

# Indigenize Your Diet

## Warm-Up

Using the provided Nutrition Labels, complete the bar charts for Saturated Fats, Sugars, Sodium and Protein. Label each chart appropriately. You may use coloring utensils to color code the ingredients.

### Pine Nuts

Nutrition Facts	
<b>Serving Size</b>	<b>100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>629</b>
	<small>% Daily Value *</small>
<b>Total Fat</b> 61g	<b>78 %</b>
Saturated Fat 9.4g	<b>47 %</b>
<b>Sodium</b> 72mg	<b>3 %</b>
<b>Total Carbohydrate</b> 19g	<b>7 %</b>
Dietary Fiber 11g	<b>39 %</b>
<b>Protein</b> 12g	<b>24 %</b>
Vitamin D 0.00mcg	0 %
Calcium 8.00mg	1 %
Iron 3.06mg	17 %
Potassium 628mg	13 %

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

### Butter

Nutrition Facts	
<b>Serving Size</b>	<b>100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>717</b>
	<small>% Daily Value *</small>
<b>Total Fat</b> 81g	<b>104 %</b>
Saturated Fat 51g	<b>255 %</b>
<b>Cholesterol</b> 215mg	<b>72 %</b>
<b>Sodium</b> 643mg	<b>28 %</b>
<b>Total Carbohydrate</b> 0.1g	<b>0 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugar 0.1g	
<b>Protein</b> 0.9g	<b>2 %</b>
Vitamin D 0.00mcg	0 %
Calcium 24.00mg	2 %
Iron 0.02mg	0 %
Potassium 24mg	1 %

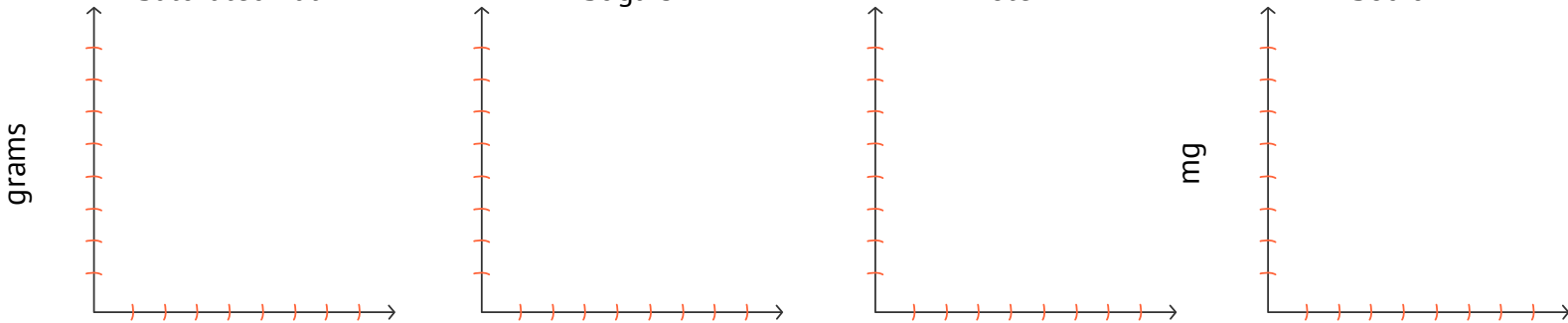
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Saturated Fat

Sugars

Protein

Sodium



Which ingredient do you think is healthier? Explain your answer.

Name:

Date:

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### Wild Blackberries

Nutrition Facts	
<b>Serving Size</b>	<b>100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>52</b>
% Daily Value *	
<b>Total Fat</b> 1.1g	<b>1 %</b>
<b>Sodium</b> 6mg	<b>0 %</b>
<b>Total Carbohydrate</b> 9.8g	<b>4 %</b>
Dietary Fiber 3.2g	<b>11 %</b>
Sugar 3.7g	
<b>Protein</b> 0.8g	<b>2 %</b>
Vitamin D mcg	N/A
Calcium 5.00mg	0 %
Iron 0.21mg	1 %
Potassium 75mg	2 %

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### White Refined Sugar

Nutrition Facts	
<b>Serving Size</b>	<b>100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>387</b>
% Daily Value *	
<b>Total Fat</b> 0g	<b>0 %</b>
<b>Sodium</b> 1mg	<b>0 %</b>
<b>Total Carbohydrate</b> 100g	<b>36 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugar 100g	
<b>Protein</b> 0g	<b>0 %</b>
Vitamin D 0.00mcg	0 %
Calcium 1.00mg	0 %
Iron 0.05mg	0 %
Potassium 2mg	0 %

