

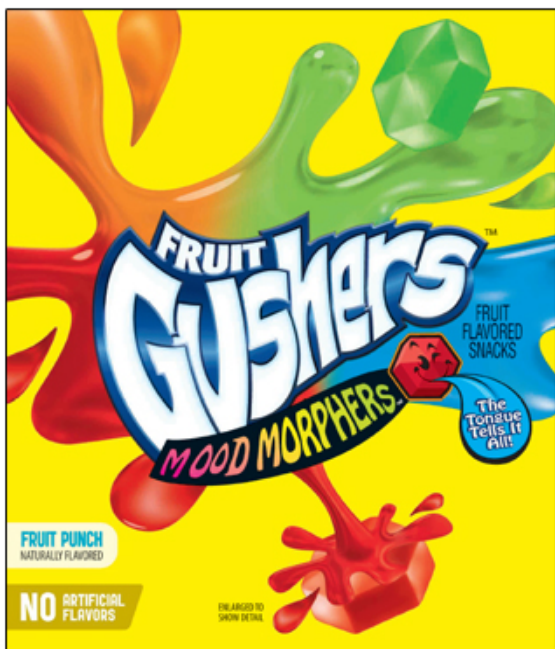
Healthy Eating

Empty foods can damage your teeth and cause tooth decay. They're called **EMPTY** foods because all of the good stuff has been taken out and they are without of any of the nutrients you need to fuel your body. They are filled with tons of sugar and other harmful ingredients—we want to minimize the amount of empty foods we eat!

Sugar can be disguised on ingredient labels because companies use other names such as: corn sweetener, crystalline fructose, fruit puree, evaporated cane juice, fruit juice concentrates, high-fructose corn syrup, maltose, molasses, maltodextrin, sucrose, syrup, brown sugar, cane sugar, corn syrup, dextrose, fructose, glucose, lactose, malt syrup, raw sugar

TRUE FALSE

- Almost every packaged food contains sugar
- Apples and oranges are considered empty foods
- When you switch to eating less sugar, healthy foods taste better
- French fries are healthy because they come from potatoes



Nutrition Facts	
Serving Size 1 pouch (25g)	
Servings Per Container 6	
Amount Per Serving	
Calories	90
Calories from Fat	10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carb 20g	7%
Sugars 10g	
Protein 0g	
Vitamin C	10%
Not a significant source of dietary fiber, vitamin A, calcium and iron.	
* 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
Sat 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

Ingredients: Corn Syrup, Sugar, Pear Puree Concentrate, Modified Corn Starch, Fructose, Maltodextrin, Palm Oil, Glycerin. Contains 2% or less of: Cottonseed Oil, Grape Juice Concentrate, Carrageenan, Citric Acid, Monoglycerides, Sodium Citrate, Malic Acid, Vitamin C (ascorbic acid), Potassium Citrate, Agar-Agar, Natural Flavor, Color (red 40, blue 1, yellows 5 & 6), Xanthan Gum.

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GLUTEN FREE

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Carbohydrate Choices: 1

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- How many types of sugar are on the ingredient label: _____
- What are their names: _____

- What are some empty foods you can find in your house: _____
