



TRACKS Extension lesson

Calcium

Banking on Healthy Bones

Grades 9-12

I. Nutrition Education Objective:

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, student will know, understand, analyze and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and snacks

II. Educational Standards:

- A. 11.3 Food Science and Nutrition
- B. 1.6 Speaking and Listening
- C. 10.1 Concepts of Health
- D. 10.2 Healthful Living

III. Outcomes:

- A. Students will explain the importance of building strong bones during the teenage years.
- B. Students will identify how the choices they make affect the amount of calcium they consume on a daily basis.

IV. Materials:

- A. One large bag of cotton balls
- B. Four-gallon size plastic Ziploc bags
- C. One package of 4 X 6 index cards for "Bone Cards"

V. Procedure:

A. *Introductory:*

1. Review why calcium is an important part of our diet, how much calcium teens need (1300mg per day) and the food sources of calcium.
2. Explain Banking on Bones Activity. The activity demonstrates how calcium needs vary depending on age.

B. *Developmental:*

1. Prior to lesson put cotton balls in clear plastic Ziploc bags.
 - 2 bags – 15 cotton balls each. Label "Twin A" and "Twin B"
 - 1 bag – 20 cotton balls. Label "Parent"
 - 1 bag – 150 or remaining cotton balls. Label "Banker"

2. Cut and paste or write one scenario activity on each “Bone Card”. Activities list is at the end of the document.
3. Ask for four volunteers. One student will be the parent and receives the bag with 20 cotton balls. Two students will be teenage twins. Each receives a bag with 15 cotton balls. The last student is the banker and receives the bag with the largest amount of cotton balls.
4. Pass out “Bone Cards” to the other participants in the audience.
5. Explain to participants that bones are like a bank account. The earlier and more frequently you make deposits, the more your account will grow. In banking terms, this is compound interest. During your teen years, your body has the greatest ability to add bone mass...if you make deposits. In this game if you are a teenager, and deposit calcium regularly, the banker will give you your deposit plus an added bonus for being a teenager. For adults between the ages of 30 and 65, the banker will give you the deposit but no bonus. Deposits will be awarded for eating calcium-rich foods and for doing weight-bearing exercise.
6. Tell the audience that the cotton balls represent the person’s bone bank. The twins each have the same amount. The parent has a little more because she/he is older. For purposes of this activity, one serving of dairy foods has a value of 5 cotton balls as does weight bearing exercise. Actual calcium amounts and benefits of exercise vary.
7. Read:

“The Scenario-- This is the Skeleton family. (Name _____) is the parent. (Name _____) and (Name _____) are identical twins. Last week, (Name of Parent _____) fell down and broke her hip. When the family went to visit her in the hospital, the doctor told them that the hip broke because her bones were not strong enough. The doctor told the family that they should do everything they can to build strong bones now that that they don’t break bones when they are older. They should eat healthy and exercise to build strong bones. The Skeleton family decided that they should all try to build strong bones. Here is what happened the next day:”

8. Ask students to read their “Bone Cards” for each person. The banker gives the family members the representative number of cotton balls for their deposits. Go around the room until all the cards have been read.
9. Ask the volunteers to compare their bone bank accounts. Why did this happen? Discuss their thoughts as they were going through the activity. Ask for audience appraisal.
10. Tell the group that you are going to fast-forward them 60 years. Take the twins’ banks and take a handful of cotton balls out of each bag. Since the one twin had very little calcium deposited in his bank, it empties quickly. When low on calcium...the bone fractures.
11. Discuss the importance of building strong bones during the teen years.
 - What foods increased calcium bank deposits?
 - What type of physical activity increased calcium bank deposits?

- Which twin is most likely to have strong bones as an older adult?
12. Extension of activity: ask students to write down foods they usually eat in one day. When finished have students circle the foods that are good sources of calcium. Select “bankers” for students to show their food records and get deposits for their calcium banks. Give each student a plastic Ziploc bag for the cotton balls. You will need additional Ziploc bags and cotton balls.

C. Concluding

1. Dairy products are a rich source of calcium and other nutrients that contribute to a healthy diet. Healthy bones need enough calcium, plenty of weight-bearing exercise and a healthy lifestyle.
2. Students can write a paragraph about their “Calcium Bank Accounts” and what they learned from today’s activity.

Source: Midwest Dairy Council Spring 2005, Adapted from presentation by Mary Schroeder, Extension Educator, University of Minnesota Extension Service- Redwood County
www.midwestdairy.com



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Bone Card Activities

Put one statement on each card; include the number and person. Give a cards to students who are not role- playing. Students read aloud the statement; the parent or twins put the correct number of cotton balls in their bank accounts. It works best to do the first card for all three (all # 1), then go to the second card (all #2) etc.

