

You do the Math!

Nutrition Math

Read each question and check the column of the food that fits the description.

Answer any questions that require more information in the boxes as well.



Nutrition Facts

Serving Size 1 Cone (99g)
Servings Per Container 4

Amount Per Serving

Calories 340 **Calories from Fat** 170

% Daily Value*

Total Fat 19g	29%
Saturated Fat 11g	55%
Cholesterol 20mg	7%
Sodium 90mg	4%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 20g	

Protein 6g

Vitamin A 4% • Vitamin C 0%
Calcium 10% • 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
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

ICE CREAM INGREDIENTS: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Whey, Stabilizer (Mono- and Diglycerides, Guar Gum, Calcium Sulfate, Cellulose Gum, Carrageenan) Vanilla Extract, Annatto Coloring.

CONE INGREDIENTS: Bleached Flour, Sugar, Partially Hydrogenated Soybean and Cottonseed Oil, Lecithin, Salt, Caramel Coloring, Artificial Flavoring.

Sprinkles.

CONE COATING INGREDIENTS: Partially Hydrogenated Soybean Oil, Sugar, Cocoa, Partially Hydrogenated Rapeseed Oil, Cocoa Butter, Soy Lecithin, Vanillin (An Artificial Flavor).

COATING INGREDIENTS: Coconut Oil, Sugar, Partially Hydrogenated Soybean Oil, Cocoa, Partially Demineralized Whey, Milk Powder, Chocolate, Vanillin (An Artificial Flavor).



Nutrition Facts

Serving Size 1 Bar (59g)
Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat** 10

% Daily Value*

Total Fat 1g	2%
Saturated Fat 0.5g	3%
Cholesterol Less than 5mg	1%
Sodium 30mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 11g	

Protein 1g

Vitamin A 10%
Vitamin C 15%
Calcium 10%
Iron 0%

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

SORBET INGREDIENTS: Premium Orange Juice, Sugar, Corn Syrup Solids, Pectin, Natural Flavor, Guar Gum, Annatto, Turmeric Concentrate, and Beta Carotene For Color.

LOWFAT ICE CREAM INGREDIENTS: Skim Milk, Corn Syrup, Cream, Sugar, Whey, Tricalcium Phosphate, Natural Flavor, Mono- & Diglycerides, Guar Gum, Polysorbate 80, Calcium Carrageenan, Carob Bean Gum, Vitamin A Palmitate.

1. Without looking at the nutrition facts, which of these ice cream treats would you want to eat?

2. Which food has a larger serving?

3. Which has more calories? How many more calories does that food have?

4. Which food has more fat in it? Based on the 2000-calorie diet, how much fat could you consume for the rest of the day if you eat one treat verses the other?

5. Which food has more protein?

6. Which food is higher in carbohydrates?

7. Which food is higher in sodium?

8. Which food has more of each of the following vitamins and minerals? What is the difference in the amount?

___ Vitamin A ___

___ Vitamin C ___

___ Calcium ___

___ Iron ___

9. Which food is more nutritious?

10. Based on your findings, which of these ice cream treats would you like to eat? Explain your answer.
