Bacon & Cheese Potato, Cheese Sauce, Bacon Pieces, Margarine	1 ea.	380	560	220	25	7	0	40	850	69	8	6	16
CHILI	Country Crock® Spread	1 pkt.	14	60	60	7	1.5	0.5	0	115	0	0	0	0
FRENCH FRIES	Small	8 oz.	227	220	60	6	2.5	0	35	780	23	5	6	17
	Large	12 oz.	340	330	80	9	3.5	0.5	55	1170	35	8	9	25
	Hot Chili Seasoning	1 pkt.	7	5	0	0	0	0	0	270	2	0	1	0
	Saltine Crackers	2 ea.	6	25	5	0.5	0	0	0	70	5	0	0	1
	Cheddar Cheese, shredded	2 T.	17	70	50	6	3.5	0	15	110	1	0	0	4
STRIPS	Kids' Meal	3.2 oz.	91	280	120	14	2.5	3.5	0	270	37	3	0	3
	Medium	5.0 oz.	142	440	190	21	3.5	5	0	430	58	5	0	5
	Biggie®	5.6 oz.	159	490	210	24	4	6	0	480	65	6	0	5
	Great Biggie®	6.7 oz.	190	590	260	29	5	7	0	570	77	7	0	6
NUGGETS	Homestyle Chicken Strips	3 ea.	159	410	160	18	3.5	3	60	1470	33	0	0	28
	Deli Honey Mustard Sauce	1 pkt.	35	170	140	16	2.5	0	15	210	6	0	1	1
	Spicy Southwest Chipotle Sauce	1 pkt.	35	140	120	13	2	0	20	170	4	0	1	0
	Heartland Ranch Sauce	1 pkt.	35	200	190	21	3.5	0	20	280	1	0	1	0
	4 Piece Kids' Meal	4 pc.	60	180	100	11	2.5	1.5	25	390	10	0	1	8
5 Piece	5 pc.	75	220	130	14	3	1.5	35	490	13	0	1	10	
Barricade Sauce	1 pkt.	28	40	0	0	0	0	0	160	11	0	5	1	
Sweet & Sour Sauce	1 pkt.	28	45	0	0	0	0	0	120	12	0	7	0	
Honey Mustard Nugget Sauce	1 pkt.	28	130	100	12	2	0	10	220	6	0	5	0	

* Average weight.

Homestyle Chicken Strips & Crispy Chicken Nuggets

Crispy All-White Breast Meat for High Flavor Dipping

STRIPS	Homestyle Chicken Strips	3 ea.	159	410	160	18	3.5	3	60	1470	33	0	0	28
	Deli Honey Mustard Sauce	1 pkt.	35	170	140	16	2.5	0	15	210	6	0	1	1
	Spicy Southwest Chipotle Sauce	1 pkt.	35	140	120	13	2	0	20	170	4	0	1	0
	Heartland Ranch Sauce	1 pkt.	35	200	190	21	3.5	0	20	280	1	0	1	0
NUGGETS	4 Piece Kids' Meal	4 pc.	60	180	100	11	2.5	1.5	25	390	10	0	1	8
	5 Piece	5 pc.	75	220	130	14	3	1.5	35	490	13	0	1	10
	Barricade Sauce	1 pkt.	28	40	0	0	0	0	0	160	11	0	5	1
	Sweet & Sour Sauce	1 pkt.	28	45	0	0	0	0	0	120	12	0	7	0
	Honey Mustard Nugget Sauce	1 pkt.	28	130	100	12	2	0	10	220	6	0	5	0

We're proud of the quality food we serve. For the most up-to-date information, visit wendys.com or wendysen espanol.com

This nutrition information is current as of April 1, 2005.

Sandwiches

100% Ground Beef and Whole-Breast Chicken Fillets Taste Great

HAMBURGERS

CHICKEN TEMPTATIONS™

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)
Jr. Hamburger 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	117	280	80	9	3.5	0.5	30	600	34	1	7	15
Jr. Cheeseburger 2 oz.* Patty, American Cheese Jr. Slice, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	129	320	110	13	6	0.5	40	810	34	1	7	17
Jr. Cheeseburger Deluxe™ 2 oz.* Patty, American Cheese Jr. Slice, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	179	360	140	16	6	0.5	45	880	37	2	8	18
Jr. Bacon Cheeseburger 2 oz.* Patty, American Cheese Jr. Slice, Bacon, Mayonnaise, Tomato, Lettuce, Sandwich Bun	1 ea.	165	380	170	18	7	0.5	55	810	34	2	6	20
Hamburger, Kids' Meal 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	110	270	80	9	3.5	0.5	30	600	33	1	6	15
Cheeseburger, Kids' Meal 2 oz.* Patty, American Cheese Jr. Slice, Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	122	320	110	13	6	0.5	40	810	34	1	7	17
Classic Single® w/ Everything 1/4 lb.* Patty, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	218	430	180	20	7	1	65	890	37	2	8	25
Big Bacon Classic® 1/4 lb.* Patty, American Cheese Slice, Bacon, Mayonnaise, Ketchup, Dill Pickles, Onion, Tomato, Lettuce, Kaiser Roll	1 ea.	282	580	260	29	12	1.5	95	1390	46	3	11	35
Ultimate Chicken Grill Sandwich Ultimate Chicken Grill Filler, Sweet & Savory Sauce, Tomato, Romaine, Kaiser Roll	1 ea.	225	360	60	7	1.5	0	75	1090	44	2	10	31
Spicy Chicken Fillet Sandwich Spicy Chicken Filler, Mayonnaise, Tomato, Romaine, Kaiser Roll	1 ea.	225	510	170	19	3.5	1.5	55	1480	57	2	8	29
Homestyle Chicken Fillet Sandwich Homestyle Chicken Filler, Creamy Tangy Sauce, Red Onion, Tomato, Romaine, Kaiser Roll	1 ea.	230	540	190	22	4	1.5	55	1320	57	2	8	29

Sandwich Components

Everything Can Be Made to Order for Your Taste

Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.

