

# My Goal

## PSSC Lesson 2

Choose one goal to work on before next class.

- 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 single serving to eat at snack time.
- I will compare my usual portion of a beverage with the serving size listed on the food label.

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