

Name:

Date:

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## Track Your Snack

### Instructions

Use SuperTracker's Food-A-Pedia feature to answer the questions below. You can access Food-A-Pedia here: <https://www.supertracker.usda.gov/foodapedia.aspx>

1. Search for your favorite snack using Food-A-Pedia and select the amount you typically eat.

- What is your favorite snack? \_\_\_\_\_
- How many food groups are in it? \_\_\_\_\_ food groups
- What are the food groups? \_\_\_\_\_
- How many total calories does it have? \_\_\_\_\_ total calories
- How much saturated fat does it have? \_\_\_\_\_ calories from saturated fat
- How much added sugars does it have? \_\_\_\_\_ calories from added sugars
- How much sodium does it have? \_\_\_\_\_ mg
- Based on this information, will you be choosing this snack: (check one)
  - More often
  - Less often
  - The same

Why? \_\_\_\_\_

2. What is another snack you like to eat? \_\_\_\_\_

3. Compare this snack to your favorite snack in Food-A-Pedia. Is one of the snacks a better choice?

If yes, why? \_\_\_\_\_

4. Compare 1 cup of "Apple juice" and 1 cup of "Fruit drink".

- Which option contributes to the Fruit food group?

\_\_\_\_\_

- Which option has more added sugars?

\_\_\_\_\_

- Which option is the better choice? Why?

\_\_\_\_\_

\_\_\_\_\_

5. Use Food-A-Pedia to find a snack that (1) has less than 200 calories per portion, (2) contributes to at least one food group, and (3) has less than 200 mg sodium per portion.

- What snack did you find? \_\_\_\_\_

- Choose an amount you typically eat. What amount did you choose? \_\_\_\_\_

- What food group(s) does it contribute to? \_\_\_\_\_

- How many total calories does it have? \_\_\_\_\_ total calories

- How much saturated fat does it have? \_\_\_\_\_ calories from saturated fat

- How much added sugars does it have? \_\_\_\_\_ calories from added sugars

- How much sodium does it have per portion? \_\_\_\_\_ mg

6. Think of two snacks that you typically eat. Look up the nutrition content of both snacks using Food-A-Pedia and compare (1) the number of food groups, (2) the number of calories, (3) the amount of added sugars, (4) the amount of saturated fat, and (5) the amount of sodium.

7. Why is healthy snacking important?

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8. Identify one barrier that prevents you from making healthy snack choices. How can you overcome this barrier?

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