2 oz.* Hamburger Patty	2 oz.*	37	100	60	7	3	0.5	30	130	0	0	0	10
1/4 lb.* Hamburger Patty	1/4 lb.*	74	210	130	14	6	1	60	260	0	0	0	19
Ultimate Chicken Grill Filler	1 pc.	105	120	20	2.5	0.5	0	70	630	2	0	1	23
Spicy Chicken Filler	1 pc.	108	260	110	12	2.5	1.5	50	1050	16	0	0	22
Homestyle Chicken Filler	1 pc.	105	260	110	12	2.5	1.5	50	880	17	0	0	21
Sandwich Bun	1 ea.	58	160	15	2	0	0	0	290	31	1	5	5
Kaiser Roll	1 ea.	71	200	20	2.5	0	0	0	350	38	2	6	7
American Cheese, Jr.	1 slice	12	45	30	3.5	2.5	0	10	220	0	0	0	2
American Cheese	1 slice	18	70	50	5	3.5	0	15	320	1	0	0	3
Bacon	1 strip	4	20	10	1.5	0.5	0	5	55	0	0	0	1
Mayonnaise	1.5 tsp.	9	30	30	3	0.5	0	5	60	1	0	0	0
Sweet & Savory Sauce	1/2 oz.	14	35	20	2	0	0	10	105	3	0	2	0
Creamy Tangy Sauce	1/2 oz.	14	70	60	7	1	0	5	80	1	0	0	0

* Approximate weight before cooking.

Tally up your whole meal with our meal calculator at wendys.com or wendysenespanol.com

This nutrition information is current as of April 1, 2005.



Fast Food-Like Recipes

Look for healthy menu items like these the next time you eat at fast food, or better yet, make these delicious recipes at home.

Fruit Dippers

½ cup low fat vanilla yogurt

2 tablespoons chopped peanuts

2 cups fruit (grapes, banana slices, apple wedges, strawberries, or any fruit you like)

- Combine yogurt and peanuts. Mix with a spoon.
- Place a toothpick in the center of each fruit.
- Dip fruit into the yogurt-peanut mixture.
- Enjoy.

Stuffed 'Tato

1 medium potato

¼ cup chopped veggies (green peppers, cooked carrot or broccoli, corn, tomato or any other you would like)

2 tablespoons salsa

2 tablespoons shredded cheese

- Microwave the potato on HIGH for 3-4 minutes.
- Top your potato with veggies, salsa and cheese.



Dining Out Quiz-Teens

- 1.) **TRUE or FALSE** Fast food meals are usually lower in fat than meals prepared at home?

- 2.) **TRUE or FALSE** Fast food meals are larger and provide more calories today than they did 50 years ago.

- 3.) **TRUE or FALSE** Foods that are fried or in a cream sauce are healthier choices than foods that are grilled or baked.

- 4.) **TRUE or FALSE** An easy way to cut down on fat is to order sandwiches without cheese, bacon or mayonnaise.

- 5.) **TRUE or FALSE** In order to be healthy, you can never eat a fast food meal.



Why Yes I Do, I Try New Foods? Don't You?

There are over 30,000 different foods available to us! However, the average American eats just 10-20 different foods over and over.

How do we know certain foods are our "favorite" foods if we have not tried the other foods?

Can anyone figure out what "Food Neophobia" means? Do you know what a phobia is, such as claustrophobia (fear of confined spaces) or arachnophobia (fear of spiders)? Do you know what "neo" means? It means "new".

We do not need to be afraid of trying new foods. Everybody has different taste buds (that is why some people like spicy food and some do not) so even if your friend does not like a food, you can still be excited to try it!

Different foods have different nutrients that are good for our health and help us grow. Eat a variety of foods every day. Make it an adventure.

- * Every time you go to the grocery store, try a new food (not junk food).
- * When you go to a restaurant, order the MEAL on the menu you do not know (not dessert or appetizer).
- * Our taste buds change as we grow up. It is okay if you do not like something now. Try it again in a few months.

Trying new foods is more fun!

It is the smarter and healthier way to eat!

You will learn foods and recipes to impress others with!



Try New Foods

- 1) There are over _____ many different foods?
 - a) 100
 - b) 1,000
 - c) 13,000
 - d) 30,000

- 2) What does "food neophobia" mean?
 - a) To be afraid of restaurants.
 - b) To like to try new foods.
 - c) To be afraid to try new foods.
 - d) To be a detective.

- 3) Which are true about taste buds?
 - a) People taste foods differently.
 - b) Our taste buds taste sweet, salty, bitter and sour.
 - c) Our taste buds change as we grow older.
 - d) All of the above.

- 4) What advantage is there to trying new foods?
 - a) We can tease those who do not like certain foods.
 - b) We will receive more nutrients and be healthier.
 - c) People will know that we have "food neophobia".
 - d) There is no advantage.



NEW FOOD ACTIVITY

Put a crisp dollar bill into a brown paper bag without anyone seeing you.

Tell the group that inside the bag there is something green and crisp. It is made from a plant, but you cannot grow it. It is very, very flat. People in other countries and here like it a lot. It would be weird on a salad.

Is anyone afraid of reaching into the bag not knowing what is in it?

Let the first person that volunteers reach into the bag and keep the dollar.

“Was it worth being adventurous?”

Ask the class if they are afraid of trying new things. Are they afraid of trying new foods?

Discuss.

