Grade 4

Breakfast Choices to Benefit Me

Healthful Living Objective(s)

4.04 Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of *MyPyramid for Kids* and *MyPlate.*

4.06 Distinguish between healthy and unhealthy eating patterns.

Science Objective(s)

4.03 Discuss how foods provide both energy and nutrients for living organisms.

Teacher Resource(s)

- N.C. Division of Public Health, North Carolina Nutrition Education and Training Program, *Food for Thought: Making the Grade through Healthful Eating* K-5 Curriculum, www.nutritionnc.com
    - *Teaching MyPlate*
    - *Carbohydrates*
    - *Fats*
    - *Protein*
    - *Vitamins*
    - *Minerals*
    - *Food Labels: Nutrient Content Claims*
- University of Missouri Extension, *Show Me Nutrition, Choosing Foods for Me 4th Grade Curriculum, Lesson Six, Your Day Starts with Breakfast* (Available for loan from the N.C. Division of Public Health, N.C. Nutrition Education and Training Resource Library, www.nutritionnc.com)
- U. S. Department of Agriculture, *Using MyPlate Along with MyPyramid*, www.ChooseMyPlate.gov/downloads/MyPlate/UsingMyPlateAlongWithMyPyramid.pdf
- U.S. Department of Agriculture, School Breakfast Toolkit, *Benefits of Breakfast* Flyer, www.fns.usda.gov/cnd/Breakfast/expansion/benefitsbreakfast.pdf
- U.S. Department of Health and Human Services, U.S. Department of Agriculture, *Nutrition Facts Label*, www.fda.gov/downloads/Food/LabelingNutrition/ConsumerInformation/ucm120909.pdf

Material(s) Needed

- *Mineral Add-Ins*
- Food package labels that include the Nutrition Facts Panel and Ingredients list
- U.S. Department of Agriculture, *MyPyramid for Kids Poster,* www.mypyramid.gov/tips_resources/printmaterials.html
- U.S. Department of Agriculture, *MyPlate* graphics slick, www.cnpp.usda.gov/Publications/MyPlate/GraphicsSlick.pdf
- Two glasses
- Spoon
- Water
- Vegetable oil

- Salt
- School Breakfast Menu

Handout(s)
- *Vitamin C Add-Ins*

Note that, as of June 2011, MyPyramid was replaced with MyPlate as a way to understand how to eat healthfully. It is important to know that you may continue to use existing MyPyramid educational materials, such as the *MyPyramid for Kids Poster*. This is because the information about what and how much to eat has not changed. Be aware that on MyPlate the Meat & Beans Group is called the Protein Foods Group and the Milk Group is called the Dairy Group.

Focus
Write an imaginary student's schedule on the board that includes times for dinner and/or bedtime snack, going to bed, waking up, arriving at school, and lunch (e.g., 6:00 p.m. dinner, 7:30 p.m. snack, 9:00 p.m. bedtime, 6:00 a.m. wake up, 7:30 a.m. arrive at school, 1:00 p.m. lunch). Ask students how long it was between dinner and/or the snack and the time the student woke up. If the student did not eat breakfast in the morning before going to school, how long would it be until the student was able to eat lunch?

Ask students if they ate breakfast today. Ask them how they feel if they skip breakfast. Explain to them that you will be discussing the benefits of eating breakfast and making healthy choices for breakfast.

Teacher Input
Discuss the *Benefits of Breakfast* flyer. Have the students assist you in creating a table on the board that compares children who eat breakfast with those who do not using the information from the *Benefits of Breakfast* flyer. Lead the students to discover that eating breakfast every day is a healthy eating pattern, while skipping breakfast regularly is an unhealthy eating pattern. Explain that breakfast provides our bodies with energy and nutrients to start the day right.

Explain that some breakfasts provide you with more nutrients than others, e.g., a breakfast of fruit punch and chips does not provide you with the same kinds and amounts of nutrients that you would get from a breakfast that includes milk and oatmeal with blueberries.

Display the *MyPyramid for Kids Poster* and the *MyPlate* graphics slick. Point out that while the symbol has changed from *MyPyramid* to *MyPlate*, both symbols remind us how to eat healthfully. Explain that it is best to eat a breakfast that includes foods from at least three of the Five Food Groups: a whole grain choice from the Grains Group, a choice from the Fruit Group or Vegetable Group, and a serving of protein from the Dairy (Milk) Group or Protein Foods (Meat & Beans) Group. Using the *Teaching MyPlate*, *Carbohydrates, Fats, Protein*, *Vitamins*, and *Minerals* resources, talk about breakfast foods and food groups where the different nutrients can be found. Note that school breakfast is planned to provide choices from at least three to four of the Five Food Groups; a balance of carbohydrate, protein, and fat; and

¼ of the recommended amounts of key nutrients that students need each day (protein, calcium, iron, vitamin A, and vitamin C). Make note of two nutrients that students are likely not to get enough of, vitamin C and iron, which are important to health. Point out that breakfast foods can be a good source for these two nutrients. Discuss the roles of vitamin C and iron, using the *Vitamins* and *Minerals* resources.

Vitamins are used by the body for growth and maintenance of health. Thirteen have been identified as essential, meaning that the body cannot survive without them. Vitamins can either be fat-soluble or water-soluble. Fat soluble vitamins include A, D, E and K. Water-soluble vitamins include the B vitamins and vitamin C. The B vitamins include thiamin, niacin, riboflavin, folate, B12, B6, pantothenic acid and biotin.

Vitamin C is important for several body functions including wound healing and acting as an antioxidant. Antioxidants help protect the body against damage from oxidation, which can lead to health problems. For foods and beverages that provide vitamin C, refer to the *Food Sources of Vitamin C* chart on the *Vitamin C Add-Ins* handout.

Fat-soluble vitamins cannot be dissolved in water and are stored in body fat. Water soluble vitamins can be dissolved easily in water and are not stored in the body in high amounts. Think of the difference in mixing oil and water and salt and water. Oil mixed into water will separate, while salt mixed into water will dissolve. Provide a visual of this to the class. Fill two glasses half full with water. Add some vegetable oil to one glass and salt to the other. After stirring, note that the salt mixes in with the water and you cannot see it. It dissolves. The oil, however, does not disappear into the water. It stays separate from the water.

Minerals are used for building bones, tissues and other compounds in the body. They also help in regulating body processes. Iron is a very important mineral that is needed in the body for carrying oxygen. Not getting enough iron, or iron deficiency, is a common occurrence throughout the world, including the United States. Iron can be found in animal sources such as meat, poultry and eggs. Alone, iron in these sources can be more easily absorbed than in plant sources (i.e., dark green vegetables, dried fruit and fortified bread and grain products). The iron in these plant sources can be more easily absorbed when eaten with an animal source of iron or with a vitamin C source. An example of a combination that will maximize iron absorption is a bowl of oatmeal (iron source from a plant) with a glass of 100% orange juice (vitamin C rich source). Use the *Mineral Add-Ins* and *Vitamin C Add-Ins* to discuss other example combinations.

Give examples of foods high in iron and vitamin C, and have the students identify those foods that they might like to eat at breakfast. Note that both of these nutrients are listed on the Nutrition Facts Panel of the food label. Using the *Nutrition Facts Label* resource, discuss Percent Daily Value. Also discuss claims regarding sources of nutrients (i.e., what is defined as a low, good and high source of nutrients) using the *Nutrition Facts Label* and *Food Labels: Nutrient Content Claims* resources.

