

Name: \_\_\_\_\_

Aligned to the following standards: FFA.PL-A; FFA.PG-J; FFA-CS-M;  
CCSS.ELA.RI.9-10.1; CCSS.ELA.RI.9-10.2; CCSS.ELA.W.9-10.2; CCSS.ELA.SL.9-10.1.C; CCSS.ELA.SL.9-10.4; CCSS.ELA.WHST.9-10.7; MP1; MP3; MP6; Buying Goods and Services, Benchmarks: Grade 12, Statement 7 Governments; Buying Goods and Services, Benchmarks: Grade 12, Statement 1; Buying Goods and Services, Benchmarks: Grade 12, Statement 2; CRP.02; CRP.04; CRP.05; CRP.06; CRP.07; CRP.08; CRP.09; CRP.11

# Activity 1: Go Get It — Nutrition Facts

## Directions:

When given permission, move about the classroom to find 3 cards that contain different descriptions of the different parts of a nutrition label, seen below. When you find a description in the room, match it with the correct location on the nutrition label shown below; write the information found on the card in the space provided. Two of the categories will have the same information.

| Nutrition Facts    |                                                                                                                                   | Record Information Below |         |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------|---------|
| Serving Size       | Serving Size<br>Servings Per Container                                                                                            |                          |         |
| Calories           | Amount Per Serving<br>Calories                      Calories from Fat                                                             |                          |         |
| Nutrients          | % Daily value*                                                                                                                    |                          |         |
|                    | Total Fat 1g                                                                                                                      | %                        |         |
|                    | Saturated Fat                                                                                                                     | %                        |         |
|                    | Trans Fat                                                                                                                         |                          |         |
|                    | Cholesterol                                                                                                                       | %                        |         |
|                    | Sodium                                                                                                                            | %                        |         |
|                    | Total Carbohydrate                                                                                                                | %                        |         |
|                    | Dietary Fiber                                                                                                                     | %                        |         |
|                    | Sugars                                                                                                                            |                          |         |
|                    | Protein                                                                                                                           |                          |         |
| Footnotes          | Vitamin A                                                                                                                         | %                        |         |
|                    | Vitamin C                                                                                                                         | %                        |         |
|                    | Calcium                                                                                                                           | %                        |         |
|                    | Iron                                                                                                                              | %                        |         |
|                    | *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                                                                                                                         | 85g                      | 80g     |
| Saturated Fat      | Less than                                                                                                                         | 20g                      | 25g     |
| Cholesterol        | Less than                                                                                                                         | 300mg                    | 300mg   |
| Sodium             | Less than                                                                                                                         | 2,400mg                  | 2,400mg |
| Total Carbohydrate |                                                                                                                                   | 300g                     | 375g    |
| Dietary Fiber      |                                                                                                                                   | 25g                      | 30g     |

What would you tell someone about what is included on a nutrition label based on the above activity?

Name: \_\_\_\_\_

## Activity 2: Nutritional Label Interpretation Challenge

### Directions:

Study food labels A, B, C and D below. Use the information in each label to answer the questions at the bottom of the page.

