

Nutrition Data Table #1

Nutrition Facts (100g Serving)	Organic Red Potatoes	Four Corners Potato*	Fry Bread**
Calories	54	130	330
Total Fat	0.14 g	0.14 g	12.2 g
Saturated Fat	0.03 g	0.03 g	4.6 g
Total Carbohydrate	11.3 g	26.7 g	48.3 g
Dietary Fiber	2.7 g	4.3 g	0.0 g
Sugar	0.7 g	1.4 g	2.0 g
Protein	1.8 g	5.6 g	6.7 g
Sodium (Na)	10 mg	3.8 mg	329 mg
Calcium (Ca)	13 mg	23 mg	60 mg
Phosphorous (P)	1%	2.5%	12%
Potassium (K)	537 mg	1,321 mg	77 mg

*Four Corners Potato values are per 100g fresh weight (uncooked).

**Recipes vary. This particular recipe was a *Fry Bread* made with lard.

Nutrition Data Table #2

	positive attributes		negative attributes	
food	protein	3X	calories	2.4X
	dietary fiber	1.6X	sugars	2X
minerals	calcium	2X		
	phosphorus	2.5X		
	magnesium	2X		
	manganese	2.7X		
	zinc	5X		
	iron	2X		
	sodium	<0.5X		
vitamins	vitamin B1	2X	niacin	0.5X
			folate	0.3X

Five population sources of the Four Corners Potato (4CP) were tested in 2019 for food value and compared to organic red potatoes (ORP) from a supermarket. This table summarizes the positive nutritional attributes of 4CP (those viewed as beneficial to a modern diet) and the negative nutritional attributes of 4CP (those less beneficial) when compared to ORP. For example, the 4CP has three times the protein and twice the calcium as ORP (positive) but more than twice the calories and half the niacin.

Name _____

Date _____

Nutrition Data Questions

1. For each row shown in the Nutrition Data Table #1, circle the data entry that you think represents the healthiest food choice. If data entries are the same for 2 or more foods, you can circle more than one box.
2. How much more total fat is there in Fry Bread compared to the Four Corners Potato?
HINT: Use a calculator to answer this question.

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3. Which food is the best source of protein?

4. Which food is the best source of dietary fiber?

5. Based on the boxes you circled from the data provided, which of the 3 foods shown (Organic Red Potatoes, Four Corners Potatoes, Fry Bread) do you think is the healthiest food overall? Explain why.

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6. What makes a food healthier or less healthy than another food? Explain.

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7. Write the definition of **nutrient density** in the space below:

Nutrition Data Answer Key

1. For each row shown in the Nutrition Data Table #1, circle the data entry that you think represents the healthiest food choice. If data entries are the same for 2 or more foods, you can circle more than one box. **Answers will vary here.**
2. How much more total fat is there in Fry Bread compared to the Four Corners Potato? *HINT: Use a calculator to answer this question. A serving of Fry Bread contains about 87 times as much total fat as a comparable serving of Four Corners Potato.*
3. Which food is the best source of protein? **Most likely, students will put Fry Bread here. Technically, based on the data, it is the best source of protein. However, it is important to point out to students how data like this can be deceiving. While unhealthy foods like Fry Bread can have some health benefits like the protein, phosphorus, and calcium they contain, the amount of nutrients shown on the nutrition label does not tell us the full story. In order to best see how nutritious a food is, we have to look at the amount of nutrients per calorie (nutrient density). For example, even though Fry Bread has more calcium per serving, Fry Bread delivers only 0.18g of calcium per calorie whereas Organic Red Potatoes deliver 0.24g per calorie.**
4. Which food is the best source of dietary fiber? **Most likely, students will put the Four Corners Potato here. Again, use this as an opportunity to show how this type of data can be deceiving. Do the math in front of your students to determine how many grams of dietary fiber each food has per calorie (divide dietary fiber by calorie total to get dietary fiber in grams per calorie). You should get 0.05g/calorie for Organic Red Potatoes, 0.033g/calorie for Four Corners Potatoes, and 0g/calorie for Fry Bread. Since this is a more equal comparison, challenge students to think about which box they would circle in that row now?**
5. Based on the boxes you circled from the data provided, which of the 3 foods shown (Organic Red Potatoes, Four Corners Potatoes, Fry Bread) do you think is the healthiest food overall? Explain why. **Answers will vary here, but hopefully, students picked either Four Corners Potatoes or Organic Red Potatoes.**
6. What makes a food healthier or less healthy than another food? Explain. **Answers will vary here.**
7. Write the definition of **nutrient density** in the space below: **“The nutrient density of a food is the ratio of beneficial ingredients to the food’s energy content for the amount that is commonly consumed. More simply put, it is the amount of nutrients that are packed into a single calorie of that food. Generally speaking, the more nutrients/calorie, the healthier the food. However, please remind students that certain nutrients, like sodium, can also be harmful if we have too much. So, more is not always better” (Le).**

Works Cited

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