Ask the class what character they could play while trying new foods to overcome their fears. Let them discuss their ideas with you.
(Examples: Detective, Scientist, Artist, Teacher, Chef or Explorer.)

If time permits, bring in some new foods for them to try. Bring in something different from each food group. Provide napkins and utensils. Have them wash their hands first.

Set the rules before the taste testing begins:

Will you use a blindfold?

No “Yucks” are allowed.

Foods must be described by its flavor, temperature and appearance.

(Not just “I like this” or “I don’t like this”)

Peanut Butter 'N Fruit-Wich

Chase down this snack with milk!

1 slice whole-wheat bread
 2 tablespoons peanut butter
 1/4 apple or banana, sliced thinly
 (Optional) 2 tablespoons sliced or grated carrot

1. Spread 2 tablespoons peanut butter on bread.
2. Place fruit slices on top.
3. (Optional) Top with grated carrot.

Makes 1 open-faced sandwich.

Carry Food Safely! Use an unused paper or plastic bag or a clean insulated lunch bag. Wash reusable bags each time you use them.

More ideas: Make a Peanut Butter 'N Fruit-Wich on crunchy graham crackers, or roll up the filling in a soft tortilla.

Your turn: Instead of fresh fruit use canned pineapple on a fruit-wich. Just drain it first. What other canned fruits might be yummy to try?

Nutrition Facts

Serving Size 1 fruit-wich (112g)		
Servings Per Container 1		
Amount Per Serving		
Calories	340	Calories from Fat 170
<small>%Daily Value*</small>		
Total Fat	19g	29%
Saturated Fat	3.5g	18%
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	35g	12%
Dietary Fiber	6g	22%
Sugars	8g	
Protein	12g	
Vitamin A	0%	Vitamin C 4%
Calcium	2%	Iron 10%

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

↓ LOW=5% or less HIGH=20% or more ↑

Veggie Pizza

For great taste and more fiber, make this pizza on whole-wheat pocket bread.

2 tablespoons pizza or spaghetti sauce
 1 pocket bread (or bread slice)
 1/2 cup chopped vegetables (broccoli, bell pepper, mushroom, zucchini, carrot, or any others you like)
 2 tablespoons (1/2 ounce) grated cheese

1. Spread pizza sauce on pocket bread.
2. Sprinkle vegetables and cheese on top.
3. Place on a baking pan, and bake at 375 °F until cheese melts—about 10 minutes.

Makes 1 veggie pizza.

More ideas: Try leftover cooked chicken or meat on your pizza if you have any in your refrigerator.

Your turn: All types of veggies taste great on pizza. Whether they're canned, frozen, or fresh, use what you have: What other veggies might you try on pizza?

Clean Up! Always wash cutting board with hot, soapy water if you use it to cut meat, poultry, or fish *before* you cut vegetables and fruits.

Nutrition Facts

Serving Size 1 pizza (177g)		
Servings Per Container 1		
Amount Per Serving		
Calories	260	Calories from Fat 40
<small>%Daily Value*</small>		
Total Fat	4.5g	7%
Saturated Fat	2g	11%
Cholesterol	10mg	3%
Sodium	600mg	25%
Total Carbohydrate	43g	14%
Dietary Fiber	4g	16%
Sugars	4g	
Protein	13g	
Vitamin A	25%	Vitamin C 100%
Calcium	25%	Iron 15%

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

↓ LOW=5% or less HIGH=20% or more ↑

SPAGHETTI WITH TURKEY MEAT SAUCE

- 1 lb. ground turkey
- 28 oz. can tomatoes, cut up
- 1 cup finely chopped sweet green pepper
- 1 finely chopped onion
- 2 cloves of garlic, minced
- 1 teaspoon dried oregano, crushed
- 1 lb. of spaghetti
- non-stick cooking spray

COOKING INSTRUCTIONS:

- Spray a large skillet with non-stick cooking spray.
- Preheat over high heat.
- Add turkey. Cook, stirring occasionally for 5 minutes.
- Drain fat.
- Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper.
- Bring to a boil; reduce heat. Simmer, covered for 15 minutes, stirring occasionally.
- Remove cover; simmer for 15 minutes more. Meanwhile, cook spaghetti according to package directions; drain well; serve sauce over spaghetti.

INSTEAD OF USING GROUND BEEF THIS RECIPE CALLED FOR GROUND TURKEY, A HEALTHY CHOICE. USING GROUND TURKEY IN YOUR SPAGHETTI WILL SAVE YOU CALORIES AND FAT. TOP IT OFF WITH LOW OR NO FAT PARMESAN OR ROMANO CHEESE.

SERVES 6

NUTRITIONAL ANALYSIS—1 CUP SAUCE, CUP PASTA

256 CALORIES • 26g CARBOHYDRATES
20g PROTEIN • 8.1g FAT • 315mg SODIUM



Try New Foods

- 1) There are over _____ many different foods?
 - a) 100
 - b) 1,000
 - c) 13,000
 - d) 30,000

- 2) What does “food neophobia” mean?
 - a) To be afraid of restaurants.
 - b) To like to try new foods.
 - c) To be afraid to try new foods.
 - d) To be a detective.

- 3) Which are true about taste buds?
 - a) People taste foods differently.
 - b) Our taste buds taste sweet, salty, bitter and sour.
 - c) Our taste buds change as we grow older.
 - d) All of the above.

- 4) What advantage is there to trying new foods?
 - a) We can tease those who do not like certain foods.
 - b) We will receive more nutrients and be healthier.
 - c) People will know that we have “food neophobia”.
 - d) There is no advantage.



Teens Look at the Labels (lesson)

Why Should We Look At The Label?

- To help pick foods that are healthier for us
- To see what a serving size of that food is
- To compare nutrients/calories in similar foods, such as two kinds of cereal

What Is On A Label?