**A**

| Nutrition Facts                                                                                                                    |                      |                    |
|------------------------------------------------------------------------------------------------------------------------------------|----------------------|--------------------|
| Serving Size 1/2 of recipe 57g (57g)                                                                                               |                      |                    |
| Servings Per Container 12                                                                                                          |                      |                    |
| Amount Per Serving                                                                                                                 |                      |                    |
| Calories 223                                                                                                                       | Calories from Fat 99 |                    |
| % Daily Value*                                                                                                                     |                      |                    |
| Total Fat 11g                                                                                                                      |                      | 17%                |
| Saturated Fat 7g                                                                                                                   |                      | 34%                |
| Trans Fat 0g                                                                                                                       |                      |                    |
| Cholesterol 78mg                                                                                                                   |                      | 26%                |
| Sodium 148mg                                                                                                                       |                      | 6%                 |
| Total Carbohydrate 27g                                                                                                             |                      | 9%                 |
| Dietary Fiber 1g                                                                                                                   |                      | 2%                 |
| Sugars 13g                                                                                                                         |                      |                    |
| Protein 4g                                                                                                                         |                      |                    |
| Vitamin A                                                                                                                          | 7% • Vitamin C       | 0%                 |
| Calcium                                                                                                                            | 6% • Iron            | 3%                 |
| *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 |
| Total Carbohydrate                                                                                                                 | Less than            | 300g    375g       |
| Fiber                                                                                                                              |                      | 25g    30g         |
| Calories per gram:                                                                                                                 |                      |                    |
| Fat 9                                                                                                                              | • Carbohydrate 4     | • Protein 4        |
| ©www.NutritionData.com                                                                                                             |                      |                    |

**B**

| Nutrition Facts                                                                                                                    |                       |                 |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------|
| Serving Size 1 oz... (28g/About 21 pieces)                                                                                         |                       |                 |
| Servings Per Container About 2                                                                                                     |                       |                 |
| Amount Per Serving                                                                                                                 |                       |                 |
| Calories 170                                                                                                                       | Calories from Fat 110 |                 |
| % Daily value*                                                                                                                     |                       |                 |
| Total Fat 11g                                                                                                                      |                       | 17%             |
| Saturated Fat 1.5g                                                                                                                 |                       | 8%              |
| Trans Fat 0g                                                                                                                       |                       |                 |
| Cholesterol 0mg                                                                                                                    |                       | 0%              |
| Sodium 250mg                                                                                                                       |                       | 10%             |
| Total Carbohydrate 14g                                                                                                             |                       | 5%              |
| Dietary Fiber less than 1g                                                                                                         |                       | 2%              |
| Sugars 0g                                                                                                                          |                       |                 |
| Protein 2g                                                                                                                         |                       |                 |
| Vitamin A 2%                                                                                                                       | •                     | Vitamin C 0%    |
| Calcium 0%                                                                                                                         | •                     | Iron 4%         |
| Vitamin E 6%                                                                                                                       | •                     | Thiamin 4%      |
| Riboflavin 2%                                                                                                                      | •                     | Niacin 4%       |
| Vitamin B <sub>6</sub> 2%                                                                                                          | •                     | Phosphorus 2%   |
| *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         |
| Saturated Fat                                                                                                                      | Less than             | 20g 25g         |
| Cholesterol                                                                                                                        | Less than             | 300mg 300mg     |
| Sodium                                                                                                                             | Less than             | 2,400mg 2,400mg |
| Total Carbohydrate                                                                                                                 |                       | 300g 375g       |
| Dietary Fiber                                                                                                                      |                       | 25g 30g         |
| Calories per gram:                                                                                                                 |                       |                 |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                 |                       |                 |

**C**

| Nutrition Facts                                                                                                                    |           |                     |         |
|------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------|---------|
| Serving Size 1 cup, chopped 36g (36g)                                                                                              |           |                     |         |
| Amount Per Serving                                                                                                                 |           |                     |         |
| Calories 11                                                                                                                        |           | Calories from Fat 1 |         |
|                                                                                                                                    |           | % Daily values*     |         |
| Total Fat 1g                                                                                                                       |           |                     | 0%      |
| Saturated Fat 0g                                                                                                                   |           |                     | 0%      |
| Trans Fat 0g                                                                                                                       |           |                     |         |
| Cholesterol 0mg                                                                                                                    |           |                     | 0%      |
| Sodium 30mg                                                                                                                        |           |                     | 0%      |
| Total Carbohydrate 22g                                                                                                             |           |                     | 1%      |
| Dietary Fiber 2g                                                                                                                   |           |                     | 5%      |
| Sugars 0g                                                                                                                          |           |                     |         |
| Protein 2g                                                                                                                         |           |                     |         |
| Vitamin A 48%                                                                                                                      | •         | Vitamin C 21%       |         |
| Calcium 5%                                                                                                                         | •         | Iron 0%             |         |
| *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     |
| Saturated Fat                                                                                                                      | Less than | 20g                 | 25g     |
| Cholesterol                                                                                                                        | Less than | 300mg               | 300mg   |
| Sodium                                                                                                                             | Less than | 2,400mg             | 2,400mg |
| Total Carbohydrate                                                                                                                 | 300g      | 375g                |         |
| Dietary Fiber                                                                                                                      |           | 25g                 | 30g     |
| Calories per gram:                                                                                                                 |           |                     |         |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                 |           |                     |         |