Developed by the N.C. Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.

Practice and Assessment

Divide students into pairs. Give each pair three to four breakfast food labels that include the Nutrition Facts Panel and Ingredients list. Have the students identify the Percent Daily Value of vitamin C and iron for each food, and share with the class whether their food items are high or low in vitamin C and iron.

Using the *Vitamin C Add-Ins* handout, have students identify choices that they could add to each sample breakfast menu to increase the vitamin C content.

Have each student plan menus for breakfast on a school day and a weekend day. The menus should include foods from at least three food groups, a food that is a good source of iron, and a food that is a good source of vitamin C.

Additional Activities

Find out if the School Breakfast Program is offered in your school. If it is, obtain a copy of and review the school breakfast menu. Divide students into pairs. Have each pair analyze a different school breakfast on the menu, identifying the food group of each breakfast item and any foods that are high in iron and vitamin C. Have each pair share their findings.

Adapted from *Show Me Nutrition, Choosing Foods for Me 4th Grade Curriculum, Lesson Six, Your Day Starts with Breakfast*, University of Missouri Extension and *Smart Options: School Meals Make a Difference in NC*, N.C. Division of Public Health, North Carolina Nutrition Education and Training Program

Developed by the N.C. Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.
www.ncdhhs.gov ◆ www.nutritionnc.com

Mineral Add-Ins

Food Sources of Iron

Food, Standard Amount	Iron (mg)	Calories
Clams, canned, drained, 3 oz	23.8	126
Fortified ready-to-eat cereals (various), ~ 1 oz	1.8 -21.1	54-127
Oysters, eastern, wild, cooked, moist heat, 3 oz	10.2	116
Organ meats (liver, giblets), various, cooked, 3 oz [a]	5.2-9.9	134-235
Fortified instant cooked cereals (various), 1 packet	4.9-8.1	Varies
Soybeans, mature, cooked, ½ cup	4.4	149
Pumpkin and squash seed kernels, roasted, 1 oz	4.2	148
White beans, canned, ½ cup	3.9	153
Blackstrap molasses, 1 Tbsp	3.5	47
Lentils, cooked, ½ cup	3.3	115
Spinach, cooked from fresh, ½ cup	3.2	21
Beef, chuck, blade roast, lean, cooked, 3 oz	3.1	215
Beef, bottom round, lean, 0" fat, all grades, cooked, 3 oz	2.8	182
Kidney beans, cooked, ½ cup	2.6	112
Sardines, canned in oil, drained, 3 oz	2.5	177
Beef, rib, lean, ¼" fat, all grades, 3 oz	2.4	195
Chickpeas, cooked, ½ cup	2.4	134
Duck, meat only, roasted, 3 oz	2.3	171
Lamb, shoulder, arm, lean, ¼ " fat, choice, cooked, 3 oz	2.3	237
Prune juice, ¾ cup	2.3	136
Shrimp, canned, 3 oz	2.3	102
Cowpeas, cooked, ½ cup	2.2	100
Ground beef, 15% fat, cooked, 3 oz	2.2	212
Tomato puree, ½ cup	2.2	48
Lima beans, cooked, ½ cup	2.2	108
Soybeans, green, cooked, ½ cup	2.2	127
Navy beans, cooked, ½ cup	2.1	127
Refried beans, ½ cup	2.1	118
Beef, top sirloin, lean, 0" fat, all grades, cooked, 3 oz	2.0	156
Tomato paste, ¼ cup	2.0	54

*Table adapted from *Appendix B-3. Food Sources of Iron, Dietary Guidelines for Americans 2005*

Developed by the N.C. Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.

Breakfast Choices to Benefit Me
Food and Beverage Labels

- General Mills Total®
- General Mills Multigrain Cheerios®
- Quaker® Instant Oatmeal Original
- McCann's® Quick Cooking Rolled Oats Irish Oatmeal
- Nature's Own® Double Fiber Bread
- Nature's Own® 100% Whole Wheat Bread
- Roman Meal® 100% Whole Wheat Bread
- Nature's Own® 100% Whole Wheat Thin Sliced Bagels
- Dole® Raisins
- Tropicana® Pure Premium 100% Orange Juice
- Old Orchard® 100% Apple Juice
- Old Orchard® 100% Grape Juice
- Northland® 100% Cranberry Juice
- Sunsweet® 100% Prune Juice
- Campbell's® Tomato Juice Low Sodium
- V8® 100% Vegetable Juice
- Fresh Express® Baby Spinach

Developed by the N.C. Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.
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Total®

WHOLE GRAIN

Nutrition Facts

Serving Size ¾ cup (30g)
Servings Per Container about 15

Amount Per Serving	Whole Grain Total	with ½ cup skim milk
Calories	100	140
Calories from Fat	5	10
	% Daily Value**	
Total Fat 0.5g*	**1%**	**1%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**1%**
Sodium 190mg	**8%**	**11%**
Potassium 90mg	**3%**	**8%**
Total Carbohydrate 23g	**8%**	**10%**
Dietary Fiber 3g	**10%**	**10%**
Sugars 5g		
Other Carbohydrate 15g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	100%	100%
Calcium	100%	110%
Iron	100%	100%
Vitamin D	25%	40%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B_6	100%	100%
Folic Acid	100%	100%
Vitamin B_{12}	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	8%	20%
Magnesium	6%	10%
Zinc	100%	100%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 260mg sodium, 290mg potassium, 29g total carbohydrate (11g sugars) and 6g protein.

** 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

Ingredients: Whole Grain Wheat, Sugar, Corn Syrup, Salt, Monoglycerides, Annatto Extract Color. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), **Zinc and Iron** (mineral nutrients), **Vitamin E Acetate, A B Vitamin** (niacinamide), **A B Vitamin** (calcium pantothenate), **Vitamin B_6** (pyridoxine hydrochloride), **Vitamin B_2** (riboflavin), **Vitamin B_1** (thiamin mononitrate), **A B Vitamin** (folic acid), **Vitamin A** (palmitate), **Vitamin B_{12}, Vitamin D_3.**

CONTAINS WHEAT; MAY CONTAIN ALMOND AND MILK INGREDIENTS.

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Ingredients: Whole Grain Corn, Whole Grain Oats, Sugar, Whole Grain Barley, Whole Grain Wheat, Whole Grain Rice, Corn Starch, Brown Sugar Syrup, Corn Bran, Salt, Trisodium Phosphate, Distilled Monoglycerides, Canola and/or Rice Bran Oil, Color Added. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Vitamin E (tocopheryl acetate), A B Vitamin (calcium pantothenate), Vitamin B_6 (pyridoxine hydrochloride), Vitamin B_2 (riboflavin), Vitamin B_1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B_{12}, Vitamin D_3.

CONTAINS WHEAT INGREDIENTS.

