

CAPTAIN CREATE™

Make Half Your Grains Whole Grains 4-6th grade

UTAH HEALTH EDUCATION CORE STANDARDS:

4.N.4: Examine how health can be managed through healthy eating and physical activity

5.N.4: Explain the role of healthy eating and physical activity in maintaining health.

PE 4.5.1 Examine the health benefits of participating in physical activity.

PE 5.2.2 Use movement strategies in small game situations.

PE 6.5.5 Demonstrate respect for self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity.



MATERIALS NEEDED:



- Helping Hands MyPlate Pocket Chart and mini cards that came with it** Sort mini cards into food groups ahead of time and keep separated (given at fall conference 2018)
- MyPlate ball or balls (depending on class size) (sent fall 2020 to 4H training or mailed winter 2021)
- Tasting Experience Ingredients: MyPlate Stack – whole grain cracker or bread; cheese; vegetable such as baby carrot; fruit such as apple slice; almonds

Objective 1: Children will learn about MyPlate and the different foods groups.

Objective 2: Children will be able to put together lunch and dinner meals with all five food groups represented.

Before class hang up MyPlate Pocket Chart. Sort mini cards into food groups and set in stacks.



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MATERIALS NEEDED:

- MyPlate plate, MyPlate poster or MyPlate chart
- Large hard backed Whole Grains Detachable Parts Poster (in Captain CREATE kit given fall conf 2020)
- Optional: Grains Sample Kit – jars of grains, wheat stalk; and photos of grains in fields and grains food models (part of Captain CREATE kit- in separate flat 12 x 12" plastic box)
- Print Make Half your Grains Whole Grains handouts – for each student
- Print one set Whole Grain or Not? Game Cards
- Tasting Experience: Homemade Granola Bars made ahead of time

Objective 1: Children will learn that half of grains eaten should be whole grains.

Objective 2: Children will be able to identify foods that are whole grains and high in fiber using ingredient lists and food labels.

Nutrition Message:

Hello class, my name is _____ and I am a Create Better Health educator with Utah State University Extension. Today we are going to talk about grains. As you can see, grains are a food group in MyPlate. Show MyPlate poster, plate or chart. One the key messages about the grain food group is that you should make half your grains

whole grains. Does anyone have a guess what that means? Allow students to give answers. Possible answers may be: eating wheat bread instead of white; eating healthier foods in grains group half of the time.

Let's look at this poster to help understand what makes up a whole grain so we will be able to identify it. Show the Whole Grains Detachable Parts Poster. A grain is made up of 3 parts – the bran, the germ and the endosperm. A whole grain has all three parts and is full of vitamins and minerals and fiber. Fiber removes food waste from our bodies the way a garbage truck takes away all the trash from our homes. We want to eat whole grains so the “trash” doesn't pile up in our bodies.

Some grains have the bran and the germ removed (pull the bran and germ from the poster). These are refined grains and are often called “white” such as white bread or white rolls. Manufacturers do this to make the texture finer and lengthen the shelf life of the food. Some grains called enriched grains have vitamins and minerals added back to the endosperm making the grain “enriched”. Even though some nutrients are added, the enriched grain is never as good for you as the whole grain. Fiber cannot be added back in. So which grain is the best grain? Add the germ and bran back onto poster. Allow students to answer. Whole grains. A good goal every day is to make at least half of your grains whole grains. Although wheat is probably the best-known whole grain, there are many others such as corn, barley, oats, brown rice.

How do you know if a food in the grain group is a whole grain? If you don't know, it's hard to make half of the grains you eat whole grains. Packaging can be tricky too - especially the front of packaging. Some words aren't regulated and can be used freely such as: Multi grain; Stone ground; 100% wheat; cracked wheat; 12 grain; bran.

(Optional: write these words on the board with title “Unregulated”– Manufacturers can use even if not whole grain)

Give a “Make Half your Grains Whole Grains” handout to each student. Teach the information at the top portion of the handout. Then ask students to work through the handout. Share the answers and what food it was after students have finished.

Answers to Whole Grains Foods handout: 1) Breakfast Biscuits, Whole Grain, Excellent; 2) Wheat Hamburger Buns, Not Whole Grain, Poor; 3) Oats, Whole Grain, Excellent; 4) Whole Grain Fish Crackers, Whole Grain, Excellent, 5) Fish Crackers, Not Whole Grain, Poor.