**D**

| Nutrition Facts                                                                                                                   |                      |                 |
|-----------------------------------------------------------------------------------------------------------------------------------|----------------------|-----------------|
| Serving Size 3 oz. (85g)                                                                                                          |                      |                 |
| Servings Per Container 1                                                                                                          |                      |                 |
| Amount Per Serving                                                                                                                |                      |                 |
| Calories 180                                                                                                                      | Calories from Fat 90 |                 |
| % Daily Value*                                                                                                                    |                      |                 |
| Total Fat 10g                                                                                                                     |                      | 15%             |
| Saturated Fat 40g                                                                                                                 |                      | 20%             |
| Trans Fat 0.5g                                                                                                                    |                      |                 |
| Cholesterol 70mg                                                                                                                  |                      | 23%             |
| Sodium 60mg                                                                                                                       |                      | 3%              |
| Total Carbohydrate 0g                                                                                                             |                      | 0%              |
| Dietary Fiber 0g                                                                                                                  |                      | 0%              |
| Sugars 0g                                                                                                                         |                      |                 |
| Protein 22g                                                                                                                       |                      |                 |
| Vitamin A 0%                                                                                                                      | •                    | Vitamin C 0%    |
| Calcium 2%                                                                                                                        | •                    | Iron 15%        |
| *Percent Daily Values are based on a 2,000 calorie diet<br>your values may be higher or lower depending on<br>your calorie needs: |                      |                 |
|                                                                                                                                   | Calories,            | 2,000 2,500     |
| Total Fat                                                                                                                         | Less than            | 65g 80g         |
| Saturated Fat                                                                                                                     | Less than            | 20g 25g         |
| Cholesterol                                                                                                                       | Less than            | 300mg 300mg     |
| Sodium                                                                                                                            | Less than            | 2,400mg 2,400mg |
| Total Carbohydrate                                                                                                                |                      | 300g 375g       |
| Dietary Fiber                                                                                                                     |                      | 25g 30g         |
| Calories per gram:                                                                                                                |                      |                 |
| Fat 9 • Carbohydrate 4 • Protein 4                                                                                                |                      |                 |

| Questions                                                          | Letter |
|--------------------------------------------------------------------|--------|
| 1. Which of the foods above has the most servings per package?     |        |
| 2. Which of the foods above has the largest amount of cholesterol? |        |
| 3. Which of the foods above is highest in protein?                 |        |
| 4. Which of the foods above has the most calories per serving?     |        |
| 5. Which of the foods above has the most calories from fat?        |        |
| 6. Which of the foods above has the most carbohydrates?            |        |
| 7. Which of the foods above has the least sodium?                  |        |
| 8. Which of the foods above has the highest %DV of iron?           |        |
| 9. Which of the foods above is the least fattening?                |        |
| 10. Which of the foods above is the least healthy to consume?      |        |

Why do you think it is important for all of the above information to be included on a nutrition label?

Name: \_\_\_\_\_

## Activity 3: Product Development

### Directions:

Complete the following as you learn about product development. Use what you learn to complete the following activities.

1. Identify the possible product categories:

| Categories  | Platform       | Market       |
|-------------|----------------|--------------|
| Cereal      | F              | R            |
| S           | Refrigerated   | Wholesale    |
| M           | Shelf-stable   | Food Service |
| Side dishes | C              | C            |
| B           | R              |              |
| Supplements | Heat and Serve |              |
| Condiments  | _____          | _____        |
| D           | _____          | _____        |

2. What changed between the original label and the new label from the FDA?



3. What questions should be considered when thinking about a product in development?

a.

b.

c.

4. Step 1: C\_\_\_\_\_ I\_\_\_\_\_

5. Step 2: D\_\_\_\_\_ A\_\_\_\_\_

a. What should the percentage equal? \_\_\_\_\_%

6. Step 3: Calculate amounts.

a. In your own words describe how this calculation is completed. And give an example.

Name: \_\_\_\_\_

7. Step 4: C \_\_\_\_\_ N \_\_\_\_\_

a. In your own words describe how this calculation is completed. And give an example.

8. Step 5: Determine percent D \_\_\_\_\_ V \_\_\_\_\_

a. In your own words describe how this calculation is completed. And give an example.

9. Step 6: Enter Values into N \_\_\_\_\_ F \_\_\_\_\_ P \_\_\_\_\_

10. How should the ingredient list for the ingredient statement be listed?

Name: \_\_\_\_\_

# Label Design Challenge

Aligned to the following standards: FFA-PL-A; FFA-PG-J; FFA-CS-M; CCSS.ELA.RI.9-10.1; CCSS.ELA.RI.9-10.2; CCSS.ELA.W.9-10.2; CCSS.ELA.SL.9-10.1.C; CCSS.ELA.SL.9-10.4; CCSS.ELA.WHST.9-10.7; MP.1; MP.3; MP.6; Buying Goods and Services, Benchmarks: Grade 12, Statement 7 Governments; Buying Goods and Services, Benchmarks: Grade 12, Statement 1; Buying Goods and Services, Benchmarks: Grade 12, Statement 2; CRP.02; CRP.04; CRP.05; CRP.06; CRP.07; CRP.08; CRP.09; CRP.11

**DIRECTIONS:**

As the developer of a new product, you must now design a nutritional label to go on the product. Using all the information learned in class regarding food labels, complete the required information below as it pertains to the food item you create based up on the provided scenario and chart. Remember to include the 7 KEY features + any additional needed information. Add lines, use markers, etc. to make your label look as realistic as possible.

[illegible]

Name: \_\_\_\_\_

## EXIT TICKET

Aligned to the following standards: FFA.PL-A; FFA.PG-J; FFA-CS-M; CCSS.ELA.RI.9-10.1; CCSS.ELA.RI.9-10.2; CCSS.ELA.W.9-10.2; CCSS.ELA.SL.9-10.1.C; CCSS.ELA.SL.9-10.4; CCSS.ELA.WHST.9-10.7; MP1; MP3; MP6; Buying Goods and Services, Benchmarks: Grade 12, Statement 7 Governments; Buying Goods and Services, Benchmarks: Grade 12, Statement 1; Buying Goods and Services, Benchmarks: Grade 12, Statement 2; CRP.02; CRP.04; CRP.05; CRP.06; CRP.07; CRP.08; CRP.09; CRP.11

**name:** \_\_\_\_\_

**1. Sugar is an example of a**

\_\_\_\_\_.

- a. calorie
- b. fat
- c. carbohydrate

**2. Calories are a source of**

\_\_\_\_\_.

- a. energy
- b. fat
- c. strength

**3. If you consume a 4-oz. candy bar with 50 calories per each 1-oz. serving, how many calories are you consuming?**

**4. Why are nutrition labels important for food products on the market?**

**5. How do food labels impact you or someone you know on a daily basis?**

**ticket**

**exit**

Name: \_\_\_\_\_

# GO GET IT: Nutrition Facts Cards (To be used in Activity 1)

## Directions for TEACHERS:

Make as many copies of this sheet as needed. Cut along each section line and place the sections around the classroom.