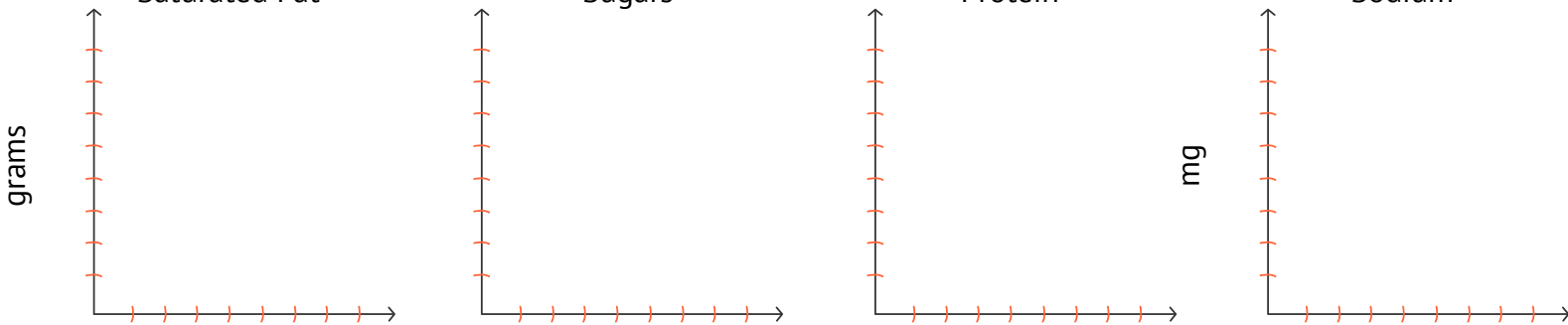
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### Acorn Flour

Nutrition Facts	
<b>Serving Size</b>	<b>100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>501</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 30g	<b>38 %</b>
Saturated Fat 3.9g	<b>20 %</b>
<b>Total Carbohydrate</b> 55g	<b>20 %</b>
<b>Protein</b> 7.5g	<b>15 %</b>
Vitamin D mcg	N/A
Calcium 43.00mg	3 %
Iron 1.21mg	7 %
Potassium 712mg	15 %

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### Bleached White Flour

Nutrition Facts	
<b>Serving Size</b>	<b>100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>364</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 1g	<b>1 %</b>
Saturated Fat 0.2g	<b>1 %</b>
<b>Sodium</b> 2mg	<b>0 %</b>
<b>Total Carbohydrate</b> 76g	<b>28 %</b>
Dietary Fiber 2.7g	<b>10 %</b>
Sugar 0.3g	
<b>Protein</b> 10g	<b>20 %</b>
Vitamin D 0.00mcg	0 %
Calcium 15.00mg	1 %
Iron 1.17mg	6 %
Potassium 107mg	2 %

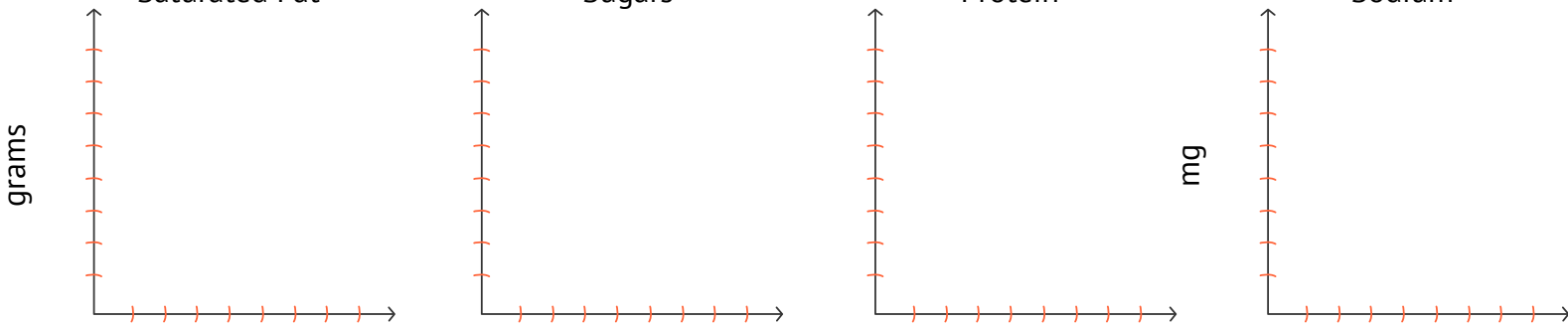
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