- The Nutrition Facts panel is required to have:

The serving size, calories, calories from fat, total fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, sugars, protein, Vitamin A, Vitamin C, iron and calcium

- The %DV on the label is a number that allows you to know whether there is a lot or a little of a nutrient in a serving of that food.
- When using the %DV follow the “5-20” rule.
 - For nutrients you want to cut down on (saturated fat, total fat, cholesterol) pick foods with 5% DV or less. Getting too much of these nutrients can lead to obesity and heart disease.
 - For nutrients you want to increase (calcium, fiber) pick foods with 20% DV or higher. Getting enough of these nutrients can help you feel better and have more energy.

Remember

- The label is there to help you make good food choices, but you need to know how to use them. Start reading labels and paying attention to what a serving size is.
- All foods fit in moderation. Occasionally, it is okay to have a food that does not fit the “5-20” rule.



Teens Look at the Labels

Pre/Post Test

- 1.) **TRUE or FALSE** The Nutrition Facts label on a food does not list a serving size.
- 2.) **TRUE or FALSE** Reading labels can help us pick healthier food choices.
- 3.) **TRUE or FALSE** A good rule to follow when picking a food item is the "10-50" rule.
- 4.) **TRUE or FALSE** Nutrients we should get more of include fat, cholesterol and sodium.
- 5.) **TRUE or FALSE** The Nutrition Facts panel has to list calories and fat in the food item.



TEENS LABEL READING

ACTIVITIES

Activity 1

The purpose of this activity is to show that you do not have to give up your favorite food just because it does not meet the “5-20” rule. When you eat a food high in fat, you can cut down on the fat you eat for the rest of the day.

- Using the Nutrition Facts cards have each teen pick five items they would normally eat.
- Have them add up the % DV for fat from each of the foods. Remember: if you would normally eat more than 1 serving to count the % DV for the number of servings.
- Ask what the % DV for fat was. Point out that you want the total to be less than 100%.

Repeat this activity for the % DV for calcium, using the same five labels. Point out that you want the % DV for calcium to be greater than 100%.

Activity 2

The purpose of this activity is to engage teens in a label reading activity. Have teens bring in at least one label from an item they eat at home. Using the label they bring in have teens answer the following questions:

- What is the serving size?
- Would you normally eat only one serving?
- How many calories are in a serving?
- How much fat is in one serving?
- What % of calories comes from fat?
- How much saturated fat is in a serving?
- How much cholesterol is in a serving?
- How much calcium is in a serving?
- How much fiber is in a serving?
- Does this food fit our “5-20” rule? Why or why not?

Nutrition Facts Cards

60. Egg, hard cooked

Nutrition Facts		
Serving Size 1 egg (50g)		
Servings Per Container 6		
Amount Per Serving		
Calories 80	Calories from Fat 50	
		%Daily Value*
Total Fat 5g		8 %
Saturated Fat	1.5g	8 %
Cholesterol 210mg		71 %
Sodium 60mg		3 %
Total Carbohydrate 1g		0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein 6g		
Vitamin A	6%	• Vitamin C 0%
Calcium	2%	• Iron 4%

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

↓ LOW=5% or less HIGH=20% or more ↑

61. Fish sticks

Nutrition Facts		
Serving Size 6 fishsticks (95g)		
Servings Per Container 4		
Amount Per Serving		
Calories 250	Calories from Fat 130	
		%Daily Value*
Total Fat 14g		22 %
Saturated Fat	2.5g	13 %
Cholesterol 20mg		7 %
Sodium 430mg		18 %
Total Carbohydrate 21g		7 %
Dietary Fiber	1g	4 %
Sugars	2g	
Protein 10g		
Vitamin A	0%	• Vitamin C 0%
Calcium	2%	• Iron 2%

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

↓ LOW=5% or less HIGH=20% or more ↑

62. Fish, baked

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 4		
Amount Per Serving		
Calories 150	Calories from Fat 60	
		%Daily Value*
Total Fat 6g		10 %
Saturated Fat	1g	5 %
Cholesterol 65mg		22 %
Sodium 55mg		2 %
Total Carbohydrate 0g		0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein 21g		
Vitamin A	2%	• Vitamin C 0%
Calcium	2%	• Iron 2%

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

↓ LOW=5% or less HIGH=20% or more ↑

63. Frozen fruit-juice bar

Nutrition Facts		
Serving Size 1 juice bar (92g)		
Servings Per Container 10		
Amount Per Serving		
Calories 80		
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat	0g	0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 19g		6 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein 1g		
Vitamin A	0%	• Vitamin C 15%
Calcium	0%	• Iron 0%

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

↓ LOW=5% or less HIGH=20% or more ↑

64. Fruit drink, orange w/10% juice

Nutrition Facts		
Serving Size 12 FL OZ (240g)		
Servings Per Container 1		
Amount Per Serving		
Calories 120		
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat	0g	0 %
Cholesterol 0mg		0 %
Sodium 30mg		1 %
Total Carbohydrate 31g		10 %
Dietary Fiber	0g	0 %
Sugars	29g	
Protein 0g		
Vitamin A	0%	• Vitamin C 70%
Calcium	0%	• Iron 0%

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

↓ LOW=5% or less HIGH=20% or more ↑

65. Fruit juice, apple

Nutrition Facts		
Serving Size 8 FL OZ (248g)		
Servings Per Container 8		
Amount Per Serving		
Calories 120		
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat	0g	0 %
Cholesterol 0mg		0 %
Sodium 5mg		0 %
Total Carbohydrate 29g		10 %
Dietary Fiber	0g	0 %
Sugars	27g	
Protein 0g		
Vitamin A	0%	• Vitamin C 4%
Calcium	0%	• Iron 6%