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Exchange: 1½ Starch

Exchange calculations based on *Choose Your Foods: Exchange Lists for Diabetes* ©2008 the American Dietetic Association, the American Diabetes Association

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

Nutrition Facts

Serving Size 1 cup (29g)
Servings Per Container about 8

Amount Per Serving	MultiGrain Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	10	10
	% Daily Value*	
Total Fat 1g*	**2%**	**2%**
Saturated Fat 0g	**0%**	**3%**
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**1%**
Sodium 160mg	**7%**	**9%**
Potassium 85mg	**2%**	**8%**
Total Carbohydrate 23g	**8%**	**10%**
Dietary Fiber 3g	**10%**	**10%**
Sugars 6g		
Other Carbohydrate 15g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	10%	25%
Iron	100%	100%
Vitamin D	10%	25%
Vitamin E	35%	35%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B_6	100%	100%
Folic Acid	100%	100%
Vitamin B_{12}	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	8%	20%
Magnesium	4%	8%
Zinc	100%	100%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat (0.5g saturated fat, 0.5g monounsaturated fat), less than 5mg cholesterol, 220mg sodium, 290mg potassium, 29g total carbohydrate (12g sugars), and 7g protein.

** 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

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INSTANT OATMEAL

Original

Heart Healthy Oatmeal

*See back panel for information about the relationship between oats and heart disease.

SERVING SUGGESTION

12 .98 OZ (28 g) PACKETS NET WT 11.8 OZ (336 g)

Nutrition Facts

Serving Size 1 Pouch (28 g)
Servings Per Container 12

Amount Per Serving	
Calories 100	Fat Calories 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsat Fat 0.5g	
Monounsat Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Potassium 105mg	**3%**
Total Carbs 19g	**6%**
Dietary Fiber 3g	**11%**
Soluble Fiber 1g	
Sugars 0g	
Protein 4g	
Vitamin A	25%
Vitamin C	0%
Calcium	10%
Iron	40%
Phosphorus	10%
Magnesium	8%

*Percent Daily Values are based on a 2,000 calorie diet.

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

Ingredients: Whole grain rolled oats, oat flour, calcium carbonate, salt, guar gum, caramel color, reduced iron, vitamin A palmitate.

122-41

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Oatmeal is a good source of fiber. It contains no salt or cholesterol and is naturally low in fat and saturated fat. One serving of oatmeal contains only 2.5g total fat.

May you have warm words on
a cold evening.
A full moon on a dark night.
And the road downhill all the
way to your door.
- Irish Blessing

100% WHOLE GRAIN 16g or more per serving
WholeGrainsCouncil.org
EAT 48g OR MORE OF WHOLE GRAINS DAILY

Imported from Ireland

McCANN'S QUICK COOKING IRISH OATMEAL

- No Sodium
- No Cholesterol
- Soluble fiber from oatmeal, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of oatmeal supplies 1 gram of the 3 grams of beta glucan soluble fiber necessary per day to have this effect.

Nutrition Facts

Serving Size 1/2 cup (40g) dry
Servings Per Container 11

Amount Per Serving	
Calories 150	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0.5g	**2%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 3g	**12%**
Soluble Fiber 1g	
Insoluble Fiber 2g	
Sugars less than 1g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%

*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: 100% Whole Grain Irish Oats

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OMEGA-3 PER SLICE

15mg	EPA
10mg	DHA

Nutrition Facts

Serving Size 1 Slice (28g / 1oz)
Servings Per Container 20

Amount Per Serving

		% Daily Value*
Calories 50	Calories from Fat 5	
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 135mg		6%
Total Carbohydrate 13g		4%
Dietary Fiber 5g		20%
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars Less than 1g		
Protein 3g		

Vitamin A 0%	·	Vitamin C 0%	
Calcium 0%	·	Iron 6%	
Thiamin 8%	·	Riboflavin 4%	
Niacin 6%	·	Folic Acid 2%	

*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

BROMATE FREE

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, INULIN (CHICORY), VEGETABLE FIBER (SOY AND/OR COTTONSEED), WHEAT GLUTEN, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT BRAN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CULTURED WHEY (MILK), HIGH FRUCTOSE CORN SYRUP, SALT, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES), SOYBEAN OIL, SOY FLOUR, NATURAL FLAVOR, OMEGA 3 (REFINED FISH OIL DERIVED FROM ANCHOVY, SARDINE AND/OR MACKEREL), MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, ENZYMES, SOY LECITHIN, NIACIN, IRON (FERROUS SULFATE), WHEAT STARCH, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, CULTURED WHEAT FLOUR, VINEGAR, OAT FLAKE TOPPING. 1205-040007

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Nature's Own

Nature's Own Double Fiber Wheat Bread has five grams of fiber per slice. That's twice the fiber found in a slice of 100% whole wheat bread. Most Americans do not have enough fiber in their diet. Double Fiber Wheat Bread is a delicious way to boost your fiber intake. Check out our web site Nutrition Center to find out why fiber is an important part of a healthy diet.

Nature's Own Fast Facts:

- 5 Grams Fiber Per Slice
- 0 Grams of Trans Fat Per Slice
- 7 Grams of Whole Grain Per Slice

USDA Recommended Eating Guide

Grain Group
Make half your grains whole
MyPyramid.gov

The USDA Food Guide Pyramid recommends eating 6 servings of grains each day, including 3 servings from whole grain sources.

Grains, especially whole grains, provide you with energy and essential nutrients to maintain your body's health. Eating whole grains, as part of a healthy diet, may reduce your risk of heart disease, cancer and other chronic diseases. If you're trying to slim down, studies show that adding whole grains can help to maintain a healthier body weight.

To learn more about whole grains, the importance of a healthy diet, and to create a personal food guide pyramid based on your caloric and nutritional needs, visit the USDA's website, www.mypyramid.gov.

Visit our web site at
www.naturesownbread.com.

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Our Quality Pledge

The Bakers of Nature's Own have been baking bread since 1919 and are committed to providing you with the highest quality baked foods. Nature's Own breads are made with premium ingredients that are carefully combined in our special recipes and then baked to perfection in our ovens. If the Nature's Own name is on the package, you're certain to find great-tasting breads inside! Also look for delicious specialty breads and rolls under our Cobblestone Mill brand. Enjoy!

From the Flowers family of Bakers

Nature's Own

Nature's Own

DOUBLE FIBER Wheat

No Artificial Preservatives, Colors or Flavors

OMEGA-3 DHA/EPA*

5 grams fiber per slice

TWICE THE FIBER OF 100% WHOLE WHEAT

123001-062404

Nutrition Facts

Serving Size 1 Slice (26g/.9oz)
Servings Per Container 22

Amount Per Serving

Calories 50 Calories from Fat 10

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 4%	•	Iron 2%	
Thiamin 6%	•	Riboflavin 6%	
Niacin 10%	•	Folic Acid 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

BROMATE FREE

INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. 1230-090208

DISTRIBUTED BY
FLOWERS FOODS BAKERIES GROUP, LLC
THOMASVILLE, GA 31757

Nature's Own

Nature's Own 100% Wheat is one of our best-sellers! It offers the nutritional value of whole wheat in a soft, great-tasting loaf. Like all Nature's Own varieties, 100% Whole Wheat contains no artificial preservatives, colors, or flavors. Try a slice with fruit jam for breakfast or with your favorite sandwich filling for lunch or a quick dinner.