**1. Parent: You drank one glass of fat free milk at breakfast.
Add 5 calcium.**

**1. Twin A: You drank one glass of fat free milk at breakfast.
Add 5 calcium, add a bonus of 5 calcium because you are a teenager.**

**1. Twin B: You drank Mountain Dew for breakfast.
Don't add calcium.**

**2. Parent: You had a Café Latte at lunch.
Add five calcium.**

**2. Twin A: You had milk with your school lunch.
Add five calcium.
Because you are a teenager, add a bonus of five calcium.**

**2. Twin B: At lunch, you traded milk for a soda your friend brought from home.
Don't add calcium.**

**3. Parent: You walked to work.
Add five calcium.**

3. Twin A: You walked to school. Add five calcium. Because you are a teenager, add a bonus of five calcium.

3. Twin B: You walked to school. Add five calcium. Because you are a teenager, add a bonus of five calcium.

4. Parent: You enjoyed a carton of yogurt at your afternoon break. Add five calcium.

4. Twin A: You enjoyed a carton of yogurt after school. Add five calcium. Because you are a teenager, add a bonus of five calcium.

4. Twin B: You enjoyed licorice after school. Don't add calcium.

5. Parent: You jumped rope for 10 minutes after work. Add five calcium.

5. Twin A: You played tennis with a friend. Add five calcium. Because you are a teenager, add a bonus of five calcium.

5. Twin B: You watched your favorite soap opera that you'd taped earlier. Don't add calcium.

6. Parent: You lifted 3-pound weights during your favorite TV show. Add five calcium.

6. Twin A: You walked to the library to check out a book. Add five calcium. Because you are a teenager, add a bonus of five calcium.

6. Twin B: You went with your twin to check out a book at the library. Add five calcium. Because you are a teenager, add a bonus of five calcium.

7. Parent: After attending a 4-H meeting, you stopped at the Dairy Queen and had a small ice cream cone. Add five calcium.

7. Twin A: After attending a 4-H meeting, you stopped at the Dairy Queen and had a small ice cream sundae. Add five calcium. Because you are a teenager, add a bonus of five calcium.

7. Twin B: After attending a 4-H meeting, you stopped at the Dairy Queen and had a Mr. Misty. Don't add calcium.



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TRACKS Extension lesson

Calcium

Test Your Calcium I.Q.

Grades 9-12

I. Nutrition Education Objective:

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, student will know, understand, analyze and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks

II. Educational Standards:

- A. 11.3 Food Science and Nutrition
- B. 1.6 Speaking and Listening
- C. 10.1 Concepts of Health
- D. 10.2 Healthful Living

III. Outcomes:

- A. Students will explain why calcium is crucial for healthy development.
- B. Students will test their calcium knowledge.

IV. Materials:

- A. *Test Your Calcium I.Q.* worksheet

V. Procedure:

A. *Introductory:*

1. Calcium is not only important for building strong bones and teeth. It is also necessary for muscle contraction, helping your blood to clot and helping your nerves send messages to other parts of your body.
2. Distribute the *Test Your Calcium I.Q.* worksheet to see how much the students know about calcium.

B. *Developmental:*

1. Review the answers. Refer to the Calcium Quiz Answers sheet for detailed explanations.
2. Teens (14-18 years old) require 1300 mg of calcium daily. They need more than other age groups because they go through a growth spurt at this time. Your bones continue to grow until age 30.

3. By getting adequate calcium while you are young, you build up your bone mass and density so that you go into your adulthood with strong bones.
4. By eating calcium-rich foods in adulthood, you help to keep the bones strong. This is especially important because during adulthood, bones begin to naturally lose density after the mid 30's.
5. Milk and dairy products are the best sources of calcium. But you can find it in other foods- some green leafy vegetables, canned fish with edible bones and some fortified breads, cereals and juices.
6. Lactose intolerance affects a lot of people. People with this condition can't digest the lactose (milk sugar) found in milk. Some dairy products, however, can be better tolerated than others. Aged cheeses and yogurt have little or no lactose. Recommendations for those with lactose intolerance include consuming smaller amounts of milk at a time or drinking milk with meals.
7. Fat-free (skim) milk, 1% milk, 2% milk and whole milk all have the same amount of calcium per serving (300 mg per 8 ounces). They only differ in the amount of calories and fat. Low-fat (1%) or fat-free milks are recommended for daily consumption.
8. If you don't consume enough calcium in your diet, your body will take it from your bones. This is what leads to weakening and thinning of the bones or osteoporosis.
9. Vitamin D is a nutrient that helps your body absorb calcium. Milk is fortified with Vitamin D to ensure that people get adequate amounts. You can also get vitamin D through sun exposure.

