

# Health 10 Food Label Assignment: Mr Brown

1. Read and Study these three packages labels. Each is linked to larger images for easy viewing.
2. Print out question sheet from the link below.
3. Answer questions on sheet and hand into Mr. Brown on the due date for your class.



# HEALTHY CHOICE®

LOW FAT

## Breakfast Sausage

MADE WITH PORK & TURKEY

**8 LINKS**  
FULLY COOKED

Previously handled frozen for your protection. Refreeze or Keep Refrigerated.

**Improved Flavor!**



Serving Suggestion

NET WT. 5.2 OZ. (147g)

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 3-B

# HEALTHY CHOICE®

LOW FAT

## Breakfast Sausage

MADE WITH PORK & TURKEY

### HEATING DIRECTIONS

**SKILLET-FROZEN:** Place links and 4 tablespoons water in unheated skillet; cover. Heat over medium heat 6 to 8 minutes. **THAWED:** Place links and 3 tablespoons water in unheated skillet; cover. Heat over medium heat 4 to 6 minutes.

**MICROWAVE OVEN: (For best results, heat thawed product.) THAWED:** Place links on microwave-safe plate. Heat on HIGH (100% power) 4 links – 40 to 50 seconds, 8 links – 1-1/4 to 1-1/2 minutes or until hot.

**FROZEN:** Place links on microwave-safe plate. Heat on MEDIUM (50% power) 4 links – 2 to 3 minutes, 8 links – 4-1/2 to 5-1/4 minutes or until hot.

**TO THAW SAUSAGE:** Place package of frozen sausage in refrigerator for 12 to 24 hours before preparing.

### Nutrition Facts

Serving Size 3 links (55g)  
Servings Per Container About 2.5

#### Amount Per Serving

Calories 70 Calories from Fat 30

%Daily Value\*

**Total Fat** 3g **5%**

Saturated Fat 1g **5%**

**Cholesterol** 25mg **8%**

**Sodium** 480mg **20%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

**Protein** 8g

Calcium 2% • Iron 4%

Not a significant source of Vitamin A or Vitamin C.

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

Ingredients: Pork, Water\*, Mechanically Separated Turkey, Textured Soy Protein Concentrate\*, Potassium Lactate, Potato Starch\*, Contains 2% or Less of Sugar, Dextrose, Salt, Cultured Whey, Sodium Diacetate, Extract of Paprika, Papain, Flavorings.

\*Ingredients not found in or in excess of amounts permitted in regular breakfast sausage.

No MSG, BHA or BHT added

### NUTRITION COMPARISON (55 GRAMS)

|  | Calories | Fat      | Saturated Fat | Cholesterol   | Sodium         |
|--|----------|----------|---------------|---------------|----------------|
| Healthy Choice Low Fat Breakfast Links | 70       | 3 grams  | 1 gram        | 25 milligrams | 480 milligrams |
| Cooked Pork Sausage*                   | 200      | 17 grams | 6 grams       | 45 milligrams | 710 milligrams |

\*Nutrient values from USDA handbook #8-10

### DIET EXCHANGES PER SERVING: 1 VERY LEAN MEAT

DIET EXCHANGES ARE BASED ON EXCHANGE LISTS FOR MEAL PLANNING. © 1995 BY THE AMERICAN DIABETES ASSOC., AND THE AMERICAN DIETETIC ASSOC.