Discuss the difference with the two fish crackers in particular. They taste nearly identical, yet one is a whole grain and is an excellent source of fiber.

ON THE MOVE:

Sample text for instructor is in blue font.

Whole Grain Flying Game

Before starting the game, place two baskets or paper grocery bags with the “Whole Grain” “Not a Whole Grain” ½ sheet posters across the room for each team. There will be two teams.

Teams may need help making paper airplanes, so you may want to watch a few videos ahead of time on how to make simple airplanes.

Now that we’ve practiced reading a few ingredient lists and looking at the Daily Value Percent for fiber for some foods, let’s play a game to see what you remember. Before we get started, who can tell me how many grams of fiber are needed per serving for a food to be an *excellent* source of fiber? Allow children to give answers. 5 grams is the answer. How many grams to be a *good* source of fiber? Allow students to answer. 3 grams of fiber.

When reading the ingredients in a grain food, what are some words to look for in the first ingredient? Allow students to give some answers. “Whole” is often a word used to tell you it is a whole grain. Look for it to be the first ingredient listed. A whole grain may be listed without the “whole” such as oats, corn, barley, brown rice. Looking at the amount of fiber provided can help determine if a food is whole grain.

Activity

Let’s break into teams of 3 or 4. Each team will receive the same number of Whole Grain or Not? Game cards. Decide as a group if the first card is a whole grain. Then, one person will fold it into a paper airplane. The next person will try to fly it into the correct basket/bag. You have three tries to fly the airplane into the correct basket/bag. Each attempt must be made by a new person. Only one airplane can be made at a time. After that, have a team member run down and put airplane in correct bag.

Continue until all eight game cards are in bags/baskets. Pull out each game card and reveal what food it was for and check if it is in the correct bag/basket.

Answers: 1) Chocolate Mint Cookies, Not Whole Grain; 2) Chicken Ramen, Not Whole Grain; 3) Whole wheat bread; Whole Grain; 4) Whole grain spaghetti; Whole Grain, 5) Granola bar; Whole Grain; 6) Tortilla chips; Whole Grain; 7) Crispy Wheat Crackers; Not Whole Grain, 8) Air popped popcorn; Whole Grain

TASTE EXPERIENCE:

Before giving a snack, make sure you ALWAYS check for any allergies. If teaching in a school make sure to get a list of food allergies in the school. If any child in the school has an allergy to a certain food do not use it as part of the snack.

Homemade Granola Bars – Make ahead of time and bring

Yield: 32 small sample size bars

2 ½ cups old fashioned rolled oats

½ cup nuts (optional – do not use if any children in school have nut allergies)

¼ cup honey

¼ cup unsalted butter

1/3 cup brown sugar

1 tsp vanilla extract

¾ cup mix-ins (about ¼ cup of various things such as dried fruit, coconut, chocolate chips)

Preheat oven to 350 degrees. Line a 9-inch square baking dish with parchment paper and lightly spray. Place the oats and nuts on a rimmed baking sheet and bake for 8 minutes until lightly toasted. While oats are toasting, in a small saucepan add honey, butter and brown sugar. Stir constantly until butter melts and sugar dissolves. Let the mixture bubble, while stirring, for 1 minute. Remove from heat. Place nuts and oats in large bowl. Stir vanilla into butter mixture. Pour butter mixture over oat and nut mixture and stir to combine. Pour add-ins into bowl and mix. Press mixture into prepared pan. Press it in firmly. Chill granola bars at least 2 hours. Lift using parchment paper. Cut into desired sizes.

As students enjoy the snack, review how to tell if a food is a whole grain or not. Use the example of the fish crackers which taste almost the same, yet wheat version is a whole grain.

Although we haven't talked about it yet in the lesson, can anyone tell me how many servings of grains a boy or girl your age needs a day? Allow students to give possible answers. For girls, 5 - 7 ounces a day. For boys, 5 - 9 ounces a day. How many of those servings should be whole grains? Allow students to give answers. Half your grains should be whole grains.

