

# Looking for Something "Extra"

## CHOICE #1



**Milk, 2%, 1 cup**  
Protein: 8 grams  
Calcium: 297 milligrams



**Soft Drink, 1 cup**  
Protein: 0 grams  
Calcium: 11 milligrams

Which snack has protein to help you grow strong muscles? \_\_\_\_\_

Which snack has more calcium? \_\_\_\_\_

Which snack is in the "extras" group? \_\_\_\_\_

*Circle the snack that has more nutrients.*

## CHOICE #2



**Doughnut, 1 doughnut**  
Carbohydrate: 12 grams  
Fat: 6 grams



**Bagel, 1 bagel**  
Carbohydrate: 31 grams  
Fat: 1 gram

Which snack has more carbohydrate? \_\_\_\_\_

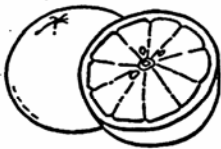
Which snack is higher in fat? \_\_\_\_\_

Which snack is in the "extras" group? \_\_\_\_\_

Which snack is in the bread group? \_\_\_\_\_

*Circle the snack that has more nutrients.*

## CHOICE #3



**Orange, 1 orange**  
Vitamin C: 95 milligrams  
Iron: 0 milligrams



**Chocolate Candy, 1 candy bar**  
Vitamin C: 0 milligrams  
Iron: 0 milligrams

Is either snack a good source of iron? \_\_\_\_\_

Which snack is a good source of vitamin C? \_\_\_\_\_

Which snack is in the "extras" group? \_\_\_\_\_

*Circle the snack that has more nutrients.*

## CHOICE #4



**Potato Chips, 1 small bag**  
Calcium: 7 milligrams  
Protein: 2 grams



**String Cheese, 1 small package**  
Calcium: 274 milligrams  
Protein: 10 grams

Which snack has more protein? \_\_\_\_\_

Which snack is a good source of the mineral calcium? \_\_\_\_\_

Which snack is in the "extras" group? \_\_\_\_\_

*Circle the snack that has more nutrients.*