ConAgra Foods®

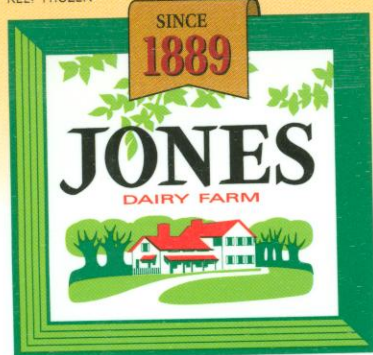
ConAgra Foods, Downers Grove, IL 60515

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KEEP FROZEN



# GOLDEN BROWN<sup>®</sup>

MADE WITH PORK & BACON

10 Links

SERVING SUGGESTION



Fully Cooked & Browned Sausage

NET WT.  
8 OZ  
(227g)

MADE WITH PORK AND BACON ♦ MICROWAVEABLE



GOLDEN BROWN<sup>®</sup>

## Nutrition Facts

Serving Size 2 Links (45g)  
Servings Per Container 5

Amount Per Serving

Calories 170 Calories from Fat 140

|                              | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 16g         | <b>24%</b>     |
| Saturated Fat 6g             | <b>28%</b>     |
| <b>Cholesterol</b> 30mg      | <b>10%</b>     |
| <b>Sodium</b> 370mg          | <b>16%</b>     |
| <b>Total Carbohydrate</b> 1g | <b>0%</b>      |
| <b>Protein</b> 6g            |                |

Iron 2%

Not a significant source of Dietary Fiber, Sugars, Vitamin A, Vitamin C and Calcium.

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

Ingredients: Pork, Bacon (cured with water, salt, sugar, sodium phosphate, sodium ascorbate and/or sodium erythorbate, sodium nitrite), Water, Salt, Spices, Dextrose, Sugar.

Jones Dairy Farm  
Fort Atkinson,  
Wisconsin 53538, U.S.A.  
Product of U.S.A.  
www.jonesdairyfarm.com

## Fully Cooked & Browned Sausage JUST HEAT 'N EAT

No fuss. No mess. No waiting. Now everyone in the family can enjoy great tasting Jones sausage – anytime! Golden Brown sausage links are fully cooked, already browned. Perfect for breakfast on the run and quick snacks.

### M I C R O W A V E

1. Place links on paper towel in microwave-safe dish. **DO NOT COVER.**
2. If frozen, defrost (30% power) for 1 minute.
3. Set microwave on medium (50% power). **DO NOT USE HIGH POWER.**
4. Cook for: 1 minute for 2 links; 2 minutes for 4 links; 2 1/2 minutes for 6 links; 3 1/4 minutes for 10 links, rotating dish once.

### T O P A N - F R Y

1. Place links in preheated pan.
2. Cook over medium heat 6-7 minutes if frozen, 5-6 minutes if thawed.
3. Turn for even heating.

Keep Frozen, for best flavor use within 30 days. Use thawed packages within 2 days.

### JONES GOLDEN BROWN SAUSAGE, 3 MUSHROOM AND EGG GRATIN

#### SAUCE

1 1/2 t. garlic, finely chopped  
1 1/2 t. shallots, finely chopped  
2 3/4 oz. Jones Precooked Sausage, finely chopped  
1/3 oz. mushrooms, sliced  
1/3 oz. shiitake mushrooms, sliced  
1/3 oz. straw mushrooms  
2 3/4 t. butter  
Flour  
2/3 c. milk  
Salt and pepper to taste  
Fresh thyme to taste

#### EGG GRATIN

5 - 6 Eggs (Scrambled)  
6 oz. Jones Precooked Sausage, sliced 1/2-in.  
1 oz. mushrooms, sliced 1/2-in.  
1 oz. shiitake mushrooms, sliced 1/2-in.  
1 oz. straw mushrooms  
1 1/3 T. fresh basil leaves  
1 1/3 T. parsley, chopped  
2 t. fresh thyme leaves  
1/2 t. butter

1. For the sauce, cook garlic, shallots, sausage and mushrooms in butter until soft, about 5 minutes. Stir in flour. Add milk; simmer over low heat until sauce thickens. Season to taste with salt, pepper and thyme. Hold sauce warm.
2. To prepare gratin, soft-scramble eggs and hold warm. Heat sausage slices in oven. Sauté mushrooms with herbs in butter until tender. Divide and layer into single serving casserole dishes beginning with eggs, then mushroom-herb mixture, sauce and sliced sausage. Garnish each serving with fresh herb sprig.

