

Grade Level: 5 to 7

Nutrition Label Comparison

Some foods are very healthy in their natural form, but change when they are processed. An example of this is a potato. Potatoes are high in carbohydrate, fiber, and vitamin C. Not all foods made from potatoes are equal in nutrition, though. This activity will help you see how processing affects the nutrition of potatoes.

Directions: Use the nutrition labels below to complete the information for each type of potato product, then use that information to answer the questions on the next page.

Baked Potato

Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 720mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2% • Iron 6%	
Thiamin 8% • Riboflavin 2%	
Niacin 8% • Vitamin B ₆ 10%	
Folate 6% • Phosphorous 6%	
Zinc 2% • Magnesium 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Serving Size: _____
 Total Fat: _____
 Vitamin C: _____
 Sodium: _____

French Fries

Nutrition Facts	
Serving Size 1 medium order 147g (147 g)	
Amount Per Serving	
Calories 453	Calories from Fat 193
% Daily Value*	
Total Fat 22g	33%
Saturated Fat 4g	19%
Trans Fat	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 57g	19%
Dietary Fiber 5g	21%
Sugars 0g	
Protein 7g	
Vitamin A 0% • Vitamin C 30%	
Calcium 1% • Iron 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

Serving Size: _____
 Total Fat: _____
 Vitamin C: _____
 Sodium: _____

Hash Brown Patties

Nutrition Facts	
Serving Size 1 Pattie (About 64g)	
Servings Per Container 15	
Amount Per Serving	
Calories 120	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0% • Vitamin C 2%	
Calcium 0% • Iron 2%	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	

Serving Size: _____
 Total Fat: _____
 Vitamin C: _____
 Sodium: _____

Potato Chips

Nutrition Facts	
Serving Size 1 oz.	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 340mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0% • Vitamin C 10%	
Calcium 0% • Iron 0%	
Vitamin E 6% • Thiamin 2%	
Niacin 4% • Vitamin B ₆ 6%	
Phosphorus 4%	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	

Serving Size: _____
 Total Fat: _____
 Vitamin C: _____
 Sodium: _____

Answer the following questions using the information from the last page.

1. Compare the total fat content of the different types of potato products. Rank them from lowest to highest.

1. _____
2. _____
3. _____
4. _____

2. Compare the Vitamin C content of the different types of potato products. Rank them from lowest to highest.

1. _____
2. _____
3. _____
4. _____

3. Compare the sodium content of the different types of potato products. Rank them from lowest to highest.

1. _____
2. _____
3. _____
4. _____

4. What happens to the Vitamin C in a potato when it is processed into other products?

5. Which of the potato products do you think is most nutritious? Explain how you came up with this answer.

Nutrition Label Comparison - Answer Key

Question 1:

1. Baked Potato – 0 g
2. Hash Brown Patties – 7 g
3. Potato Chips – 10 g
4. French Fries – 22 g

Question 2:

1. Hash Brown Patties – 2%
2. Potato Chips – 10%
3. French Fries – 30%
4. Baked Potato – 45%

Question 3:

1. Baked Potato – 0 mg
2. Potato Chips – 160 mg
3. Hash Brown Patties – 250 mg
4. French Fries – 290 mg

Question 4: Vitamin C is lost when the potato is processed into other products.

Question 5: The baked potato is the most nutritious. It has the lowest fat and sodium content, as well as the highest Vitamin C.