Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food and Nutrition 103

Assignment #8: Grocery Store Scavenger Hunt

Instructions: For the following foods, find your favorite item and compare it to a healthier alternative of the same type of food. (Example: ice cream compared to low fat yogurt)

**Loaf of bread:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NAME/BRAND | SERVING SIZE | CALORIES | FAT | SATURATED  FAT | TRANS  FAT | FIBER | SODIUM | COST PER SERVING |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

**Breakfast Bar:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NAME/BRAND | SERVING SIZE | CALORIES | FAT | SATURATED  FAT | TRANS  FAT | FIBER | SODIUM | COST PER SERVING |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

**Meat:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NAME/BRAND | SERVING SIZE | CALORIES | FAT | SATURATED  FAT | TRANS  FAT | FIBER | SODIUM | COST PER SERVING |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

**Yogurt:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| NAME/BRAND | SERVING SIZE | CALORIES | FAT | SATURATED  FAT | TRANS  FAT | FIBER | SODIUM | COST PER SERVING |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |