



Name: _____

Date: _____

Track Your Snack

<https://www.SuperTracker.usda.gov>

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.

a. What is your favorite snack? _____

b. How many food groups are in it? _____ food groups

c. What are the food groups? _____

d. How many total calories does it have? _____ total calories

e. How many empty calories does it have? _____ empty calories

f. How much sodium does it have? _____ mg

g. 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? _____
- a. Compare this snack to your favorite snack in Food-A-Pedia. Is one of the snacks a better choice? If yes, why?

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

- a. Which option contributes to the Fruit food group? _____
- b. Which option has more empty calories? _____
- c. Which option is the better choice? Why? _____

6. 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.

- a. What snack did you find? _____
- b. Choose an amount you typically eat. What amount did you choose? _____
- c. What food group(s) does it contribute to? _____
- d. How many total calories does it have? _____ total calories
- e. How many empty calories does it have? _____ empty calories
- f. How much sodium does it have per portion? _____ mg

Track Your Snack (pg 3)

7. List one snack food that you see advertised on television and one snack food that you see sold in your school. 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 number of empty calories, and (4) the amount of sodium.

	Snack Advertised on TV	Snack Sold at School
Name of Snack		
Snack Portion Size (e.g., 1 cup)		
Number of Food Groups (Per Portion)		
Number of Calories (Per Portion)		
Number of Empty Calories (Per Portion)		
Amount of Sodium (Per Portion)		

8. Why is healthy snacking important?

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