

PLAIN YOGURT

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	1%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 13g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 0%

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

FRUIT YOGURT

Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories 240	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 46g	15%
Dietary Fiber Less than 1g	3%
Sugars 44g	
Protein 9g	
Vitamin A 2%	Vitamin C 4%
Calcium 35%	Iron 0%

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

Source: How to Understand and Use the Nutrition Facts Label. U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition. June 2000; Updated July 2003 and November 2004.

1. Chloe's mom is on a diet. Her mom sent her to the store and asked her to buy the yogurt with the least calories and the lowest fat. Should Chloe buy the plain yogurt or the fruit yogurt?
2. Joshua's dad has diabetes. A person with diabetes needs to be careful to limit their carbohydrates, particularly sugars. Which yogurt should Joshua buy for his dad?
3. Which yogurt contains more protein?
4. Which yogurt has more calcium?
5. If you eat both of these yogurts, how many calories will you have consumed?
6. How many entire containers of the fruit yogurt could you eat without going over your daily value of carbohydrates?

Source: UMASS Amherst: It's More than a Meal: Planning Healthful Meals and Snacks. Available: http://www.morethanameal.info/manual/chapter4/chap4_sec2.html

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