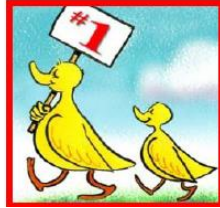




NUTRITION DETECTIVES™

USE THE 5 CLUES In Your Kitchen!



Directions for Families

This is a chance for your family to use your Nutrition Detectives™ skills at home! It's best if the children and adults in the family work on this project together.

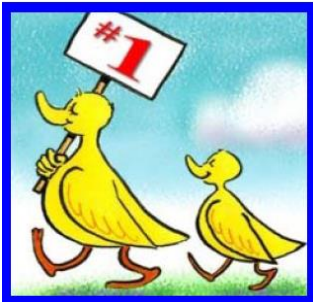
1. Review the 5 clues from the Nutrition Detectives™ program on page 2.
2. Look in your refrigerator and kitchen cupboards for foods that come in boxes, bottles, jars, cartons, or packages. Decide whether they are “CLUED-IN” and “CLUE-LESS” choices based on the 5 clues from Nutrition Detectives.™ Along with the 5 clues, use the ingredient lists and the Nutrition Facts labels on the food products to decide.
3. Use the guidelines on pages 3 to create a list of some of the foods in your home. For each food, write down the brand name, the kind of food (such as white bread), whether it's a “CLUED-IN” or “CLUE-LESS” choice, and the reason why.
4. If you find that many of the foods in your home tend to be “CLUE-LESS” choices, think about how your family can use Nutrition Detectives™ skills to make more healthful choices in the future. You might be able to find foods that are similar to the ones that you usually buy, but that are more healthful based on the “5 clues.” The idea is to keep the healthful food products in your home and replace those that are less healthful.
5. Repeat this process in a few weeks to see what progress your family has made in buying healthful foods. In this way, you can make sure that only Nutrition Detectives™ approved food products come into YOUR home.



The 5 Clues for Nutrition Detectives™



1. Don't be fooled by the BIG letters on the front of the package. Look for the small letters on the Nutrition Facts label and ingredient list.



2. The FIRST ingredient on the list is always the BIGGEST!



3. Avoid foods that contain partially hydrogenated oil and high fructose corn syrup. It's like finding Fingers the Fox!



4. Avoid foods with a LONG INGREDIENT LIST!



5. Fiber is your friend! Beware of whole grain imposters. Choose breads, cereals, granola bars, crackers & pasta with at least 2 grams of fiber per serving.

**FOOD #1**

Brand name _____

Kind of food product _____

"CLUED-IN" or "CLUE-LESS"? _____

Why ? _____

FOOD #2

Brand name _____

Kind of food product _____

"CLUED-IN" or "CLUE-LESS"? _____

Why ? _____

FOOD #3

Brand name _____

Kind of food product _____

"CLUED-IN" or "CLUE-LESS"? _____

Why ? _____

FOOD #4

Brand name _____

Kind of food product _____

"CLUED-IN" or "CLUE-LESS"? _____

Why ? _____

FOOD #5

Brand name _____

Kind of food product _____

"CLUED-IN" or "CLUE-LESS"? _____

Why ? _____

FOOD #6

Brand name _____

Kind of food product _____

"CLUED-IN" or "CLUE-LESS"? _____

Why ? _____

FOOD #7

Brand name _____

Kind of food product _____

"CLUED-IN" or "CLUE-LESS"? _____

Why ? _____

FOOD #8

Brand name _____

Kind of food product _____

"CLUED-IN" or "CLUE-LESS"? _____

Why ? _____