

# 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

 <p><b>Contains whole grains</b> whole wheat pasta, or whole wheat crackers</p>		<p><b>Is Juice</b></p> <p>Any type of juice that says 100% juice, orange, apple, grape etc.</p>
<p><b>Is a "rich in" or a "good source" of calcium</b></p> <p>Milk, yogurt</p> 	 <p><b>Contains sugar that is listed as another name</b></p> <p>Item with corn syrup or rice syrup such as fruit snacks, soda, candy, some chocolate milk</p>	<p><b>Has more than 5 g of protein in a serving</b></p>  <p>Can of bean, can of chicken, cheese</p>
<p><b>Has more than 200 calories in a serving</b></p>  <p>Some candy bars, some ice cream,</p>	<p><b>Has more that 20 g of sugar in a serving</b></p> <p>Soda, juice, some candy</p>	<p><b>Has more than 3 g fiber in a serving</b></p> <p>Beans, lentils, some whole grain products</p> 
<p><b>Does not have added sugar in it</b></p> <p>Juice, plain yogurt, plain milk, applesauce</p>	<p><b>Has more that 500 mg sodium in a serving</b></p> <p>Canned soup, chips, beef jerky</p>	