



## Chalk Talk: Reading & Snacking

*In order to reinforce the lesson and put TrueSport into action, complete the following Chalk Talk with your athletes.*

### Instructions

*Make copies of the nutrition labels on the following page and pass them out to the group. Give them a few minutes to look at the labels; if appropriate, go through and talk about the serving size and amount of fat, carbs, and protein.*

*Review the following questions with the group.*

1. Which item has the most calories per serving?
2. Which provides the most carbohydrates per serving?
3. Which provides the most carbohydrates per serving with the least amount of fat and protein?
4. Which has the most fiber?
5. Considering your answers to the questions above, which of these two items would be best for a pre-game snack?
6. What other items would be good for a pre-game snack?



# Nutrition



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## Chalk Talk: Reading & Snacking

### Answers

1. Which item has the most calories per serving?
  - a. Nature Valley: 1 serving = 190 calories
  - b. Fiber One Protein: 1 serving = 140 calories
2. Which provides the most carbohydrates per serving?
  - a. Nature Valley: 29g of carbohydrates
  - b. Fiber One Protein: 18g of carbohydrates
3. Which provides the most carbohydrates per serving with the least amount of fat and protein?
  - a. Nature Valley: 29g of carbohydrates, 6g of fat and 4g of protein
  - b. Fiber One Protein: 18g of carbohydrates, 6g of fat and 6g of protein
4. Which has the most fiber?
  - a. Nature Valley: 2g of dietary fiber
  - b. Fiber One Protein: 5g of dietary fiber
5. Considering your answers to the questions above, which of these 2 items would be best for a pre-game snack?
  - a. Nature Valley: High carbs, low fiber, fats and protein
  - b. Fiber One Protein: High fiber before competition can lead to an irritated stomach
6. What other items would be good for a pre-game or pre-practice snack?
  - a. Water, baby carrots, yogurt, low-fat cheese sticks, pita bread, hummus, dried fruit, cherry tomatoes and bananas.



**\*16g of whole grain per serving.  
At least 48g recommended daily.**

**Ingredients:** Whole Grain Oats, Sugar, Canola Oil, Yellow Corn Flour, Honey, Soy Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda, Natural Flavor.  
**CONTAINS SOY, MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.**

DIST. BY GENERAL MILLS SALES, INC.,  
MINNEAPOLIS, MN 55440 USA

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Carbohydrate Choices: 2  
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## Nutrition Facts

Serving Size 2 bars (42g)  
Servings Per Container 6

	2 bars	1 bar
<b>Amount Per Serving</b>		
<b>Calories</b>	190	90
Calories from Fat	60	30
	<b>% DV*</b>	<b>% DV*</b>
<b>Total Fat</b>	6g	3g
	9%	5%
<b>Saturated Fat</b>	0.5g	0g
	3%	0%
<b>Trans Fat</b>	0g	0g
<b>Cholesterol</b>	0mg	0mg
	0%	0%
<b>Sodium</b>	160mg	80mg
	7%	3%
<b>Total Carbohydrate</b>	29g	15mg
	10%	5%
<b>Dietary Fiber</b>	2g	1g
	8%	4%
<b>Sugars</b>	12g	6g
<b>Protein</b>	4g	2g
	4%	2%

Not a significant source of vitamin A, vitamin C and calcium.

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g



**Ingredients:** Chicory Root Extract, Sugar, Palm Kernel and Palm Oil, Rice Flour, Whey Protein Concentrate, Soy Protein Isolate, Whole Grain Oats, Partially Defatted Peanut Flour, Corn Syrup, Roasted Peanuts, Soybean Oil, Cocoa Processed with Alkali, Vegetable Glycerin, Dextrin, Rice Starch, Peanut Butter (peanuts, salt), Salt, Maltodextrin, Canola Oil, Soy Lecithin, Nonfat Dry Milk, Peanut Oil, Barley Malt Extract, Natural and Artificial Flavor, Fructose, Baking Soda, Caramel Color, Mixed Tocopherols Added to Retain Freshness.  
**CONTAINS PEANUT, MILK AND SOY, MAY CONTAIN WHEAT INGREDIENTS.**

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MINNEAPOLIS, MN 55440 USA

## Nutrition Facts

Serving Size 1 bar (39g)  
Servings Per Container 5

	Amount Per Serving	Calories from Fat 60
<b>Calories</b>	140	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	6g	9%
<b>Saturated Fat</b>	3.5g	17%
<b>Trans Fat</b>	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	140mg	6%
<b>Total Carbohydrate</b>	18g	6%
<b>Dietary Fiber</b>	5g	20%
<b>Sugars</b>	7g	
<b>Protein</b>	6g	10%
<b>Calcium</b>	2%	Iron 4%

Not a significant source of vitamin A and vitamin C.

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
<b>Protein</b>		50g	65g