



Presents



Group Challenge – Nutrition Labels

1. **Which food is very high in sodium?** *Dill Pickles, Chicken Noodle Soup*
2. **Which food is a good source of fibre?** *Fibre1*
3. **Which food has 6-7 tsp of sugar?** *Chocolate milk*
4. **How many calories would there be in 1 cup of yogurt?** *182 cal.*
5. **Name a food with a good source of protein.** *Eggs, meats, quinoa*
6. **Name a food with a good source of protein and fiber.** *Chickpeas, almonds, brown rice, quinoa*
7. **Name 3 foods with a good source of Vitamin C.** *Red pepper, orange, broccoli*
8. **Which food has the most sugar?** *Chocolate milk at 27g*
9. **How many fat is there in ½ cup of potato leek soup?** *1.25g*
10. **Which food has 50% of your Daily Value of iron?** *Fibre 1*
11. **Which food has the most saturated fat?** *Eggs – 1.5g*
12. **Name 3 foods with a good source of calcium.** *Low-fat chocolate milk, cottage cheese, yogurt*
13. **Which foods have trans fats?** *None*
14. **Give 3 examples of good snacks.** *Triscuits with cheddar cheese, apple with nut butter, low-fat chocolate milk, orange and almonds, berries and yogurt, cottage cheese and fruit*

Using the foods on the table, decide what to eat for TWO healthy :

- a) **Breakfasts**
- b) **Lunches**
- c) **Dinners**
- d) **Desserts**

Breakfast:

1. Smoothie – strawberries, juice, yogurt, banana (add Fibre First)
2. Eggs with whole wheat toast & peanut butter
3. Oatmeal with strawberries and milk and sprinkled with Fibre First

Lunch:

1. Salad - lettuce, chicken, orange slices, strawberries and slivered almonds
2. Turkey wrap with lettuce, red pepper, cucumbers, pickles
3. Soup with ½ wrap

Dinner:

1. Salmon, brown rice, broccoli, salad
2. Omelet with red pepper, feta cheese or cheddar

Dessert:

1. Berries, apple sauce
2. Yogurt/berries/walnuts

