

Name _____ Period _____ Date _____

Inside the Package

Write the Nutrition Facts from one food item and answer the questions.

Name of Product _____

Nutrition Facts			
Serving Size			
Servings per container			
Amount per serving			
Calories		Calories from Fat	
			% Daily Value*
Total Fat			
Saturated Fat			
Trans Fat			
Cholesterol			
Sodium			
Total Carbohydrate			
Dietary Fiber			
Sugars			
Protein			
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	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
Dietary Fiber	Less than	25g	30g

Name _____ Period _____ Date _____

Regarding this product.....

1. Did you eat the entire package? Why or why not? _____

2. How many servings did the package contain? _____

3. Look closely at the NUTRITION FACTS of your package. What vitamins and minerals does it contain? _____

4. Would you consider this a healthy food/snack/beverage? Why or why not?

5. How many calories did you consume? _____

If more than one serving, multiply the number of servings by the single serving calories.

6. Where were you? _____

7. Who were you with? _____

8. What were you doing? _____

9. Were you really hungry? _____

10. How can being aware of caloric intake assist you in maintaining your health?
