Name _____

Is Your Food A Healthy Choice?

Use your Nutrition Facts Label to fill in the chart and answer the questions. See if your food is a healthy choice.

Name of food or snack _____

Nutrition Facts	
Serving Size [ ] Servings Per Container [ ]	
Amount per Serving **Calories** [ ] **Calories from Fat** [ ]	
	% Daily Value
Total Fat [ ] **g**	[ ] **%**
Saturated Fat [ ] **g**	[ ] **%**
Cholesterol [ ] **mg**	[ ] **%**
Sodium [ ] **mg**	[ ] **%**
Total Carbohydrate [ ] **g**	[ ] **%**
Dietary Fiber [ ] **g**	[ ] **%**
Sugars [ ] **g**	
Protein [ ] **g**	
Vitamin A [ ] %	Vitamin C [ ] %
Calcium [ ] %	Iron [ ] %

Answer the following question using the Nutrition Facts Label from your food or snack.

1. What percent of calories are from fat? _____
2. How many servings are in the package? _____
3. How many grams of fiber does the food or snack have? _____
4. How many grams of protein does the food or snack have? _____
5. Does your food have any vitamin A? _____If so, what is the percent? _____
6. Does your food have any calcium? _____If so, what is the percent? _____
7. Does your food have any vitamin C? _____If so, what is the percent? _____
8. Does your food have any iron? _____If so, what is the percent? _____

Is this a good choice for a snack?_____

Why or why not?_____