- **Serving Size**

- o Details the number of servings in the package.
- o Serving size standardizes food portions and allows consumers to compare foods through similar units of measure.
- o The size of servings in the packaging influences the number of calories in the food. Pay close attention to serving size because you may accidentally consume too many calories by consuming multiple servings.

- **Calories (and Calories from fat)**

- o A measure of energy in each serving of the packaged food.
- o Calories from fat are added to detail how many of the total calories are derived from fat.
- o Many Americans consume too many calories and this portion of the label helps consumers manage their caloric intake.
- o General Calorie Guide: 40 Calories is low, 100 Calories is moderate, 400+ Calories is high.

- **Nutrients**

- o This section details the quantity of specific nutrients offered by each serving of food.
- o Nutrients include: Total Fat (Saturated and Trans Fat), Cholesterol, Sodium, Total Carbohydrate, Dietary Fiber, Sugar, Protein, Vitamins A and C, Calcium, and Iron.
- o The FDA breaks the nutrients into two groups to assist consumers in healthy choices.
  - § Nutrients to be limited: Fat (Saturated and Trans Fat), Cholesterol and Sodium. Americans consume enough or too much of these.
  - § Nutrients to get enough of: Dietary Fiber, Vitamin A, Vitamin C, Calcium, and Iron. Most Americans don't get enough of these.

Name: \_\_\_\_\_

## Food and Drug Administration's Specifications for Health Claims and Descriptive Terms:

| Claim                                      | Requirements that must be met before using the claim in food label                                                                                                              |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fat-Free                                   | Less than 0.5 grams of fat per serving, with no added fat or oil                                                                                                                |
| Low fat                                    | 3 grams or less of fat per serving                                                                                                                                              |
| Less fat                                   | 25% or less fat than the comparison food                                                                                                                                        |
| Saturated Fat Free                         | Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids per serving                                                                                             |
| Cholesterol-Free                           | Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving                                                                                           |
| Low Cholesterol                            | 20 mg or less cholesterol per serving and 2 grams or less saturated fat per serving                                                                                             |
| Reduced Calorie                            | At least 25% fewer calories per serving than the comparison food                                                                                                                |
| Low Calorie                                | 40 calories or less per serving                                                                                                                                                 |
| Extra Lean                                 | Less than 5 grams of fat, 2 grams of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood                                                 |
| Lean                                       | Less than 10 grams of fat, 4.5 g of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood                                                  |
| Light (fat)                                | 50% or less of the fat than in the comparison food (ex: 50% less fat than our regular cheese)                                                                                   |
| Light (calories)                           | 1/3 fewer calories than the comparison food                                                                                                                                     |
| High-Fiber                                 | 5 grams or more fiber per serving                                                                                                                                               |
| Sugar-Free                                 | Less than 0.5 grams of sugar per serving                                                                                                                                        |
| Sodium-Free or Salt-Free                   | Less than 5 mg of sodium per serving                                                                                                                                            |
| Low Sodium                                 | 140 mg or less per serving                                                                                                                                                      |
| Very Low Sodium                            | 35 mg or less per serving                                                                                                                                                       |
| Healthy                                    | A food low in fat, saturated fat, cholesterol and sodium, and contains at least 10% of the Daily Values for vitamin A, vitamin C, iron, calcium, protein or fiber.              |
| "High", "Rich in" or "Excellent Source"    | 20% or more of the Daily Value for a given nutrient per serving                                                                                                                 |
| "Less", "Fewer" or "Reduced"               | At least 25% less of a given nutrient or calories than the comparison food                                                                                                      |
| "Low", "Little", "Few", or "Low Source of" | An amount that would allow frequent consumption of the food without exceeding the Daily Value for the nutrient – but can only make the claim as it applies to all similar foods |
| "Good Source Of", "More", or "Added"       | The food provides 10% more of the Daily Value for a given nutrient than the comparison food                                                                                     |