Nature's Own Fast Facts:

- No High Fructose Corn Syrup
- 14 Grams of Whole Grain Per Slice

USDA Recommended Eating Guide

Grain Group
Make half your grains whole
MyPyramid.gov

The USDA Food Guide Pyramid recommends eating 6 servings of grains each day, including 3 servings from whole grain sources.

Grains, especially whole grains, provide you with energy and essential nutrients to maintain your body's health. Eating whole grains, as part of a healthy diet, may reduce your risk of heart disease, cancer and other chronic diseases. If you're trying to slim down, studies show that adding whole grains can help to maintain a healthier body weight.

To learn more about whole grains, the importance of a healthy diet, and to create a personal food guide pyramid based on your caloric and nutritional needs, visit the USDA's website, www.mypyramid.gov.

Visit us at
www.naturesownbread.com
for delicious recipes
Questions or comments?
Call 1-866-245-8921

Grains for Life.
grainpower.org

PROOF OF PURCHASE
0 72250 03712 9

WHOLE GRAIN
14g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY

LDPE

#1 SELLING VARIETY BRAND IN THE U.S.*

*Nature's Own Brand Breads are the #1 selling soft variety breads based on the unit sales numbers reported by syndicated IRI data for the total U.S.

Our Quality Pledge

The Bakers of Nature's Own have been baking bread since 1919 and are committed to providing you with the highest quality baked foods. Nature's Own breads are made with premium ingredients that are carefully combined in our special recipes and then baked to perfection in our ovens. If the Nature's Own name is on the package, you're certain to find great-tasting breads inside! Also look for delicious specialty breads and rolls under our Cobblestone Mill brand. Enjoy!

From the Flowers Family of Bakers

Nature's Own

ROMAN MEAL

GOOD VALUE FOR YOUR FAMILY

SUNGRAIN®

100% Whole Wheat BREAD

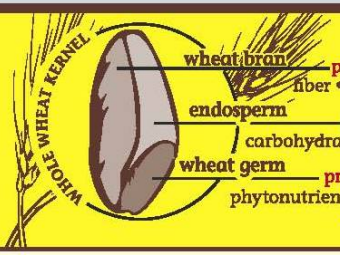
NATURAL WHOLE GRAIN GOODNESS®

24 g WHOLE GRAINS PER SERVING
GOOD SOURCE OF FIBER

HEART HEALTHY

Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers.

NET WT. 16 OZ. (1 LB.) 454g



Did you know? Ordinary wheat flour comes from only the largest part of the wheat kernel. Roman Meal® bread varieties include wheat bran and wheat germ too, so you get all the nutrients from the whole grain. Made with whole wheat tells you you're getting all components of the original wheat kernel.

Roman Meal bakes most of their bread varieties with whole wheat or whole grains as the first ingredient. The health benefits of whole grains come from the fiber, vitamins, minerals, phytonutrients and antioxidants which work together to reduce the risk of chronic diseases.

Eating a variety of whole grains each day will help ensure that you get the nutrients needed to stay healthy. A good way to get whole wheat and whole grains in part of your daily diet is to enjoy them in a great tasting loaf of Roman Meal bread.

wholegrain REWARDS

0 77633 70030 0

ROMAN MEAL®
PROOF OF PURCHASE

100% WHOLE GRAIN
24g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY

Roman Meal Company is proud to be a founding member of the Whole Grains Council. We dedicate ourselves to producing nutritious and great-tasting whole grain foods.

Nutrition Facts

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 1.5g	**2%**	**Total Carbohydrate 20g**	**7%**
Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 3g	
Cholesterol 0mg	**0%**	**Protein 4g**	
Sodium 200mg	**8%**		
		Vitamin A 0% • Vitamin C 2% • Calcium 6% • Iron 6%	
Thiamine 10% • Riboflavin 4% • Niacin 8% • Folate 2%			

Serving Size 2 Slices (46g)
Servings Per Container 10
Calories 110
Calories from Fat 10

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrients	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Saturated 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

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

N-872

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, VITAL WHEAT GLUTEN, WHOLE GRAIN WHEAT FLAKES, HONEY, SOYBEAN OIL, SALT, YEAST FOOD (AMMONIUM SULFATE, CALCIUM SULFATE), VINEGAR, DOUGH CONDITIONERS, (CONTAINS ONE OR MORE OF THE FOLLOWING: ETHOXYLATED MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, MALTED BARLEY FLOUR, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM IODATE, CALCIUM PEROXIDE, ENZYMES), CALCIUM PROPIONATE (MOLD INHIBITOR), SOY LECITHIN. **CONTAINS: WHEAT, SOY**

DISTRIBUTED BY FLOWERS FOODS BAKERIES GROUP, LLC
Thomasville, GA 31757

V-315

New!

Nature's Own®

100% Whole Wheat

No Artificial Preservatives, Colors or Flavors
No High Fructose Corn Syrup

140 calories per serving

8 Thin Sliced Bagels

33g of Whole Grain - 5g of Fiber per Bagel
Good Source of Vitamins A, D, E & Calcium

Nutrition Facts

Serving Size 1 Bagel (57g/2.0 oz)
Servings Per Container 8

Amount Per Serving	
Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 6g	

Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 10%
Vitamin D 10%	Vitamin E 10%
Thiamin 15%	Riboflavin 4%
Niacin 10%	Folic Acid 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

BROMATE FREE

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, CULTURED WHEAT FLOUR, VINEGAR, SALT, VITAMIN A PALMITATE, CALCIUM CARBONATE, MALT BARLEY FLOUR, MOLASSES, YELLOW CORN MEAL, CALCIUM SULFATE, CHOLECALCIFEROL (VITAMIN D3), SOY OIL, HONEY, CULTURED WHEAT STARCH, ENZYMES, ALPHA TOCOPHERYL ACETATE (VITAMIN E), TOPPED WITH WHEAT BRAN.

DISTRIBUTED BY
FLOWERS FOODS BAKERIES GROUP, LLC
THOMASVILLE, GA 31757
CONN. LIC. 8818

1387-022309

138702-102109

Grains for Life™
grainpower.org

PROOF OF PURCHASE
0 72250 00498 5

WholeGrainsCouncil.org
100% WHOLE GRAIN
33g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY

Nature's Own®

SPECIAL MORNINGS™

Hours before the warm sunlight streams through your window, the bakers at Nature's Own are working hard to make your mornings Special Mornings™ with fresh and healthy breakfast selections.

Now you can have your bagel and eat it too! Introducing new Thin Sliced Bagels with less calories than the regular sized bagels, yet no sacrifice on taste and texture. Perfect for breakfast, lunch or a snack; all the great bagel taste you love without all the guilt. With Thin Sliced Bagels, less really IS more!

A standard 3.7 oz. 100% Whole Wheat flavor bagel has 250 calories. Nature's Own Thin Sliced 100% Whole Wheat Bagels have 140 calories.

