



Energy Density Activity

Compare the two labels to determine which cereal is lower in nutrient density. Use the calories per serving and the grams per serving to determine this.

| Nutrition Facts - Oatmeal | |
|--------------------------------|----------------------|
| Serving size 1 cup (234 g) | |
| Servings per container 16 | |
| Amount per serving | |
| Calories 145 | |
| Calories from Fat 21 | |
| | % Daily Value |
| Total Fat 2.3 g | 3% |
| Saturated Fat 0 g | 0% |
| <i>Trans Fat</i> 0 g | |
| Cholesterol 0 mg | 0% |
| Sodium 2 mg | 0% |
| Total Carbohydrate 25 g | 8% |
| Dietary Fiber 4 g | 16% |
| Sugar 0 g | |
| Protein 6.1 g | |

| Nutrition Facts – Low Fat Granola | |
|-----------------------------------|----------------------|
| Serving size 2/3 cup (55 g) | |
| Servings per container 9 | |
| Amount per serving | |
| Calories 220 | |
| Calories from Fat 30 | |
| | % Daily Value |
| Total Fat 3 g | 5% |
| Saturated Fat 0.5 g | 3% |
| <i>Trans Fat</i> 0 g | |
| Cholesterol 0 mg | 0% |
| Sodium 150 mg | 6% |
| Total Carbohydrate 45 g | 15% |
| Dietary Fiber 3 g | 11% |
| Sugar 19 g | |
| Protein 5 g | |

Publication #FDNS-E-89-93a

Reviewed by Connie Crawley MS, RD, LD 2013

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

An Equal Opportunity Employer/Affirmative Action Organization

Committed to a Diverse Work Force