Name: \_\_\_\_\_

# Product Development Chart

## Food Science CDE Contest 2015 - Product Development Portion

### Nutritional Information (per 100g)

| Ingredients                                                                                                                                                     | Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|--------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|
| <b>Flour Sources</b>                                                                                                                                            |          |               |              |               |           |             |           |           |            |             |
| All Natural Pastry Flour                                                                                                                                        | 364.0    | 1             | 0            | 0             | 0         | 2           | 78        | 3         | 0          | 9           |
| Barley Flour                                                                                                                                                    | 395.0    | 7             | 2            | 0             | 0         | 12          | 64        | 31        | 0          | 20          |
| Cassava Flour                                                                                                                                                   | 377.0    | 1             | 0            | 0             | 0         | 0           | 93        | 7         | 1          | 1           |
| Rice Flour, Brown                                                                                                                                               | 363.0    | 3             | 1            | 0             | 0         | 8           | 76        | 5         | 1          | 7           |
| Rice Flour, White                                                                                                                                               | 366.0    | 1             | 0            | 0             | 0         | 0           | 80        | 2         | 0          | 6           |
| Rye Flour                                                                                                                                                       | 357.0    | 1             | 0            | 0             | 0         | 2           | 77        | 8         | 1          | 10          |
| Sorghum Flour                                                                                                                                                   | 361.0    | 3             | 0            | 0             | 0         | 4           | 77        | 7         | 2          | 8           |
| Tapioca Flour                                                                                                                                                   | 333.0    | 0             | 0            | 0             | 0         | 4           | 87        | 0         | 0          | 1           |
| <b>Other Ingredients</b>                                                                                                                                        |          |               |              |               |           |             |           |           |            |             |
| Baking Powder                                                                                                                                                   | 51.0     | 0             | 0            | 0             | 0         | 7893        | 24        | 0         | 0          | 0           |
| Baking Soda                                                                                                                                                     | 0.0      | 0             | 0            | 0             | 0         | 27360       | 0         | 0         | 0          | 0           |
| Whole Eggs                                                                                                                                                      | 143.0    | 10            | 3            | 0             | 372       | 142         | 1         | 0         | 0          | 13          |
| Peanut Butter A                                                                                                                                                 | 594.0    | 50            | 9            | 0             | 0         | 469         | 22        | 6         | 9          | 25          |
| Peanut Butter B                                                                                                                                                 | 554.0    | 51            | 11           | 0             | 0         | 474         | 20        | 7         | 9          | 23          |
| Salt                                                                                                                                                            | 0.0      | 0             | 0            | 0             | 0         | 38758       | 0         | 0         | 0          | 0           |
| Sugar, Brown                                                                                                                                                    | 380.0    | 0             | 0            | 0             | 0         | 28          | 98        | 0         | 97         | 0           |
| Sugar, White                                                                                                                                                    | 387.0    | 0             | 0            | 0             | 0         | 1           | 100       | 0         | 100        | 0           |
| Unsalted Butter                                                                                                                                                 | 714.0    | 79            | 50           | 0             | 214       | 0           | 0         | 0         | 0          | 0           |
| <b>Ingredient Statements:</b>                                                                                                                                   |          |               |              |               |           |             |           |           |            |             |
| All Natural Pastry Flour: Wheat Flour                                                                                                                           |          |               |              |               |           |             |           |           |            |             |
| Baking Powder: Calcium Acid Phosphate, Bicarbonate of soda, Corn Starch.                                                                                        |          |               |              |               |           |             |           |           |            |             |
| Peanut Butter A: Roasted Peanuts and Sugar, Contains 2% of Less of: Molasses, Fully Hydrogenated Vegetable Oil (Rapeseed and Soybean), Mono Diglycerides, Salt. |          |               |              |               |           |             |           |           |            |             |
| Peanut Butter B: Roasted Peanuts, Sugar, Palm Oil, Salt.                                                                                                        |          |               |              |               |           |             |           |           |            |             |