C. Concluding:

1. Students determined how knowledgeable they are about calcium.
2. Encourage students to consume adequate amounts of dairy every day to ensure proper bone growth.



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TEST YOUR **CALCIUM** I.Q.

ARE YOU GETTING YOUR FAIR SHARE FOR GOOD HEALTH?

You've heard about calcium. You know that it's good for building strong bones, but did you know that calcium also helps your muscles contract and relax, helps your blood clot, and helps your nerves send messages?

Because this nutrient is so vital for good health, experts say we need plenty of calcium in our diets. Are you getting your fair share? Many of us aren't. On average, most adults consume much less than the 1,000-1,300 mg recommendations. To see how calcium savvy you are, try this quiz. Then, turn the page over to see if you need to bone up.



TRUE OR FALSE

1. ___ You need calcium throughout your life, not just when you're young.
2. ___ A diet low in calcium may increase your risk of osteoporosis, hypertension, and colon cancer.
3. ___ If you are on the go with little time to spare, taking a calcium supplement is the best way to meet your calcium needs.
4. ___ If you consume a lot of calcium, you will get kidney stones.
5. ___ If you are lactose intolerant, you should avoid all milk and milk products.

MULTIPLE CHOICE

6. To reach your calcium goals every day, you need to consume:
 - A. 1 to 2 servings from the Milk Group
 - B. At least 3 servings from the Milk Group
 - C. More than 4 servings from the Milk Group

7. Which has the most calcium per 1-cup serving?
 - A. Whole milk
 - B. 2% reduced fat milk
 - C. 1% lowfat milk
 - D. Fat free milk
 - E. Chocolate milk
 - F. All have about the same amount of calcium
8. To get about the same amount of calcium as in 1 cup of milk, you need to consume:
 - A. 1½ ounces of cheese like Cheddar or Swiss
 - B. 1½ cups cooked spinach
 - C. 6 oranges
 - D. 6 corn tortillas
 - E. Any of the above
9. If you aren't getting enough calcium from your diet, your body will take what it needs from your:
 - A. Bones
 - B. Liver
 - C. Muscles
10. Vitamin D helps your body absorb calcium. You can meet your needs for vitamin D by:
 - A. Drinking vitamin D-fortified milk
 - B. Exposure to sunlight
 - C. Both A and B

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CALCIUM QUIZ ANSWERS

(Give yourself one point for every correct answer)

- 1. True.** You never outgrow your need for calcium. For adults, both men and women ages 19-50, at least 1,000 mg calcium/day is recommended. For those 51 years and older, the recommendation is 1,200 mg calcium/day. Why? Even after you've stopped growing tall, your bones continue to grow strong and dense up until about age 30. As you continue to age, calcium helps maintain your bone density.
- 2. True.** Meeting your calcium needs may reduce your risk of osteoporosis by helping you reach your genetically determined peak bone mass, usually by age 30, and by slowing age-related bone loss in later years. Research shows that getting plenty of calcium can help keep your blood pressure in check and may also reduce your risk of colon cancer.
- 3. False.** Milk and milk products are the best sources of calcium — even when you're on the go. Calcium supplements provide calcium, but few, if any, other nutrients. There are plenty of "grab and go" choices in the Milk Group. If you're pressed for time, grab a glass of milk or a container of yogurt, take string cheese to eat while you're on the go, or order frozen yogurt, a milkshake, or ice cream when you're at the drive-thru.
- 4. False.** Unless you have a history of kidney stones, a high calcium intake — up to 2,500 mg per day — does not cause kidney stones. On the contrary, some research shows that consuming the recommended amount of calcium may actually reduce your risk of kidney stones.
- 5. False.** You don't have to give up milk and milk products if you have trouble digesting lactose. Most people who have trouble digesting lactose can consume at least 1 cup of milk with food. Aged cheeses like Cheddar and yogurt with "live active cultures" are also easily digested.
- 6. B.** Adults 19-50 need at least 1,000 mg of calcium a day — or the amount found in 3 servings from the Milk Group. Adults 51 years and older need 1,200 mg of calcium a day or 4 servings from the Milk Group. One cup of milk, flavored or unflavored, contains about 300 mg of calcium, as does a cup of yogurt or 1.5 ounces of cheese. Milk and milk products provide 73% of the available calcium in the food supply. Without them, it's unlikely you'll get enough of this bone-building mineral from your diet.
- 7. D & F.** Fat free milk has the most calcium per 8-ounce serving, but all have approximately 300 mg per serving. These milks differ in their calorie and fat contents. If you're concerned about fat and calories, there are a variety of milk products to choose from:
 - 2% reduced fat milk (120 calories, 5 g fat)
 - 1% lowfat milk (100 calories, 2.5 g fat)
 - Fat free milk (80 calories, 0 g fat)
- 8. E.** Milk and milk products are the richest sources of well-absorbed calcium — and they're convenient, too. Other foods, including some green leafy vegetables, canned fish with edible bones, bread, and cereals also contain calcium, but in smaller amounts compared to foods from the Milk Group. Some foods like spinach contain substances that can decrease calcium absorption. For this reason, it's important to choose a variety of calcium-containing foods.
- 9. A.** If your diet's short of calcium, your body will "rob" what it needs from your bones. Over time, calcium losses from bone can increase your risk of the bone-crippling disease osteoporosis.
- 10. C.** Fortified milk and sunlight are good sources of vitamin D. When you are in the sun, your body makes enough vitamin D. But if you stay indoors or wear a topical sunscreen with an SPF of 8 or greater, you'll need to rely on food for vitamin D. Vitamin D-fortified milk is your best bet since it's one of the richest sources of vitamin D in the food supply.