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

↓ LOW=5% or less HIGH=20% or more ↑

Nutrition Facts Cards

54. Coconut, shredded

Nutrition Facts		
Serving Size 2 tbsp (12g)		
Servings Per Container 8		
Amount Per Serving		
Calories 60	Calories from Fat 40	
%Daily Value*		
Total Fat 4.5g		7%
Saturated Fat 4g		19%
Cholesterol 0mg		0%
Sodium 30mg		1%
Total Carbohydrate 6g		2%
Dietary Fiber 1g		0%
Sugars 4g		
Protein 0g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

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

55. Coleslaw, creamy style

Nutrition Facts		
Serving Size 3/4 cup (90g)		
Servings Per Container 4		
Amount Per Serving		
Calories 60	Calories from Fat 20	
%Daily Value*		
Total Fat 2.5g		4%
Saturated Fat 0g		0%
Cholesterol 5mg		2%
Sodium 20mg		1%
Total Carbohydrate 11g		4%
Dietary Fiber 1g		5%
Sugars 0g		
Protein 1g		
Vitamin A 10% • Vitamin C 50%		
Calcium 4% • Iron 2%		

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

56. Corn

Nutrition Facts		
Serving Size 1/2 cup (125g)		
Servings Per Container 4		
Amount Per Serving		
Calories 90	Calories from Fat 10	
%Daily Value*		
Total Fat 1g		2%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 360mg		15%
Total Carbohydrate 18g		6%
Dietary Fiber 3g		12%
Sugars 6g		
Protein 2g		
Vitamin A 0% • Vitamin C 6%		
Calcium 0% • Iron 2%		

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

57. Corn bread

Nutrition Facts		
Serving Size 1 piece (65g)		
Servings Per Container 8		
Amount Per Serving		
Calories 170	Calories from Fat 40	
%Daily Value*		
Total Fat 4.5g		7%
Saturated Fat 1g		5%
Cholesterol 25mg		9%
Sodium 430mg		18%
Total Carbohydrate 28g		9%
Dietary Fiber 1g		6%
Sugars 1g		
Protein 4g		
Vitamin A 4% • Vitamin C 0%		
Calcium 15% • Iron 10%		

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

58. Deli meat, bologna

Nutrition Facts		
Serving Size 1 slice (28g)		
Servings Per Container 18		
Amount Per Serving		
Calories 90	Calories from Fat 70	
%Daily Value*		
Total Fat 8g		12%
Saturated Fat 3.5g		18%
Cholesterol 20mg		7%
Sodium 310mg		13%
Total Carbohydrate 1g		0%
Dietary Fiber 0g		0%
Sugars 1g		
Protein 3g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 2%		

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

59. Doughnut, glazed

Nutrition Facts		
Serving Size 1 doughnut (60g)		
Servings Per Container 6		
Amount Per Serving		
Calories 240	Calories from Fat 120	
%Daily Value*		
Total Fat 14g		21%
Saturated Fat 3.5g		17%
Cholesterol 5mg		0%
Sodium 210mg		9%
Total Carbohydrate 27g		9%
Dietary Fiber 1g		0%
Sugars 10g		
Protein 4g		
Vitamin A 0% • Vitamin C 0%		
Calcium 2% • Iron 2%		

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

Nutrition Facts Cards

48. Chicken breast, baked with skin

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 2		
Amount Per Serving		
Calories 170	Calories from Fat 60	
%Daily Value*		
Total Fat 7g		10 %
Saturated Fat 2g		9 %
Cholesterol 70mg		24 %
Sodium 60mg		3 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 25g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%

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

LOW=5% or less HIGH=20% or more

49. Chicken breast, fried with skin

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 2		
Amount Per Serving		
Calories 190	Calories from Fat 70	
%Daily Value*		
Total Fat 8g		12 %
Saturated Fat 2g		10 %
Cholesterol 75mg		25 %
Sodium 65mg		3 %
Total Carbohydrate 1g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 27g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%

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

LOW=5% or less HIGH=20% or more

50. Chili without beans

Nutrition Facts		
Serving Size 1 cup (130g)		
Servings Per Container 2		
Amount Per Serving		
Calories 160	Calories from Fat 60	
%Daily Value*		
Total Fat 7g		11 %
Saturated Fat 2.5g		13 %
Cholesterol 30mg		10 %
Sodium 670mg		28 %
Total Carbohydrate 14g		5 %
Dietary Fiber 4g		15 %
Sugars 0g		
Protein 11g		
Vitamin A 10%	•	Vitamin C 20%
Calcium 4%	•	Iron 10%

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

LOW=5% or less HIGH=20% or more

51. Chili, meatless (vegetarian)

Nutrition Facts		
Serving Size 1 cup (240g)		
Servings Per Container 2		
Amount Per Serving		
Calories 160	Calories from Fat 10	
%Daily Value*		
Total Fat 1g		2 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 320mg		13 %
Total Carbohydrate 28g		9 %
Dietary Fiber 12g		48 %
Sugars 7g		
Protein 13g		
Vitamin A 100%	•	Vitamin C 20%
Calcium 4%	•	Iron 20%

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

LOW=5% or less HIGH=20% or more

52. Cookies, chocolate chip

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 %
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.