Visit us at www.naturesownbread.com for delicious recipes.
Questions or Comments? Call 1-866-245-8921

Nature's Own®

Our Quality Pledge

The Bakers of Nature's Own have been baking since 1919 and are committed to providing you with the highest quality baked foods. Each product is made with premium ingredients that are carefully combined in our special recipes and then baked to perfection in our ovens. If the Nature's Own name is on the package, you're certain to find great taste inside. Also look for delicious sandwich rolls under our Cobblestone Mill Brand. *Enjoy!*

From the Flowers Family of Bakers

4 LDPE

Dole®

California Seedless

Raisins

100% Natural

LIVE WELL

- Packed with Antioxidants
- No preservatives
- Naturally sweet
- Naturally Fat free, Cholesterol free and Sodium free

AMERICAN CULINARY CHEFS BEST www.chefsbest.com 2010 CHEFS BEST AWARD BEST TASTE

Honored as Award-Winning since 2005

NET WT. 12 OZ. (340g)

Ⓤ KOSHER

Dole®

California Seedless

Raisins

100% Natural

Feel revitalized with the fresh taste of sun-ripened DOLE all natural fruit. Rich in nutrients, fruit gives you healthy energy so you feel refreshed and ready to shine.

DOLE. Make Every Day Shine.®

The DOLE Raisin difference. Unlike sun-dried raisins, DOLE Raisins are gently bathed in warm water and then dried in warm flowing air before they're packed for maximum freshness and flavor. Our "spa-treated" raisins are plumper, moister, 100% naturally sweet, and delicious!

DOLE Raisins are packed with antioxidants!

Source: US Department of Agriculture. Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods – 2007. ORAC Value describes the antioxidant power of a food per 100 grams.

1/4 cup Raisins = 1 full serving of fruit

DOLE® Raisin Oatmeal Cookies

Prep: 15 minutes Bake: 10 to 12 minutes

1 1/2 cups flour
1 tsp. baking soda
1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/4 tsp. salt
3/4 cup margarine, softened
3/4 cup packed brown sugar
3/4 cup granulated sugar
2 eggs
1 tsp. vanilla extract
1 3/4 cups old fashioned rolled oats
2 cups DOLE Raisins

Combine flour, baking soda, cinnamon, nutmeg, and salt in bowl; set aside. Beat margarine and sugars in bowl. Beat in eggs and vanilla. Beat in flour mixture until blended. Stir in oats and raisins. Drop by spoonfuls onto ungreased baking sheets, 2 inches apart. Bake at 375° F, 10 to 12 minutes. Cool on wire racks. Yields about 4 1/2 dozen cookies.

Ideal for: Trail Mix, Toppings, Snacking, Baking
Find great recipes at www.dole.com

For more than 100 years, Dole has been committed to our environment, our employees and the communities in which we operate. To learn how, please visit www.dole.com

Nutrition Facts

Serving Size 1/4 cup (40g)
Servings Per Container about 9

Amount Per Serving	
Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 300mg	9%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 24g	
Protein 1g	
Vitamin A 0% • Vitamin C	2%
Calcium 2% • 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: RAISINS.
CAUTION: MAY CONTAIN AN OCCASIONAL STEM.

MANUFACTURED FOR
©DOLE PACKAGED FOODS, LLC
WESTLAKE VILLAGE, CA 91362-7300

"Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases."
– National Cancer Institute

FOR BEST RESULTS, REFRIGERATE AFTER OPENING.

Best if used by
SEP 18 2012
10261C-1

100% Juice

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 450mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 2g	

Vitamin A	0%	• Vitamin C	120%
Calcium	2%	• Iron	0%
Thiamin	10%	• Riboflavin	4%
Niacin	4%	• Vitamin B_6	6%
Folic Acid	15%	• Magnesium	6%

* Percent Daily Values are based on a 2,000 calorie diet.

Contains orange juice from the U.S. and Brazil.

Tropicana Manufacturing Company, Inc.
Bradenton, Florida 34206 USA

Tropicana Pure Premium No Pulp Orange Juice is a smart choice because it is a healthy beverage and each serving is an excellent source of vitamin C. One of over 250 smart choices made easy from PepsiCo. For more information on our Smart Spot™ nutrition standards and help getting started with a healthy lifestyle, visit www.smartspot.com.

SMART CHOICES MADE EASY

Tropicana

PURE PREMIUM®

American Heart Association

Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

While many factors affect heart disease, diets low in saturated fat and cholesterol may help reduce the risk of this disease.

ENJOY TROPICANA!

Keep Refrigerated • Best if Consumed Within 7 to 10 Days After Opening

QUESTIONS OR COMMENTS?
Call 1-800-237-7799

¿PREGUNTAS O COMENTARIOS?
Llame 1-800-570-8719
Le atenderemos en Español

www.tropicana.com

48500 00102 8

K

SO, JUST HOW HEALTHY IS IT?

One 8 oz glass of Old Orchard 100% Juice equals two servings of fruit!*

OLD ORCHARD 100% JUICE HAS:

- ✔ 120% Vitamin C
- ✔ Gluten free
- ✘ No added sugar or high fructose corn syrup
- ✘ No artificial preservatives
- ✘ No artificial flavors

*4 oz of 100% juice equals one serving of fruit per USDA's 2005 Dietary Guidelines. These guidelines recommend that you get a majority of your daily fruit servings from whole fruit.

OLD ORCHARD

100% Apple

100% JUICE FROM CONCENTRATE WITH OTHER ADDED INGREDIENTS

120% DV VITAMIN C

64 FL OZ (1/2 GAL) 1.89L

100% Apple Juice

CONTAINS 100% JUICE

Nutrition Facts

Serv. Size 8 fl oz (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 120	Fat Cal. 0
	% DV*
Total Fat 0g	0%
Sodium 25mg	1%
Potassium 280mg	8%
Total Carb. 29g	10%
Sugars 27g	
Protein 0g	

Vitamin A 0% • Vitamin C 120%
Calcium 0% • Iron 2%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, and calcium.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: APPLE JUICE FROM CONCENTRATE (FILTERED WATER, APPLE JUICE CONCENTRATE), MALIC ACID, ASCORBIC ACID (VITAMIN C). CONCENTRATE OF ARGENTINA, CHILE, CHINA AND U.S.A.

We appreciate your comments and questions. To learn more about our products, please visit us at www.oldorchard.com or call 1-800-330-2173.

PASTEURIZED
SHAKE WELL BEFORE SERVING
REFRIGERATE AFTER OPENING
FOR BEST QUALITY, USE WITHIN 7-10 DAYS AFTER OPENING
HI 5¢, ME 5¢ DEPOSIT L.T.P.

0 75355 11213 5

1006

SO, JUST HOW HEALTHY IS IT?

One 8 oz glass of Old Orchard 100% Juice equals two servings of fruit!*

OLD ORCHARD 100% JUICE HAS:

- ✔ 120% Vitamin C
- ✔ Gluten free
- ✘ No added sugar or high fructose corn syrup
- ✘ No artificial preservatives
- ✘ No artificial flavors

*4 oz of 100% juice equals one serving of fruit per USDA's 2005 Dietary Guidelines. These guidelines recommend that you get a majority of your daily fruit servings from whole fruit.

OLD ORCHARD

100% Grape Juice

100% JUICE FROM CONCENTRATE WITH OTHER ADDED INGREDIENTS

MADE FROM CONCORD GRAPES

120% DV VITAMIN C

American Heart Association

Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

64 FL OZ (1/2 GAL) 1.89L

100% Grape Juice

CONTAINS 100% JUICE

Nutrition Facts

Serv. Size 8 fl oz (240mL)

Servings Per Container 8

Amount Per Serving	
Calories 160	Fat Cal. 0
	% DV*
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 90mg	3%
Total Carb. 41g	14%
Sugars 39g	
Protein 0g	

Vitamin A 0% • Vitamin C 120%

Calcium 0% • Iron 0%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

INGREDIENTS: GRAPE JUICE FROM CONCENTRATE (WATER, GRAPE JUICE CONCENTRATE), CITRIC ACID (FOR TARTNESS), ASCORBIC ACID (VITAMIN C). NO ARTIFICIAL FLAVORS OR COLORS ADDED.

