



FOOD LABEL SCAVENGER HUNT

Hip to Be Fit® Challenge GAME

Hip to BE Fit® Challenge:

Learn how to read food nutrition labels, so you can make healthy and intelligent food choices for the rest of your life. Share a photo or video of the food labels you have found using the form on the website at www.ndi-nm.org/hiptobefit.

Supplies needed:

*Food labels at
your house*

Nutrition Facts	
8 servings per container	
Serving size	1 cup (68g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vit. D 2mcg 10%	Calcium 210mg 20%
Zinc 7mg 50%	Biotin 300mcg 100%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Gather 4 nutrition labels from items around your house. Find the:

- Serving Size
- Calories
- Total Fat
- Total Carbohydrates
- Total Fiber
- Total Sugars
- Protein

3. Ask yourself, how much do you usually eat of this product compared to the recommended serving size?

4. Which items have the most calories or the least?

5. How will reading labels help you to eat more nutritiously?



www.ndi-nm.org