DO YOU NEED TO BONE UP ON CALCIUM?

Give yourself one point for each correct answer on this quiz. Your calcium I.Q. is _____

If You Scored

- 8-10 Excellent...** you're right up there with Einstein! You're taking steps that can help keep your bones in good shape.
- 5-7 Good...** you're on the right track to good health, but you still need to bone up on calcium. Grab a stick of string cheese as you write down your calcium needs on a note for the fridge.
- 2-4 Fair...** you have some work to do to become a calcium whiz. Remember, it's never too late to strengthen those bones and your overall health. Enjoy some fruit-filled yogurt as you look over the calcium content on the food labels in your fridge.

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TRACKS Extension lesson

Calcium

What's on the Label?

Grades 9-12

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II. Educational Standards:

- A. 11.3 Food Science and Nutrition
- B. 1.6 Speaking and Listening
- C. 10.1 Concepts of Health
- D. 10.2 Healthful Living

III. Outcomes:

- A. Students will explain the importance of consuming adequate amounts of calcium-rich foods daily.
- B. Students will analyze food labels of various dairy products to determine which are highest in calcium and lowest in fat.

IV. Materials:

- A. *What's on the Label* and *What's the Score* worksheets

V. Procedure:

A. *Introductory:*

1. Review with students why it is important to consume dairy products on a daily basis.
 - a. High in calcium and protein
 - b. Calcium keeps bones and teeth strong
 - c. Protein helps build muscle
 - d. Prevents osteoporosis and cavities
2. Ask students if they think all dairy products are the same nutritionally. Do they have comparable amounts of calories, fat, protein and calcium? Are some dairy choices better than others?

3. Some dairy choices like whole milk and cheese can be high in fat so you may want to consume them in moderate amounts. Fat is a nutrient we need in limited quantities in our diet. High fat diets have been associated with increased risk for heart disease, diabetes, some cancers and obesity. You can make lower fat dairy choices without compromising calcium.

B. Developmental:

1. Distribute the *What's on the Label* and *What's the Score* worksheets to students.
2. Students will compare the labels of various dairy products and determine which are the healthiest options based on the amounts of calories, fat and calcium.
3. After students have completed the *What's the Score* worksheet and you have reviewed the answers, ask a few other questions.
 - a. Do students think it would be appropriate to drink the 1% chocolate milk all the time? It has less fat, but more calories and sugar than whole milk. They may not want to drink it every day, but it would be a better alternative to soda and fruit juices, which have no nutritional value.
 - b. Are students surprised by the small amount of calcium in ice cream and cottage cheese? Not all dairy products have the same amount of calcium. This is usually because of how the foods are processed.
 - c. Did students know that dairy products are a good source of protein as well? Protein is important for muscle growth and development. All types of milk and cottage cheese are the best sources.

C. Concluding:

1. Students learned how they can use the information on the food label to determine if a food is a healthy choice or not.
2. Encourage students to consume low-fat(1%) or fat-free dairy products.

*Lesson adapted from Team Nutrition, USDA.

http://teamnnutrition.usda.gov/Resources/mpk3_lesson3.pdf



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What's on the Label?

