

HOW TO BE STRONG AT HEART - A HEALTH GUIDE FOR TEENS

Snack Attack

Michael wants a snack. He chooses a box of low-fat oatmeal cookies. But how many can he eat and still stick to a healthy diet? The nutrition label at left provides some answers.

▼ Low-Fat Oatmeal Cookies ▼

Nutrition Facts	
Serving size 2 cookies (38g)	
Servings per container 9	
Amount per serving	
Calories 140	Calories from fat 20
% Daily Value	
Total Fat 2g	3%
Saturated fat 1g	
Monounsaturated fat 0.5g	
Polyunsaturated fat 0.5g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carb. 28g	7%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your diet values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300g 300g
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

1. First, let's use it to calculate how many cookies Michael can eat before low-fat turns to high-fat. To figure this out, check how many cookies make a serving. _____ How many servings are in the box? _____

2. How much fat is there per serving? _____ How much fat is in the whole box? _____ How many grams are saturated fat? _____

3. Michael's calorie limit is 2000 calories a day. What should be his limit on saturated fat per day? _____

4. How many calories are in a serving? _____ How many are in the box? _____

5. What is the limit on sodium for someone eating 2000 calories a day? _____ How much sodium is in the box of cookies? _____ If he ate a whole box, how much more sodium could Michael eat that day? _____

6. If Michael ate the box of cookies, would he meet any of his needs for important nutrients like vitamin A or vitamin C? _____

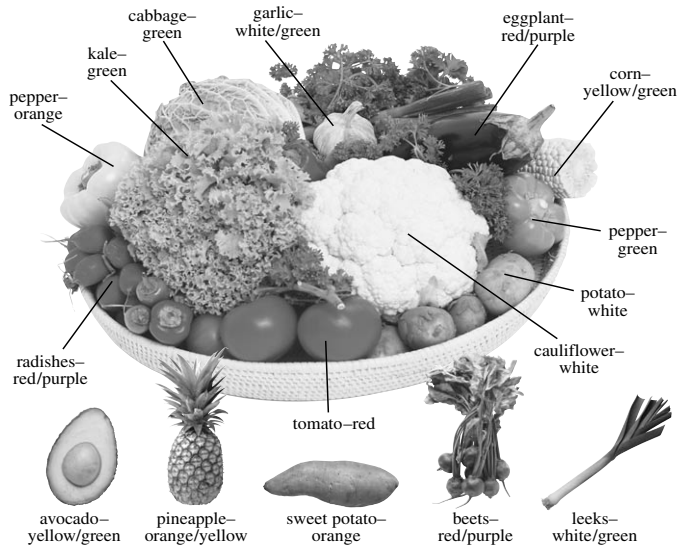
7. How many calories are in a gram of fat? _____ In a gram of carbohydrate? _____ In a gram of protein? _____

8. These low-fat cookies are healthier than lots of other types of cookies. But other foods are even better for you. What other snacks could Michael choose that would be low in fat but higher in vitamins and minerals, such as calcium? _____



Eating by Color

Search your newspaper. Can you find grocery ads for vegetables and fruits in different color groups? One way to be sure you get a good variety of fruits and vegetables—and enough important vitamins and minerals—is to eat foods in lots of different colors. Examples: orange squash and carrots, red tomatoes, purple eggplant, green broccoli and spinach, white onions, etc. Try to find at least one advertised food in the paper for each color at right:



Photos by Corbis (beet), Harry Zitz/Corbis (avocado), C-Squared Studios/Getty (pineapple and leeks), Brand X Pictures/Getty (sweet potato), Food Collection/Getty (berry)

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