LOW=5% or less HIGH=20% or more

53. Cookies, fat free

Nutrition Facts		
Serving Size 2 cookies (29g)		
Servings Per Container 10		
Amount Per Serving		
Calories 100		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 60mg		3 %
Total Carbohydrate 24g		8 %
Dietary Fiber 1g		4 %
Sugars 14g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 2%

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

LOW=5% or less HIGH=20% or more



Nutrition Facts Cards

12. Beef, steak

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 4		
Amount Per Serving		
Calories 170	Calories from Fat 60	
%Daily Value*		
Total Fat 7g		11 %
Saturated Fat 3g		14 %
Cholesterol 55mg		18 %
Sodium 55mg		2 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 25g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 10%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

13. Bell pepper slices

Nutrition Facts		
Serving Size 5 slices (1/2 cup)(75g)		
Servings Per Container 4		
Amount Per Serving		
Calories 20		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 5g		2 %
Dietary Fiber 1g		5 %
Sugars 2g		
Protein 1g		
Vitamin A 10% • Vitamin C 110%		
Calcium 0% • Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

14. Bread, pita

Nutrition Facts		
Serving Size 1 pita (60g)		
Servings Per Container 6		
Amount Per Serving		
Calories 170	Calories from Fat 5	
%Daily Value*		
Total Fat 0.5g		1 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 320mg		13 %
Total Carbohydrate 33g		11 %
Dietary Fiber 1g		5 %
Sugars 3g		
Protein 5g		
Vitamin A 10% • Vitamin C 0%		
Calcium 6% • Iron 8%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

15. Bread, white

Nutrition Facts		
Serving Size 1 slice (34g)		
Servings Per Container 108		
Amount Per Serving		
Calories 90	Calories from Fat 15	
%Daily Value*		
Total Fat 1.5g		2 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 140mg		6 %
Total Carbohydrate 16g		5 %
Dietary Fiber 1g		0 %
Sugars 2g		
Protein 2g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

16. Bread, whole wheat

Nutrition Facts		
Serving Size 1 slice (50g)		
Servings Per Container 15		
Amount Per Serving		
Calories 140	Calories from Fat 30	
%Daily Value*		
Total Fat 3g		5 %
Saturated Fat 0.5g		3 %
Cholesterol 0mg		0 %
Sodium 340mg		14 %
Total Carbohydrate 24g		8 %
Dietary Fiber 3g		14 %
Sugars 0g		
Protein 4g		
Vitamin A 0% • Vitamin C 0%		
Calcium 2% • Iron 8%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑

17. Biscuit

Nutrition Facts		
Serving Size 2 biscuits (70g)		
Servings Per Container 4		
Amount Per Serving		
Calories 250	Calories from Fat 100	
%Daily Value*		
Total Fat 12g		18 %
Saturated Fat 1.5g		9 %
Cholesterol 0mg		0 %
Sodium 740mg		31 %
Total Carbohydrate 34g		11 %
Dietary Fiber 1g		0 %
Sugars 3g		
Protein 4g		
Vitamin A 0% • Vitamin C 0%		
Calcium 4% • Iron 15%		
* Percent Daily Values are based on a 2,000 calorie diet.		

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

24. Cake with frosting

Nutrition Facts		
Serving Size 1 slice (66g)		
Servings Per Container 10		
Amount Per Serving		
Calories 250	Calories from Fat 90	
	%Daily Value*	
Total Fat 10g		16 %
Saturated Fat 3g		14 %
Cholesterol 5mg		0 %
Sodium 190mg		8 %
Total Carbohydrate 39g		13 %
Dietary Fiber 1g		0 %
Sugars 0g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 6%	•	Iron 4%

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

↓ LOW=5% or less HIGH=20% or more ↑

25. Cake, angel food

Nutrition Facts		
Serving Size 1 slice (50g)		
Servings Per Container 10		
Amount Per Serving		
Calories 130		
	%Daily Value*	
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 250mg		11 %
Total Carbohydrate 29g		10 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 0%

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

↓ LOW=5% or less HIGH=20% or more ↑

26. Candy, chocolate bar

Nutrition Facts		
Serving Size 1 candy bar (46g)		
Servings Per Container 1		
Amount Per Serving		
Calories 230	Calories from Fat 110	
	%Daily Value*	
Total Fat 12g		18 %
Saturated Fat 7g		37 %
Cholesterol 10mg		3 %
Sodium 35mg		1 %
Total Carbohydrate 30g		10 %
Dietary Fiber 1g		4 %
Sugars 27g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 6%	•	Iron 2%

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

↓ LOW=5% or less HIGH=20% or more ↑

27. Candy, gumdrops

Nutrition Facts		
Serving Size 6 gumdrops (5g)		
Servings Per Container 10		
Amount Per Serving		
Calories 20		
	%Daily Value*	
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 5g		2 %
Dietary Fiber 0g		0 %
Sugars 3g		
Protein 0g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

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

↓ LOW=5% or less HIGH=20% or more ↑

28. Candy, hard

Nutrition Facts		
Serving Size 3 candies (2g)		
Servings Per Container 10		
Amount Per Serving		
Calories 20		
	%Daily Value*	
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 2g		1 %
Dietary Fiber 0g		0 %
Sugars 1g		
Protein 0g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

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

↓ LOW=5% or less HIGH=20% or more ↑

29. Candy, peppermint patty

Nutrition Facts		
Serving Size 1 patty (42g)		
Servings Per Container 1		
Amount Per Serving		
Calories 170	Calories from Fat 35	
	%Daily Value*	
Total Fat 4g		6 %
Saturated Fat 2.5g		13 %
Cholesterol 0mg		0 %
Sodium 10mg		1 %
Total Carbohydrate 32g		11 %
Dietary Fiber 1g		4 %
Sugars 23g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%

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

↓ LOW=5% or less HIGH=20% or more ↑



Look At These Label Friendly Recipes

Fruit Parfait

2 (8 oz each) containers of fat free vanilla yogurt
1 (10 oz) package of frozen mixed berries without added sugar
One low fat graham cracker, crushed

Fill the bottom of two cups with a layer of yogurt, and then add a layer of berries. Repeat until you have used a container of yogurt in each cup. Top with the crushed graham cracker and enjoy.