Milk fat-free

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol < 5mg	0 %
Sodium 130mg	5 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Milk 1%, chocolate

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 20
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 5mg	2 %
Sodium 190mg	8 %
Total Carbohydrate 29g	10 %
Dietary Fiber 1g	5 %
Sugars 27g	
Protein 8g	
Vitamin A 10% • Vitamin C 6%	
Calcium 30% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Milk 2%

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8 %
Saturated Fat 3g	15 %
Trans Fat 0g	0 %
Cholesterol 20mg	7 %
Sodium 125mg	5 %
Total Carbohydrate 13g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Milk whole

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12 %
Saturated Fat 5g	25 %
Trans Fat 0g	0 %
Cholesterol 35mg	11 %
Sodium 125mg	5 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
Protein 8g	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Vanilla ice cream

Nutrition Facts	
Serving Size 1/2 cup (65g)	
Servings Per Container 14	
Amount Per Serving	
Calories 140	Calories from Fat 70
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 4.5g	23 %
Trans Fat 0g	0 %
Cholesterol 20mg	6 %
Sodium 40mg	2 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0g	0 %
Sugars 15g	
Protein 3g	
Vitamin A 4% • Vitamin C 0%	
Calcium 10% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

American cheese

Nutrition Facts	
Serving Size 1 slice (19g)	
Servings Per Container 24	
Amount Per Serving	
Calories 60	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 2.5g	13 %
Trans Fat 0g	0 %
Cholesterol 15mg	5 %
Sodium 250mg	10 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 3g	
Vitamin A 4% • Vitamin C 0%	
Calcium 20% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Fruit-flavored yogurt

Nutrition Facts	
Serving Size 6 ounces (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 15
%Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 1g	5 %
Trans Fat 0g	0 %
Cholesterol 10mg	3 %
Sodium 125mg	5 %
Total Carbohydrate 33g	11 %
Dietary Fiber 0g	0 %
Sugars 30g	
Protein 6g	
Vitamin A 0% • Vitamin C 0%	
Calcium 20% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

Cottage cheese

Nutrition Facts	
Serving Size 1/2 cup (119g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 15
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 15mg	5 %
Sodium 410mg	17 %
Total Carbohydrate 6g	2 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 11g	
Vitamin A 4% • Vitamin C 0%	
Calcium 8% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	



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What's the Score?

Here is a way to compare foods to see which foods are the best choices for you. Answer the questions below for these four foods, using *What's on the Label?*

	Fat-free milk	1% chocolate milk	2% milk	Whole milk
1. What is the serving size for this item?				
2. Is the serving size realistic? <i>(Is this how much you would normally eat/drink?)</i>				
3. How many total calories in one serving?				
4. How many total grams of fat in one serving?				
5. What percent of calcium in one serving?				

Based on this information, which type of milk offers the most calcium with the lowest fat?

Now look at *all* the labels on the page. Answer these questions:

- If Manuel drinks 8 fluid ounces of 1% chocolate milk and eats 6 ounces of fruit-flavored yogurt, how much calcium has he had? _____
How many grams of fat? _____
- Which food item on the sheet has the least calcium with the highest amount of fat?

- Which food item on the sheet has the most calcium with the lowest amount of fat?



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What's the Score? Answer Key

Here is a way to compare foods to see which foods are the best choices for you. Answer the questions below for these four foods, using *What's on the Label?*

	Fat-free milk	1% chocolate milk	2% milk	Whole milk
1. What is the serving size for this item?	1 cup (8 fl oz)	1 cup (8 fl oz)	1 cup (8 fl oz)	1 cup (8 fl oz)
2. Is the serving size realistic? (<i>Is this how much you would normally eat/drink?</i>)				
3. How many calories in one serving?	90	170	130	150
4. How many total grams of fat in one serving?	0	2.5	5	8
5. What percentage of calcium in one serving?	30% DV	30% DV	30% DV	30% DV

Based on this information, which type of milk offers the most calcium with the lowest fat?

Answer: Fat-free

Now look at *all* the labels on the page. Answer these questions:

1. If Manuel drinks 8 fluid ounces of 1% chocolate milk and eats 6 ounces of fruit-flavored yogurt, how much calcium has he had? **Answer: 50% DV**

How many grams of fat? **Answer: 4 grams**

2. Which food item on the sheet has the least calcium with the highest amount of fat?

Answer: Vanilla ice cream

3. Which food item on the sheet has the most calcium with the lowest amount of fat?

Answer: Fat-free milk



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.