

Name: _____

Class Period: _____

Nutrition & Cost Analysis

Foods/Nutrition



Favorite Processed Foods

List 3 of your favorites!

1.

2.

3.

3 examples from class:

1.

2.

3.

Cost of each item in class:

1. Hot pockets _____

2. Macaroni and Cheese _____

3. Biscuits _____

Cost of the homemade versions:

1. Hot pockets _____

2. Macaroni and Cheese _____

3. Biscuits _____

Nutrition in homemade foods vs. Nutrition in processed foods

Macaroni & Cheese

Processed

Nutrition Facts			
Serving Size 3.5 oz (98g / about 1/4 Box) (Makes about 1 cup)			
Servings Per Container about 4			
Amount Per Serving			
Calories 320		Calories From Fat 90	
% Daily Value *			
Total Fat 10g		15%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Cholesterol 15mg		5%	
Sodium 900mg		38%	
Total Carbohydrate 45g		15%	
Dietary Fiber 1g		4%	
Sugars 3g			
Protein 12g		18%	
Vitamin A 2%		Vitamin C 0%	
Calcium 15%		Iron 10%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), CHEESE SAUCE (MILK, WHEY, WATER, CANOLA OIL, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, SALT, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF SODIUM ALGINATE, SORBIC ACID AS A PRESERVATIVE, LACTIC ACID, MILKFAT, LUTEIN PAPRIKA (COLOR), ANNATTO (COLOR), NATURAL FLAVOR, CREAM, CHEESE CULTURE, ENZYMES

CONTAINS: WHEAT, MILK.

Homemade

Whole Milk

Nutrition Facts			
Serving Size 1/8 recipe (about 4 oz)			
Amount Per Serving			
Calories 310		Calories from Fat 160	
		% Daily Value*	
Total Fat	18g		28%
Saturated Fat	10g		50%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	350mg		15%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		4%
Sugars	3g		
Protein	12g		
Vitamin A 10% • Vitamin C 0%			
Calcium 25% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Skim Milk

Nutrition Facts			
Serving Size 1/8 recipe (about 4 oz)			
Amount Per Serving			
Calories 300		Calories from Fat 150	
		% Daily Value*	
Total Fat	17g		26%
Saturated Fat	10g		50%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	350mg		15%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		4%
Sugars	3g		
Protein	12g		
Vitamin A 10% • Vitamin C 0%			
Calcium 25% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Skim Milk & Low-fat cheese

Nutrition Facts			
Serving Size 1/8 recipe (about 4 oz)			
Amount Per Serving			
Calories 230		Calories from Fat 80	
% Daily Value*			
Total Fat	9g		14%
Saturated Fat	5g		25%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	420mg		18%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		4%
Sugars	3g		
Protein	13g		
Vitamin A 6% • Vitamin C 0%			
Calcium 15% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

What are the big differences you see?

Biscuits

Processed

Nutrition Facts

Serving Size: 1 biscuit (58g)

Amount Per Serving		
Calories	190	Calories from Fat 70
% Daily Value*		
Total Fat	8 g	12%
Saturated Fat	2.5 g	12%
Trans Fat	2.5 g	
Cholesterol	0 mg	0%
Sodium	520 mg	22%
Potassium		
Total Carbohydrate	26 g	9%
Dietary Fiber	1 g	4%
Sugars	5 g	
Sugar Alcohols		
Protein 3 g		
Vitamin A	0 IU	0%
Vitamin C	0 mg	0%
Calcium	0 mg	0%
Iron	1.08 mg	6%

Homemade

Nutrition Facts

Serving Size 1 biscuit (35g)
Servings Per Container 12

Amount Per Serving		
Calories	100	Calories from Fat 40
% Daily Value*		
Total Fat	4.5g	7%
Saturated Fat	1g	5%
Trans Fat	1.5g	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	13g	4%
Dietary Fiber	0g	0%
Sugars	1g	
Protein 2g		
Vitamin A	0%	Vitamin C 0%
Calcium	6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9	Carbohydrate 4 Protein 4

What are the big differences you see?

Hot Pockets

Processed

Nutrition Facts

Serving Size: 1 sandwich

Amount Per Serving

Calories 360 Calories from Fat 153

% Daily Value*

Total Fat 17 g **26%**

Saturated Fat 6 g **30%**

Trans Fat

Cholesterol 25 mg **8%**

Sodium 730 mg **30%**

Potassium

Total Carbohydrate 44 g **15%**

Dietary Fiber 3 g **12%**

Sugars 12 g

Sugar Alcohols

Protein 10 g

Vitamin A

Vitamin C

Calcium

Iron

Homemade

Nutrition Facts

Servings Per Container 8 calzones

Amount Per Serving

Calories 280 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 380mg **16%**

Total Carbohydrate 34g **11%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 11g

Vitamin A 6% • Vitamin C 6%

Calcium 15% • Iron 15%

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

What are the big differences you see?

Why Processed Foods are Slowly Killing You

1. Processed foods are usually high in _____ & _____.
2. Processed foods are hyper rewarding which usually causes _____.
3. Processed foods contain all sorts of _____.
4. You can become _____ to processed junk food.
5. Processed food is usually high is _____ (simple) _____.
6. Most processed foods are very low in _____.
7. Processed food is usually very low in _____.
8. It takes less _____ and _____ to digest processed food meaning we eat much more in a _____ amount of time.
9. Processed food is usually very high in _____.