This is an easy way to increase your calcium intake.

Trail Mix Delight

1 cup wheat Chex cereal
1 cup Cheerio cereal
1 cup peanuts or almonds
1 cup raisins
1 cup mini marshmallows

Put ingredients in a plastic bag or covered container. Close and shake to mix. Store in a cool dry place up to 2 weeks. Makes 10 (1/2 cup servings)

This recipe is an easy way to increase fiber and still provides a tasty, energy-boosting snack.

Nutrition Facts Cards

6. Bacon

Nutrition Facts		
Serving Size 2 slices (13g)		
Servings Per Container 10		
Amount Per Serving		
Calories 70	Calories from Fat 60	
%Daily Value*		
Total Fat 6g		10 %
Saturated Fat 2.5g		11 %
Cholesterol 10mg		4 %
Sodium 210mg		9 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 4g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

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

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7. Bagel

Nutrition Facts		
Serving Size 1 bagel (71g)		
Servings Per Container 5		
Amount Per Serving		
Calories 200	Calories from Fat 10	
%Daily Value*		
Total Fat 1g		2 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 380mg		16 %
Total Carbohydrate 38g		13 %
Dietary Fiber 2g		7 %
Sugars 2g		
Protein 7g		
Vitamin A 0% • Vitamin C 0%		
Calcium 6% • Iron 15%		

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

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8. Banana

Nutrition Facts		
Serving Size 1 banana (118g)		
Servings Per Container 6		
Amount Per Serving		
Calories 110	Calories from Fat 5	
%Daily Value*		
Total Fat 0.5g		1 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 28g		9 %
Dietary Fiber 3g		11 %
Sugars 18g		
Protein 1g		
Vitamin A 0% • Vitamin C 20%		
Calcium 0% • Iron 2%		

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

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9. Beans, kidney, canned

Nutrition Facts		
Serving Size 1/2 cup (128g)		
Servings Per Container 4		
Amount Per Serving		
Calories 110		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 440mg		18 %
Total Carbohydrate 20g		7 %
Dietary Fiber 8g		33 %
Sugars 3g		
Protein 7g		
Vitamin A 0% • Vitamin C 2%		
Calcium 4% • Iron 8%		

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

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10. Beef, roast, lean

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 10		
Amount Per Serving		
Calories 150	Calories from Fat 40	
%Daily Value*		
Total Fat 4.5g		7 %
Saturated Fat 1.5g		8 %
Cholesterol 60mg		20 %
Sodium 55mg		2 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 24g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 10%		

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

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LOW=5% or less HIGH=20% or more
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11. Beef patty, broiled

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 6		
Amount Per Serving		
Calories 230	Calories from Fat 140	
%Daily Value*		
Total Fat 16g		24 %
Saturated Fat 6g		31 %
Cholesterol 75mg		25 %
Sodium 65mg		3 %
Total Carbohydrate 0g		0 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 21g		
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 10%		

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

120. Popcorn, buttered

Nutrition Facts		
Serving Size 1 cup (10g)		
Servings Per Container 7		
Amount Per Serving		
Calories 60	Calories from Fat 40	
		%Daily Value*
Total Fat 4g		7 %
Saturated Fat	0.5g	4 %
Cholesterol 0mg		0 %
Sodium 50mg		2 %
Total Carbohydrate 4g		1 %
Dietary Fiber	1g	4 %
Sugars	0g	
Protein 1g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

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

↓ LOW=5% or less HIGH=20% or more ↑

121. Pork loin chop, lean, broiled

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 6		
Amount Per Serving		
Calories 170	Calories from Fat 60	
		%Daily Value*
Total Fat 7g		10 %
Saturated Fat	2.5g	12 %
Cholesterol 70mg		23 %
Sodium 55mg		2 %
Total Carbohydrate 0g		0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein 26g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 4%

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

↓ LOW=5% or less HIGH=20% or more ↑

122. Pork, spareribs

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 1		
Amount Per Serving		
Calories 270	Calories from Fat 170	
		%Daily Value*
Total Fat 19g		29 %
Saturated Fat	7g	34 %
Cholesterol 90mg		30 %
Sodium 80mg		3 %
Total Carbohydrate 0g		0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein 24g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 8%

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

↓ LOW=5% or less HIGH=20% or more ↑

123. Potato chips

Nutrition Facts		
Serving Size 1 ounces (28g)		
Servings Per Container 1		
Amount Per Serving		
Calories 150	Calories from Fat 90	
		%Daily Value*
Total Fat 10g		15 %
Saturated Fat	3g	15 %
Cholesterol 0mg		0 %
Sodium 170mg		7 %
Total Carbohydrate 15g		5 %
Dietary Fiber	1g	5 %
Sugars	0g	
Protein 2g		
Vitamin A 0%	•	Vitamin C 15%
Calcium 0%	•	Iron 2%

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

↓ LOW=5% or less HIGH=20% or more ↑

124. Potato, baked

Nutrition Facts		
Serving Size 1 potato (202g)		
Servings Per Container 1		
Amount Per Serving		
Calories 220		
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat	0g	0 %
Cholesterol 0mg		0 %
Sodium 15mg		1 %
Total Carbohydrate 51g		17 %
Dietary Fiber	5g	19 %
Sugars	3g	
Protein 5g		
Vitamin A 0%	•	Vitamin C 45%
Calcium 2%	•	Iron 15%

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

↓ LOW=5% or less HIGH=20% or more ↑

125. Potato, French fries, small

Nutrition Facts		
Serving Size 1 serving (68g)		
Servings Per Container 1		
Amount Per Serving		
Calories 210	Calories from Fat 90	
		%Daily Value*
Total Fat 10g		15 %
Saturated Fat	1.5g	8 %
Cholesterol 0mg		0 %
Sodium 135mg		6 %
Total Carbohydrate 26g		9 %
Dietary Fiber	2g	8 %
Sugars	0g	
Protein 3g		
Vitamin A 0%	•	Vitamin C 15%
Calcium 0%	•	Iron 2%

