

Name: _____

Food labels



How many calories are in this meal?

How much fat is in this meal?

How much saturated fat is in this meal?

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How much fat is in this meal?

How much saturated fat is in this meal?

SERVES 2 - HALF PIZZA PROVIDES

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

OF YOUR GUIDELINE DAILY AMOUNT

Per pack provides...

286 Calories 14%	2g Sugar 2.2%	8g Fat 11%	3.6g Saturates 18%	1.5g Salt 25%
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of your guideline daily amount

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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?