

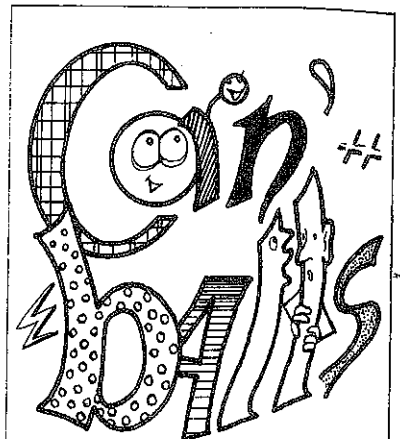
You Are What You Eat

Name _____

Looking closely at the information on a cereal box you can learn many interesting things about the product.

Carefully read the information on the illustration of the cereal box. Answer the questions. Compare these answers with the information found on a box of cereal you might eat for breakfast.

	Corn Balls	Your Cereal
What kind of grain(s) is used?		
Is sugar used?		
What position is sugar on the list of ingredients?		
List other sweeteners.		
How many calories per serving without milk?		
How many calories per per serving when eaten with 1/2 cup of skim milk?		
How much protein per serving?		
How many vitamins and minerals does the cereal contain?		
How much cholesterol is in one serving?		
How much fat is in one serving?		
How much carbohydrate is in one serving?		



NUTRITION INFORMATION
 SERVING SIZE: 1 OZ. (28.4 g, ABOUT 1 CUP)
 CORN BALLS ALONE OR WITH 1/2 CUP VITAMINS A AND D SKIM MILK.
 SERVINGS PER PACKAGE: 15

	CEREAL	WITH 1/2 CUP VITAMINS A & D SKIM MILK
CALORIES	110	150*
PROTEIN	1 g	5 g
CARBOHYDRATE	26 g	32 g
FAT	0 g	0 g*
CHOLESTEROL	0 mg	0 mg*
SODIUM	90 mg	150 mg
POTASSIUM	20 mg	220 mg

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)

PROTEIN	2	10
VITAMIN A	15	20
VITAMIN C	25	25
THIAMIN	25	30
RIBOFLAVIN	25	35
NIACIN	25	25
CALCIUM	**	15
IRON	10	10
VITAMIN D	10	25
VITAMIN B ₆	25	25
ZINC	10	15

* WHOLE MILK SUPPLIES AN ADDITIONAL 30 CALORIES, 4g. FAT, AND 15mg CHOLESTEROL.
 ** CONTAINS LESS THAN 2% OF THE U.S. RDA OF THIS NUTRIENT.

INGREDIENTS: CORN, SUGAR, CORN SYRUP, MOLASSES, SALT, ANNATTO COLOR,

VITAMINS AND MINERALS: VITAMIN C (SODIUM ASCORBATE AND ASCORBIC ACID), NIACINAMIDE, ZINC (OXIDE), IRON, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN A (PALMITATE; PROTECTED WITH BHT), VITAMIN B₁ (THIAMIN HYDROCHLORIDE), FOLIC ACID, AND VITAMIN D.