References:

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

U.S. Department of Agriculture. [ChooseMyPlate.gov](https://www.choosemyplate.gov) Website. Washington, DC. 10 Tips: Choosing Whole Grain Foods. Accessed August 11, 2021. <https://www.myplate.gov/eat-healthy/grains>

Captain CREATE Grades 4-6 Make Half your Grains Whole Grains Worksheet

General Overall Tips to look for if a food is a whole grain:

Ingredients list: The word **WHOLE** is helpful to identify a whole grain. Ingredients are listed by weight- so the ingredient that is used the most in the recipe will always be first. Look for **WHOLE** as the beginning of the list. However, there are many kinds of grains. Some common ones are: wheat, corn, oats, brown rice, barley. Corn does not need whole before it.



On nutrition facts label – Look for at least 5% of Dietary Fiber in % Daily Value for it to be considered an excellent source of fiber. If it has 3% then is considered a good source of fiber

Let's practice with a few ingredients lists and nutrition facts labels to see if you can identify a whole grain product.

Nutrition Facts	
30 servings per container	
Serving size 1 pack (4 biscuits)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.8mg	10%
Potassium 90mg	0%
Thiamin 0.12mg	10%
Riboflavin 0.13mg	10%
Niacin 1.6mg	10%
Vitamin B6 0.17mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: WHOLE GRAIN BLEND (ROLLED OATS, RYE FLAKES), ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (B2), FOLIC ACID), CANOLA OIL, WHOLE GRAIN WHEAT FLOUR, SUGAR BROWN SUGAR, MALT SYRUP (FROM CORN AND BARLEY), INVERT SUGAR, BAKING SODA, SALT, SOY LECITHIN, DISODIUM PYROPHOSPHATE, CINNAMON, DATEM, NATURAL FLAVOR, FERRIC ORTHOPHOSPHATE (IRON).

1

Whole Grain? _____
Yes _____ No _____

Source of Fiber:

_____ Excellent _____ Good _____ Poor

2 Whole Grain?

_____ Yes _____ No

Nutrition Facts	
8 Servings Per Container	
Serving Size 1 bun (64g)	
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%

INGREDIENTS: ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, SUGAR, WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN), YEAST, POTATO FLAKES, SALT, HONEY, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), MONOGLYCERIDES, GRAIN VINEGAR, DATEM, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, CITRIC ACID, SOY LECITHIN. R20-114-300659

Source of Fiber:

_____ Excellent
_____ Good
_____ Poor

Nutrition Facts	
About 30 servings per container	
Serving size 1/2 cup dry (40g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg 0% • Calcium 20mg 0%	
Iron 1.5mg 8% • Potassium 150mg 2%	
Thiamin 0.2mg 15% • Phosphorus 130mg 10%	
Magnesium 40mg 10%	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

3 Whole Grain? Yes No

Source of Fiber:

Excellent Good Poor

INGREDIENTS: Whole Grain Rolled Oats, Calcium Carbonate, Salt, Guar Gum, Caramel Color, Reduced Iron, Vitamin A Palmitate.

4 Whole Grain? Yes No

Source of Fiber:

Excellent Good Poor

MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, BAKING SODA, MONOCALCIUM PHOSPHATE, ONION POWDER.

Nutrition Facts	
About 28 Servings Per Container	
Serving Size 55 Pieces (30g)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol <5mg	2%
Sodium 240mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg 0% • Calcium 30mg 2%	
Iron 1mg 6% • Potassium 70mg 0%	
Thiamin 0.14mg 10% • Riboflavin 0.15mg 10%	
Niacin 1.8mg 10% • Folate 40mcg DFE 10% (30mcg folic acid)	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

5 Whole Grain? Yes No

MADE WITH SMILES AND ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, SUGAR, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, ONION POWDER, MONOCALCIUM PHOSPHATE, BAKING SODA.
CONTAINS: WHEAT, MILK.

Source of Fiber:

Excellent Good Poor

Nutrition Facts	
About 6 Servings Per Container	
Serving Size 55 Pieces (30g)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 10mg	3%
Sodium 250mg	11%
Total Carbohydrate 20g	7%
Dietary Fiber Less than 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg 0% • Calcium 40mg 4%	
Iron 1.3mg 8% • Potassium 50mg 0%	
Thiamin 0.15mg 15% • Riboflavin 0.17mg 15%	
Niacin 2.3mg 15% • Folate 75mcg DFE 20% (45mcg folic acid)	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

1

Nutrition Facts	
8 Servings Per Container	
Serving size	4 cookies (32g)
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber < 1g	2%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.6mg	8%
Potassium 0mg	0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (PALM AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), CARAMEL COLOR, INVERT SUGAR, SALT, BAKING SODA, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR.

