

SPOT The Block

Tween Tips

Easy Ways to Spot the Block

What is “The Block”?
It’s the black-and-white
Nutrition Facts Label on
food packages.

How do you Spot the Block? It’s easy! Just look for the **Nutrition Facts Label** on food packages.

Once you spot it, you’ll be able to find all the nutrition information you need for making **smart food choices**.

Remember: it’s what’s on the back (or side) of the package that counts!



Nutrition Facts	
Serving Size 1 cup (6 oz) Servings Per Container 1	
Amount Per Serving	Calories from Fat 10
Calories 120	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	2%
Trans Fat 0g	5%
Cholesterol 5mg	7%
Sodium 125mg	4%
Total Carbohydrate 21g	
Dietary Fiber 1g	
Sugars 21g	
Protein 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 25%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Know-How for Block Spotters

- 1. Check out the serving size.** Remember that one package may contain **more than one serving!** Use the serving size to discover the total number of calories and nutrients per package.
- 2. Consider the calories.** When comparing foods, remember: 400 or more calories per serving for a single food is high. Keep track of the calories you eat throughout the day. The food label is based on a 2,000 calorie diet — but your calorie needs might be different. To find out what your “target” calories per day and to get your own Daily Food Plan, visit www.choosemyplate.gov.
- 3. Choose nutrients wisely.** Pick foods that are **lower in certain fats, cholesterol and sodium** when making daily food choices. When comparing %DV (Percent Daily Value), remember: 5% DV is low; 20% DV is high!

Nutrients To Get More Of: Potassium, fiber, vitamins A & C, iron, and calcium. Choose foods with a **higher %DV** of these important nutrients.

Nutrients To Get Less Of: *Trans* fat, saturated fat, cholesterol, sodium, and sugars. Choose foods that are **lower** in these nutrients.

Tip

The label doesn’t show a %DV for *trans* fat or sugars. But you can still **Spot the Block** and choose the foods with lower **grams** of *trans* fat and sugar when comparing two foods!

Visit **Spot The Block** Online at:
www.fda.gov/spottheblock

FDA



At Home!



Tip → Measure out Single Servings of Snacks

Spot the Block on your favorite snacks — and measure out **single servings**. Keep them in resealable plastic bags or containers so you can grab-and-go!

Tip → Add Your Choices to the Family Shopping List

Spot The Block in the pantry and refrigerator by using the Nutrition Facts Label on food packages. Then, add items to the shopping list that are higher in the **nutrients to get more of** and lower in the **nutrients to get less of**.

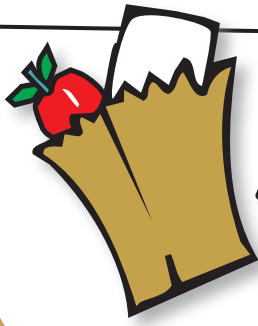
Tip → Organize a Snack Food Scavenger Hunt

Invite each member of your **family** to choose a favorite snack food in the kitchen. Show them how to find which food is highest or lowest in a particular nutrient.

- Challenge your family to guess which foods are **high or low** in a particular nutrient — then compare to see which food is the healthier choice!
- Help them discover different things on different days! For example: compare **the number of calories** in one serving of each food, and find the one with the fewest calories.

Tip → Challenge Your Friends!

When friends come over, challenge them to **Spot The Block** when they want a snack. See who can find the most interesting fact on a Nutrition Facts Label . . . and then **try to stump each other**. Ask questions such as, “How big is one serving of these chips?” When you’re done — choose the snacks lowest in nutrients to get less of, and dig in (watching serving size, of course)!



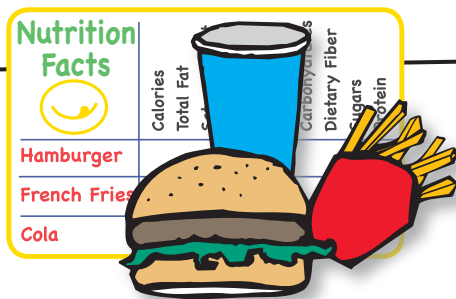
In Your Lunchbag/Cafeteria!

Tip → Take the Great Lunchbox Challenge

Can you pack a **600-calorie lunch**? **Spot The Block** on breads, sandwich ingredients and snacks to put together a healthy lunch. Consider stuffing a pita or wrapping a low-fat whole grain tortilla as a lower-fat alternative to some breads . . . try spreads like mustard or hummus instead of mayonnaise . . . and measure out single servings of snacks!!

Tip → Spot The Block in the Cafeteria Line

Look for the Nutrition Facts Label on food packages like **milk products, snacks** and **other foods**, and go for the ones that are high in nutrients to get more of and low in nutrients to get less of.



At Fast-Food Restaurants!

Tip → Check out the Nutrition Information

Find the nutrition information at the restaurant. If it's not posted — **ask to see it!** You might also try to **Spot the Block** online before you head out to eat — just visit your favorite fast food restaurant's website to see if nutrient information is available.

Tip → Compare Different Foods and Meal Sizes

Spot The Block to see the differences in nutrients between various choices. Compare different ways foods are prepared, like grilled chicken vs. fried chicken, baked potatoes vs. French fries . . . and compare **small vs. large portions**. And remember: a “super-sized” item can mean doubling (or tripling!) the numbers on the nutrition information because the serving size is larger!

Tip → Swap Out One Item!

Spot the Block to see which foods are lower in nutrients to get less of — then **replace one** high-fat or high-calorie item you *would* have ordered with one that has lower calories or fat. Now *that's* smart Block Spotting!

At the Store!



Tip → Choose cereal with the fewest grams of sugar

Try to find cereal that is **low in sugar** and **high in fiber**. Compare that cereal to one you currently have at home!

Tip → Go for the canned fruit or frozen fruit pops with the fewest grams of sugar

Canned or frozen fruit can make a great sweet snack — as long as you choose one that is lower in sugar, a nutrient to get less of!

Tip → Spot the Block on Frozen Veggies and Pizza

Chill out in the freezer section and **Spot The Block!** Compare frozen vegetables, including ones with and without sauce, and go for the one with the **lowest fat content** and the highest amount of vitamin A. On frozen pizzas, try to find the one **lowest in fat and sodium** and highest in calcium and iron.

Tip → Spot the Block on Nuts and Dried Fruits

Nuts and dried fruits can make great snacks because they often contain nutrients to get more of — as long as you follow the serving size! (Too many servings can add up to a lot of calories.) So check out the **serving size** with peanut butter, nuts and dried fruit.

With these **Spot the Block Tween Tips**, you'll see how easy — and fun! — it can be to **get your food facts first!**