We appreciate your comments and questions. To learn more about our products, please visit us at www.oldorchard.com or call 1-800-330-2173.

PASTEURIZED
SHAKE WELL BEFORE SERVING
REFRIGERATE AFTER OPENING
FOR BEST QUALITY, USE WITHIN 7-10 DAYS AFTER OPENING
HI 5¢, ME 5¢ DEPOSIT L.T.P.

0 75355 11216 6

9003

NORTHLAND

The Power of Dark Fruit™

The Power of Antioxidants

The juice from dark fruit is a powerful source of natural antioxidants. We infuse our juice with the nutritious extracts of cranberry, blueberry, pomegranate and red grape for all their enriched health benefits.

Northland® is also a good source of antioxidant vitamins A, C & E.

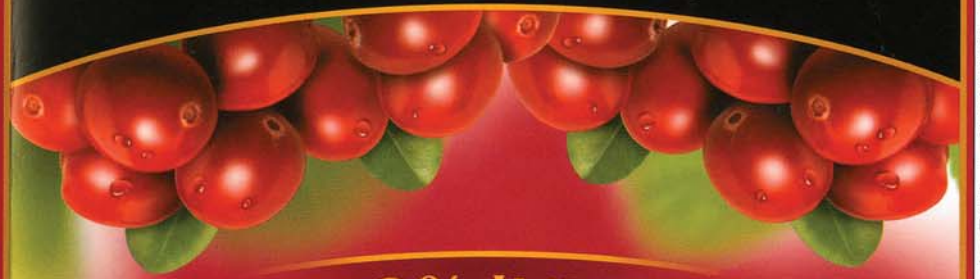
The Breast Cancer Research Foundation

www.bcrfcure.org

Northland is a proud sponsor of The Breast Cancer Research Foundation (BCRF), and has raised over $250,000 on their behalf. The BCRF is dedicated to preventing breast cancer and finding a cure in our lifetime by funding clinical and genetic research worldwide.

NORTHLAND®

The Power of Dark Fruit™



100% JUICE

120% Vitamin C

DAILY VALUE PER SERVING

NO SUGAR ADDED

64 FL OZ
(2 QT) 1.89L

CRANBERRY

FLAVORED BLEND OF CRANBERRY JUICE & 3 JUICES FROM CONCENTRATE WITH OTHER ADDED INGREDIENTS

CRANBERRY
100% JUICE

Nutrition Facts

Serving Size 8 fl. oz. (240 mL)
Servings Per Container: 8

Amount Per Serving	
Calories 130	
	% Daily Value*
Total Fat 0g	**0%**
Sodium 35mg	**1%**
Potassium 180mg	**5%**
Total Carbohydrate 33g	**11%**
†Sugars 29g	
Protein 0g	
Vitamin A 10% • Vitamin C 120%	
Vitamin E 10%	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, calcium, or iron.

*Percent Daily Values Based on a 2,000 calorie Diet.

†*Naturally occurring from fruit juice*

Distributed by: Northland Products LLC
PO Box 32
Port Washington NY 11050 USA
1.866.719.5215
www.northlandjuices.com

INGREDIENTS: 100% JUICE FROM APPLE, CRANBERRY, PEAR AND GRAPE JUICE CONCENTRATES (FILTERED WATER, JUICE CONCENTRATES), CITRIC ACID, NATURAL FLAVOR, VEGETABLE COLOR, FRUIT EXTRACTS (GRAPE SKIN, BLUEBERRY, POMEGRANATE, CRANBERRY, RED GRAPE & APPLE), ASCORBIC ACID (VITAMIN C), VITAMIN A PALMITATE, VITAMIN E ACETATE.

- **Gluten Free**
- **Pasteurized**
- **Refrigerate after opening**
- **Shake well before serving**

Please Recycle
ME, HI 5¢ DEP
Bottled in USA

7 53792 00201 0

L656J

100% CALIFORNIA JUICE

Nutrition Facts

Serving Size 8 fl oz (240 ml)
Servings Per Container 6

Amount Per Serving	
Calories 180	Calories from Fat 0
	% Daily Value*
Total Fat 0 g	**0%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 30 mg	**1%**
Potassium 530 mg	**15%**
Total Carbohydrate 43 g	**14%**
Dietary Fiber 3 g	**11%**
Sugars 24 g	
Protein 2 g	

Vitamin A 2%	•	Vitamin C 0%	
Calcium 2%	•	Iron 8%	
Riboflavin 10%	•	Thiamin 4%	
Vitamin B6 10%	•	Niacin 8%	
Phosphorus 4%	•	Zinc 2%	
Magnesium 8%	•	Manganese 10%	
Copper 10%			

*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: 100% PRUNE JUICE. SUNSWEET PRUNE JUICE CONTAINS NO PRESERVATIVES, NO ADDED SUGAR AND NOTHING ARTIFICIAL.

FOR QUESTIONS OR COMMENTS CALL:
1-800-417-2253, 9 A.M.-6 P.M. (E.T.), MON.-FRI.
OR VISIT OUR WEB SITE: www.sunsweet.com
PACKED BY: SUNSWEET GROWERS INC.
YUBA CITY, CA 95993-9370 U.S.A.

fruits & veggies more matters.

PASTEURIZED.
REFRIGERATE AFTER OPENING HI, ME REF 5¢

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GROWER CERTIFIED
We reserve only the highest quality prunes for Sunsweet Gold Label juices.

SUNSWEET® GOLD LABEL

100% JUICE

Prune Juice

NOT FROM CONCENTRATE

A WATER EXTRACT OF DRIED PRUNES

48 FL OZ (1 QT 16 OZ) 1.42 L

K

★ AMERICA'S #1 TOMATO JUICE ★

Campbell's®

TOMATO JUICE
- LOW SODIUM -

FROM CONCENTRATE WITH ENHANCED TOMATO FLAVOR

Made Only with Peak Season Tomatoes

NET 64 FL. OZ. (2 QT.) (1.89 L)

14756-406-4FX

910007000111

29
30

100% TOMATO JUICE

Nutrition Facts

Serving Size 8 fl. oz. (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 920mg	26%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 10% • Vitamin C 120%	
Calcium 2% • Iron 2%	

* 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	2500
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	3500mg
Total Carbohydrate		300g	375g
Dietary fiber		25g	30g

INGREDIENTS: TOMATO JUICE FROM CONCENTRATE (WATER, TOMATO CONCENTRATE), POTASSIUM CHLORIDE*, VITAMIN C (ASCORBIC ACID), CITRIC ACID*, SALT, FLAVORING*, MALIC ACID*.

*INGREDIENTS NOT IN REGULAR TOMATO JUICE.

Campbell's®

CAMPBELL SOUP COMPANY
CAMDEN, NJ U.S.A.
08103-1701

DO NOT PURCHASE UNLESS CAP AND NECKBAND ARE INTACT.