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

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

114. Peas

Nutrition Facts	
Serving Size 1/2 cup (80g)	
Servings Per Container 4	
Amount Per Serving	
Calories 60	
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	18%
Sugars 4g	
Protein 4g	
Vitamin A 10%	Vitamin C 15%
Calcium 0%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	

LOW=5% or less HIGH=20% or more

115. Peas with butter sauce, frozen

Nutrition Facts	
Serving Size 3/4 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100 Calories from Fat 20	
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Cholesterol 5mg	0%
Sodium 400mg	17%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 4g	
Vitamin A 10%	Vitamin C 8%
Calcium 0%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	

LOW=5% or less HIGH=20% or more

116. Pineapple chunks, canned in juice

Nutrition Facts	
Serving Size 1/2 cup (125g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70 Calories from Fat 0	
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	0%
Sugars 18g	
Protein 1g	
Vitamin A 0%	Vitamin C 20%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

LOW=5% or less HIGH=20% or more

117. Pizza, cheese, microwave

Nutrition Facts	
Serving Size 1 small pizza (104g)	
Servings Per Container 1	
Amount Per Serving	
Calories 240 Calories from Fat 100	
%Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Cholesterol 15mg	5%
Sodium 540mg	23%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	

LOW=5% or less HIGH=20% or more

118. Pizza, pepperoni, for one

Nutrition Facts	
Serving Size 1 small pizza (113g)	
Servings Per Container 1	
Amount Per Serving	
Calories 290 Calories from Fat 140	
%Daily Value*	
Total Fat 16g	25%
Saturated Fat 3.5g	18%
Cholesterol 15mg	5%
Sodium 700mg	29%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	

LOW=5% or less HIGH=20% or more

119. Popcorn, microwave

Nutrition Facts	
Serving Size 4 cup (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%
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.	

LOW=5% or less HIGH=20% or more



Nutrition Facts Cards

78. Hamburger bun

Nutrition Facts		
Serving Size 1 bun (43g)		
Servings Per Container 8		
Amount Per Serving		
Calories 120	Calories from Fat 20	
		%Daily Value*
Total Fat 2g		3 %
Saturated Fat 0.5g		3 %
Cholesterol 0mg		0 %
Sodium 240mg		10 %
Total Carbohydrate 22g		7 %
Dietary Fiber 1g		5 %
Sugars 3g		
Protein 4g		
Vitamin A 0%	Vitamin C 0%	
Calcium 6%	Iron 8%	

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

↓ LOW=5% or less HIGH=20% or more ↑

79. Honey

Nutrition Facts		
Serving Size 1 tbsp (21g)		
Servings Per Container 18		
Amount Per Serving		
Calories 60		
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 17g		6 %
Dietary Fiber 0g		0 %
Sugars 17g		
Protein 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

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

↓ LOW=5% or less HIGH=20% or more ↑

80. Hot dog without bun.

Nutrition Facts		
Serving Size 1 hot dog (76g)		
Servings Per Container 1		
Amount Per Serving		
Calories 240	Calories from Fat 200	
		%Daily Value*
Total Fat 22g		34 %
Saturated Fat 9g		45 %
Cholesterol 45mg		15 %
Sodium 690mg		29 %
Total Carbohydrate 1g		0 %
Dietary Fiber 0g		0 %
Sugars 1g		
Protein 9g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 6%	

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

↓ LOW=5% or less HIGH=20% or more ↑

81. Hushpuppies

Nutrition Facts		
Serving Size 1 piece (23g)		
Servings Per Container 12		
Amount Per Serving		
Calories 60	Calories from Fat 25	
		%Daily Value*
Total Fat 2.5g		4 %
Saturated Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 25mg		1 %
Total Carbohydrate 9g		3 %
Dietary Fiber 0g		0 %
Sugars 0g		
Protein 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 4%	

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

↓ LOW=5% or less HIGH=20% or more ↑

82. Ice cream, lowfat vanilla

Nutrition Facts		
Serving Size 1/2 cup (92g)		
Servings Per Container 18		
Amount Per Serving		
Calories 170	Calories from Fat 25	
		%Daily Value*
Total Fat 2.5g		4 %
Saturated Fat 1.5g		8 %
Cholesterol 20mg		7 %
Sodium 50mg		2 %
Total Carbohydrate 29g		10 %
Dietary Fiber 0g		0 %
Sugars 15g		
Protein 7g		
Vitamin A 6%	Vitamin C 0%	
Calcium 20%	Iron 0%	

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

↓ LOW=5% or less HIGH=20% or more ↑

83. Ice cream, vanilla

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 %
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.

↓ LOW=5% or less HIGH=20% or more ↑





Teens Look at the Labels

Pre/Post Test

- 1.) **TRUE or FALSE** The Nutrition Facts label on a food does not list a serving size.
- 2.) **TRUE or FALSE** Reading labels can help us pick healthier food choices.
- 3.) **TRUE or FALSE** A good rule to follow when picking a food item is the "10-50" rule.
- 4.) **TRUE or FALSE** Nutrients we should get more of include fat, cholesterol and sodium.
- 5.) **TRUE or FALSE** The Nutrition Facts panel has to list calories and fat in the food item.

For more information:
Toll free: 1-866-369-9333
Office of Public Health Nutrition

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office, please call toll free: 1-800-768-5700

Website for flyers and more information:

Go to SCDHEC.gov
Type in: It's your Health Take Charge
in the white "Search" box.

