PSSC Lesson 2

My Goal

Choose one goal to work on before next class.

- \square I will read the nutrition facts to choose a cereal with 6 grams or less of sugar per serving.
- I will read the nutrition facts on several snack foods and choose the one with the least amount of sugar.
- I will check the serving size on a large container of a snack food and portion out a \square single serving to eat at snack time.
- I will compare my usual portion of a beverage with the serving size listed on the \square food label.

UNIVERSITY of CALIFORNIA Cal of fresh Nutrition Education Pro-gram with funding from USDA SNAP, known in California uC CalFresh Nutrition Education Pro-gram with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

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