Satisfaction guaranteed. If you have questions or comments, please call 1-800-871-0968. Please have code and date information from container available. Visit our web site at www.campbellsoup.com.

Pasteurized for premium quality. Recommend use by date on container. Shake well before opening. Promptly refrigerate unused juice and use within 14 days after opening.

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910007000112

FOR POSITION ONLY
0 51000 14756 1

ME • HI
5¢ DEP.

100% VEGETABLE JUICE

Nutrition Facts
Serving Size 8 fl. oz. (240mL)
Servings Per Container: 8

Amount Per Serving	
Calories 50 Calories from Fat 0	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 420mg	**18%**
Potassium 470mg	**13%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 2g	**8%**
Sugars 8g	
Protein 2g	
Vitamin A 40% • Vitamin C 120%	
Calcium 4% • 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FOR POSITION ONLY
0 51000 06992 4

INGREDIENTS: RECONSTITUTED VEGETABLE JUICE BLEND (WATER AND CONCENTRATED JUICES OF TOMATOES, CARROTS, CELERY, BEETS, PARSLEY, LETTUCE, WATERCRESS, SPINACH), SALT, VITAMIN C (ASCORBIC ACID), NATURAL FLAVORING, CITRIC ACID.

Campbell's®

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CAMDEN, NJ 08103-1701

Pasteurized for premium quality.
Recommend use by date on container.
Shake well before opening.
Promptly refrigerate unused juice and use within 14 days after opening.

DO NOT PURCHASE UNLESS CAP AND NECK BAND ARE INTACT.

Satisfaction guaranteed. If you have questions or comments, please call 1-800-871-0988. Please have code and date information from container. Visit our web site at www.v8juice.com.

†While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

*8 oz. = 1 cup of vegetables. Daily recommendation = 2 1/2 cups of vegetables for a 2,000 calorie diet (USDA MyPyramid).

GLUTEN FREE

LABELS FOR EDUCATION
Save UPC℠

6992-503-14KB
910007001970

ME • HI 5¢ DEP.

Nutrition Facts

Nutritional information applies to all sizes.
Servings Per Container About 4

Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 1g	**5%**
Sugars 0g	
Protein 3g	

Vitamin A 80%	Vitamin C 20%
Calcium 6%	Iron 6%

* 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

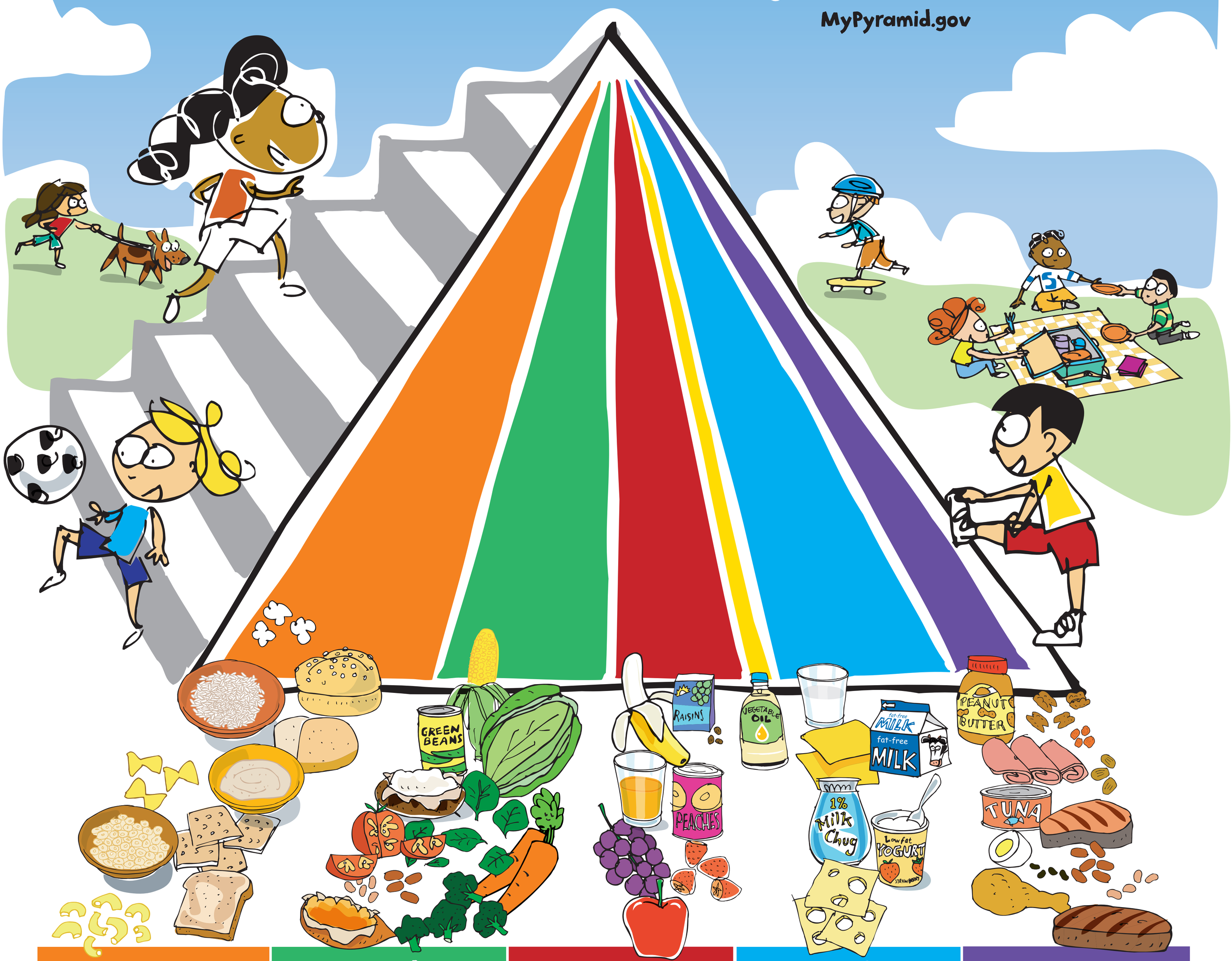
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BABY SPINACH

MyPyramid For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains
Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables
Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits
Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Milk
Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans
Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Grains	Vegetables	Fruits	Milk	Meat & Beans
Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 8, it's 2 cups	Eat 5 oz. every day

Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits

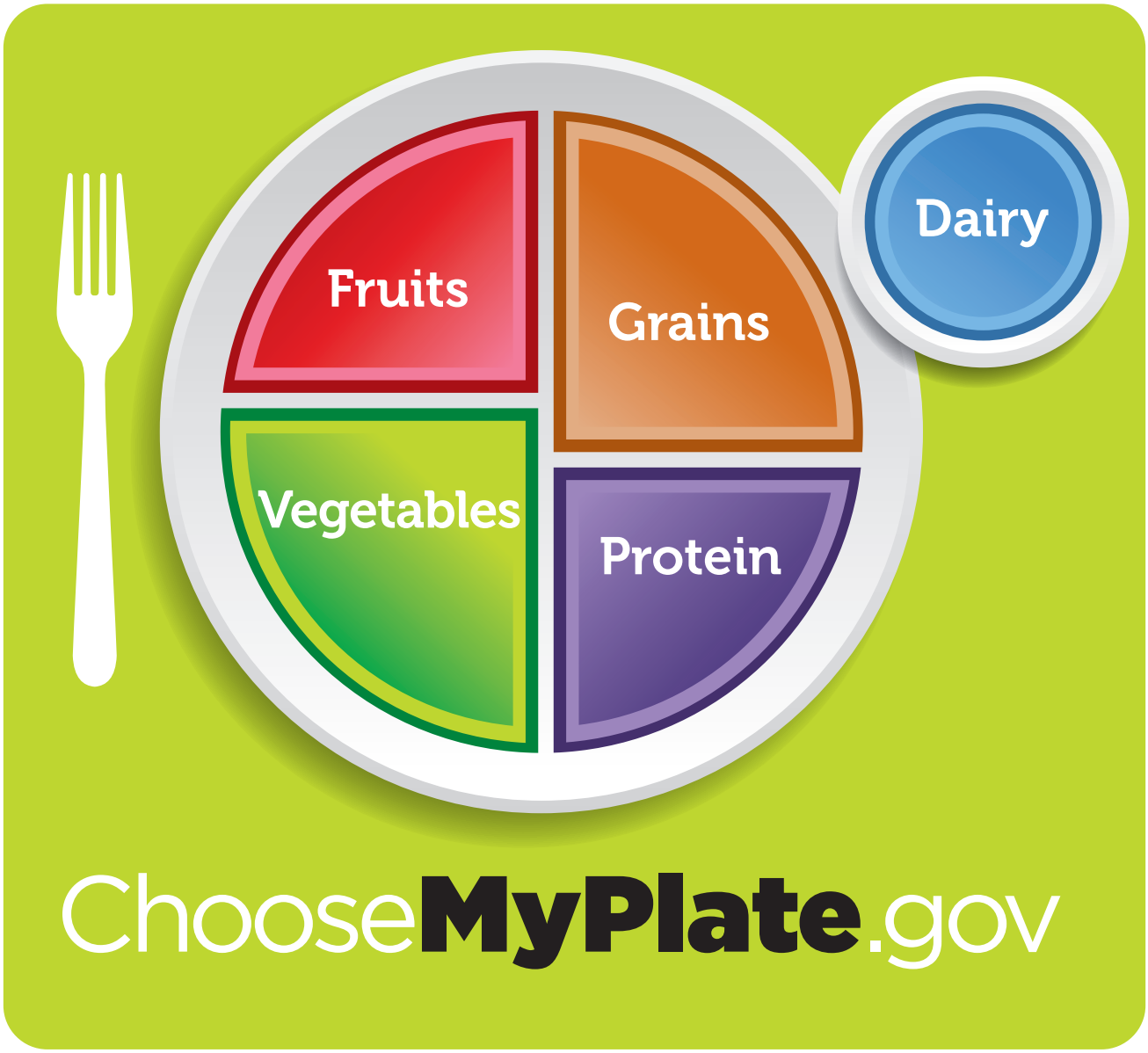
- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

MyPyramid.gov
STEPS TO A HEALTHIER YOU

U.S. Department of Agriculture
Food and Nutrition Service
September 2005
FNS-381

USDA

TEAM NUTRITION USDA
teamnutrition.usda.gov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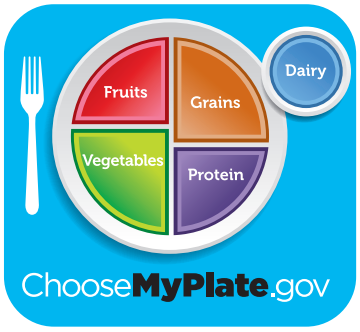
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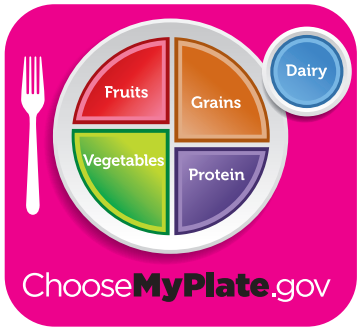
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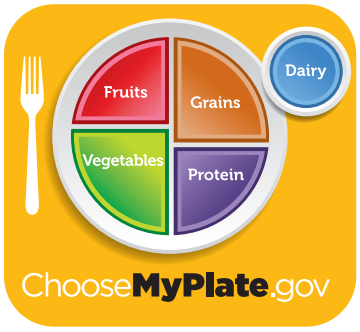
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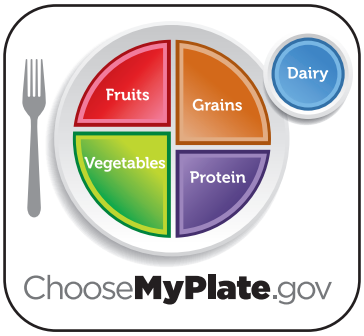
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Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov

Vitamin C Add-Ins

Directions:

1. Choose some foods or beverages to add to these sample menus to increase the vitamin C content. Use what you have learned in class and the chart on the next page for some vitamin C-rich food ideas.
2. Write the food or beverage add-ins in the right-hand column beside the breakfast menu for that day.

Sample Breakfast Menu	**Vitamin C Add-Ins**
1 cup of shredded wheat 1 cup of skim milk	
5 whole wheat crackers 1 ounce string cheese	
1 hard boiled egg 1 slice of whole wheat toast	
1 cup of cooked oatmeal 1/4 cup of chopped walnuts	
1 cup of lowfat vanilla yogurt 1/2 cup of granola	
1 egg omelet 1 ounce of shredded cheese	
2 whole grain pancakes Syrup Butter	
1 whole grain bagel 1 tablespoon of peanut butter	

Developed by the N.C. Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.

Vitamin C Add-Ins

Food Sources of Vitamin C*

Food, Standard Amount	Vitamin C (mg)	Calories
Guava, raw, ½ cup	188	56
Red sweet pepper, raw, ½ cup	142	20
Red sweet pepper, cooked, ½ cup	116	19
Kiwi fruit, 1 medium	70	46
Orange, raw, 1 medium	70	62
Orange juice, ¾ cup	61-93	79-84
Green pepper, sweet, raw, ½ cup	60	15
Green pepper, sweet, cooked, ½ cup	51	19
Grapefruit juice, ¾ cup	50-70	71-86
Vegetable juice cocktail, ¾ cup	50	34
Strawberries, raw, ½ cup	49	27
Brussels sprouts, cooked, ½ cup	48	28
Cantaloupe, ¼ medium	47	51
Papaya, raw, ¼ medium	47	30
Kohlrabi, cooked, ½ cup	45	24
Broccoli, raw, ½ cup	39	15
Edible pod peas, cooked, ½ cup	38	34
Broccoli, cooked, ½ cup	37	26
Sweet potato, canned, ½ cup	34	116
Tomato juice, ¾ cup	33	31
Cauliflower, cooked, ½ cup	28	17
Pineapple, raw, ½ cup	28	37
Kale, cooked, ½ cup	27	18
Mango, ½ cup	23	54

*Table adapted from *Appendix B-9. Food Sources of Vitamin C, Dietary Guidelines for Americans 2005*

Developed by the N.C. Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.