- PROOF OF PURCHASE



**New Package!**

**MORNINGSTAR Farms™** Veggie Links

# Breakfast Links

Delicious flavor of sausage seasoned with a mild blend of sage, black pepper and savory spices.

**IMPROVED TASTE**

**78% less fat**  
than pork sausage

TEN LINKS NET WT. 8 OZ. (225g)

Serving Suggestion

**MORNINGSTAR Farms™**

**Now Better Tasting!**

Morningstar Farms® Breakfast Links are more delicious than ever! Now each seasoned link is more juicy and moist. Breakfast Links are still cholesterol free, the perfect complement to breakfast foods like Morningstar Farms® Scramblers® or Kellogg's® Eggo® Waffles.

**Breakfast Links**

SEE SIDE PANEL FOR HEATING INSTRUCTIONS

## Nutrition Facts

Serving Size 2 Links (45g)  
Servings Per Container 5

Amount Per Serving

Calories 80 Calories from Fat 30

% Daily Value\*

Total Fat 3g 5%

Saturated Fat 0.5g 3%

Polyunsaturated Fat 2g

Monounsaturated Fat 0.5g

Cholesterol 0mg 0%

Sodium 320mg 13%

Potassium 50mg 1%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 8%

Sugars 0g

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

Thiamin 120% • Riboflavin 10%

Niacin 10% • Vitamin B<sub>6</sub> 15%

Vitamin B<sub>12</sub> 50%

\* 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   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Sat Fat            | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Potassium          |           | 3,500mg | 3,500mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

**INGREDIENTS:** TEXTURED VEGETABLE PROTEIN (WHEAT GLUTEN, SOY PROTEIN CONCENTRATE, WATER FOR HYDRATION), WATER, EGG WHITES, CORN OIL, CONTAINS 2% OR LESS OF SALT, SODIUM CASEINATE, SOY PROTEIN ISOLATE, SUGAR, CELLULOSE GUM, MODIFIED POTATO STARCH, CANOLA OIL, HYDROLYZED SOY, WHEAT AND CORN PROTEIN, SPICES, AUTOLYZED YEAST EXTRACT, CARAMEL COLOR, GUAR GUM, MALTODEXTRIN, GUM ARABIC, ONION POWDER, SOY SAUCE (SOYBEANS, SALT, WHEAT), NATURAL AND ARTIFICIAL FLAVORS FROM NON-MEAT SOURCES, VITAMINS AND MINERALS (NIACINAMIDE, IRON (FERROUS SULFATE), VITAMIN B<sub>1</sub> (THIAMIN MONONITRATE), VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>12</sub> (CYANOCOBALAMIN)), DISODIUM INOSINATE, DISODIUM GUANYLATE, XANTHAN GUM, SUNFLOWER OIL, SESAME SEED OIL.

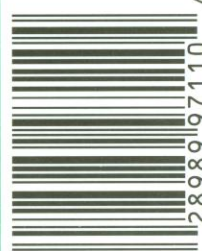
**ALLERGIC CONSUMERS:** THIS PRODUCT CONTAINS WHEAT, SOY, DAIRY AND EGG INGREDIENTS.

## NUTRITIONAL COMPARISON

| product             | fat (grams)            | cholesterol |
|---------------------|------------------------|-------------|
|                     | Veggie Breakfast Links | 3g          |
| Pork Sausage Cooked | 14g                    | 37mg        |



PRESS TO OPEN



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KEEP FROZEN  
GPRS# 109323-101

# Health 10 Label Assignment

Name \_\_\_\_\_

Period \_\_\_\_\_

1. Which product does not contain pork? What are the protein sources in this product?
2. Which product is the best source of protein? Prove it! Do the math, show the work and give one additional reason.
3. Show the % fat of total calories of the 3 products. You must show calculations for credit.
4. Why might Healthy Choice be a better protein source than Morning Star breakfast links?