2

Nutrition Facts	
1 serving per container	
Serving size	1 Cup (64g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1160mg	50%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 134mg	2%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Palm olein, Seasoning (salt, sugar, maltodextrin, yeast extract, hydrolyzed soy & corn protein, autolyzed yeast, disodium inosinate, disodium guanylate, spices, dehydrated vegetables [chives, garlic, onion], extractive of turmeric, soybean oil), Dried carrot, Salt, Dried onions, Dried peas, Dried corn, Potassium carbonate, Guar gum, Sodium tripolyphosphate, Soda ash.

3

Nutrition Facts	
12 servings per container	
Serving size	1 item(s)(77g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 250mg	11%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 172mg	15%
Iron 2mg	10%
Potassium 377mg	8%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Wheat Flour, Water, Unbleached Wheat Flour, Honey, Yeast, Sea Salt, Sunflower Seeds, Sesame Seeds, Flaxseed, Millet, Oats, Cracked Whole Wheat, Oat Bran.

4

Nutrition Facts	
8 servings per container	
Serving size	2 oz (56g)
Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Soluble Fiber 2g	
Insoluble Fiber 5g	
Total Sugars 1g	
Protein 8g	

INGREDIENTS: WHOLE GRAIN DURUM WHEAT FLOUR.

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5

Nutrition Facts	
64 servings per container	
Serving size	1 bar (24g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 56mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GRANOLA (WHOLE ROLLED OATS, SUGAR, CANOLA OIL, MOLASSES, SODIUM BICARBONATE, SOY LECITHIN), CORN SYRUP, SEMISWEET CHOCOLATE CHIPS (CHOCOLATE LIQUOR, SUGAR, SOY LECITHIN, VANILLA EXTRACT), CRISP RICE [RICE FLOUR, SUGAR, DRIED MALT EXTRACT (CORN SYRUP SOLIDS, BARLEY MALT EXTRACT), CALCIUM CARBONATE, SALT], FRUCTOSE, SUGAR, CANOLA OIL, GLYCERIN, INVERT SUGAR, DRIED UNSWEETENED COCONUT, SOY LECITHIN, SALT, WHEAT FLAKES, WHEY POWDER, ASCORBIC ACID - A PRESERVATIVE, ROSEMARY EXTRACT, NATURAL FLAVOR.

CONTAINS: SOY, MILK, COCONUT AND WHEAT.

6

Nutrition Facts	
18 servings per container	
Serv. size	1oz (28g; About 7 chips)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	

INGREDIENTS: Corn, Vegetable Oil (Contains one or more of the following: Canola, Corn, Cottonseed, Safflower, and/or Soybean Oil), and Sea Salt.

7

Nutrition Facts	
About 8 servings per container	
Serving size	17 crackers (30g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 60mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories day is used for general nutrition advice.

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SAFFLOWER OIL, CANE SUGAR, DEFATTED WHEAT GERM, CORN STARCH, SEA SALT, BROWN RICE SYRUP, MALTED BARLEY EXTRACT, LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA), TURMERIC EXTRACT (FOR COLOR).

8

Nutrition Facts			
1 serving per container			
Serving size	1 package		
Calories	Per serving	Per cup	
	70	40	
	% DV*	% DV*	
Total Fat	3.5g 4%	2g 2%	
Saturated Fat	0g 0%	0g 0%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg 0%	
Sodium	75mg 3%	40mg 2%	
Total Carb.	9g 3%	5g 2%	
Dietary Fiber	2g 6%	<1g 3%	
Total Sugars	0g		
Protein	1g	<1g	
Vitamin D	0mcg 0%	0mcg 0%	
Calcium	0mg 0%	0mg 0%	
Iron	0.3mg 0%	0.2mg 0%	
Potassium	0mg 0%	0mg 0%	

Not a significant source of added sugars.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: POPCORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), AND SEA SALT.

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CREATE SNAP-ED
BETTER HEALTH

**Make Half your Grains
Whole Grains**

Captain CREATE
Grades 4-6



EXTENSION 
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CREATE SNAP-ED
BETTER HEALTH

Whole Grain



Not a Whole Grain

