



## The Foods We Eat

Food labels list ingredients starting with the largest amount down to the smallest amounts. They also show how much of each nutrient (such as minerals and vitamins) is in each food serving. Calcium, which helps your bones grow strong, is an example of a mineral. Vitamin C, found in orange juice, is an example of a vitamin.

Look at the ingredients of the food items on the table. Many times, sugar or salt is added to food as a flavoring. Sugar is sometimes called corn syrup, sucrose, glucose, or fructose.

Compare the labels on the items and decide what is a healthy food. What three items would you choose for a healthy snack?

1.

2.

3.