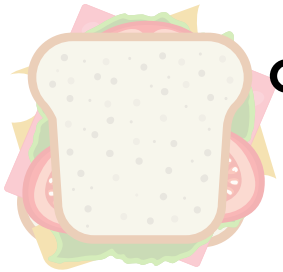
FOOD LABEL SCAVENGER HUNT ANSWER KEY

Health Beet

You'll need to find items that have these characteristics. Write the name of the product next to the characteristic you're trying to find



Contains whole grains

whole wheat pasta, or whole wheat crackers

Is Juice

Any type of juice that says 100% juice, orange, apple, grape etc.

Is a "rich in" or a "good source" of calcium

Milk, yogurt



Contains sugar that is listed as another name

Item with corn syrup or rice syrup such as fruit snacks, soda, candy, some chocolate milk

Has more than 5 g of protein in a serving



Can of bean, can of chicken, cheese

Has more than 200 calories in a serving



Some candy bars, some ice cream,

Has more that 20 g of sugar in a serving

Soda, juice, some candy

Has more than 3 g fiber in a serving

Beans, lentils, some whole grain products

Has more that 500 mg sodium in a serving

Canned soup, chips, beef jerky



Does not have added sugar in it

Juice, plain yogurt, plain milk, applesauce

healthbeet.org