

Food labels

Name: _____



How many calories are in this meal?

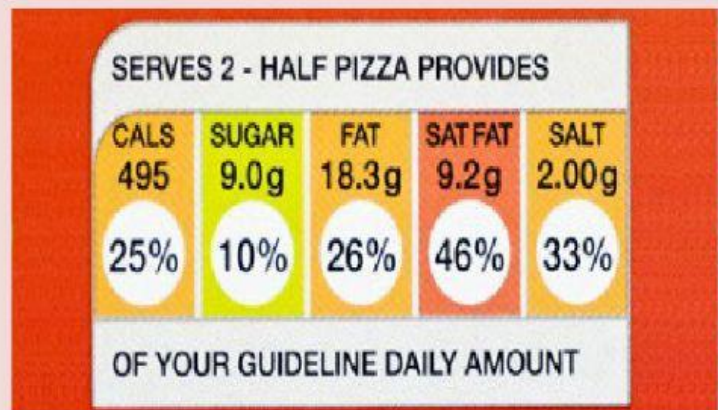
How much fat is in this meal?

How much saturated fat is in this meal?

How many calories are in this meal?

How much fat is in this meal?

How much saturated fat is in this meal?



Per pack provides...



How many calories are in this meal?

How much fat is in this meal?

How much saturated fat is in this meal?

SERVES 2 - HALF PIZZA PROVIDES

CALS	SUGAR	FAT	SATFAT	SALT
495	9.0g	18.3g	9.2g	2.00g
25%	10%	26%	46%	33%

OF YOUR GUIDELINE DAILY AMOUNT

Per pack provides...

286	2g	8g	3.6g	1.5g
Calories	Sugar	Fat	Saturates	Salt
14%	2.2%	11%	18%	25%

of your guideline daily amount

- Which of these meals has more calories?
Which of these meals has less sugar?
Which of these meals has more saturated fat?
Which of these meals has less salt?
Which of these meals do you think is healthier?