

Name: \_\_\_\_\_

Directions: Complete the questions using the nutrition facts.

# Nutrition Facts Label

1. What is the serving size?

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2. How many servings are there?

\_\_\_\_\_

3. How many calories are there per serving?

\_\_\_\_\_

3. How many grams of **total fat** are there?

\_\_\_\_\_

4. How many grams of **saturated fat** are there?

\_\_\_\_\_

5. How many grams of **total carbohydrates** are there?

\_\_\_\_\_

6. How many grams of **fiber** are there?

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7. How many grams of **sugar** are there?

\_\_\_\_\_

8. How many grams of **added sugar** are there?

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9. How many grams of protein is there?

\_\_\_\_\_

Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (143g)	
	Per serving	Per container	
Calories	330	990	
	% DV*	% DV*	
Total Fat	21g 27%	64g	82%
Saturated Fat	13g 65%	39g	195%
Trans Fat	1g	2.5g	
Cholesterol	120mg 40%	355mg	118%
Sodium	65mg 3%	200mg	8%
Total Carb.	28g 10%	84g	31%
Dietary Fiber	0g 0%	0g	0%
Total Sugars	27g	82g	
Incl. Added Sugars	21g 42%	63g	126%
Protein	6g	17g	
Vitamin D	1mcg 6%	2.9mcg	15%
Calcium	170mg 15%	520mg	40%
Iron	0.2mg 2%	0.6mg	4%
Potassium	160mg 4%	490mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

10. What is the first ingredient listed for this food?

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11. List the different types of sugars that are added. If you are not sure what something is look it up in Google.

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12. What is carrageenan?

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13. What is guar gum?

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14. By looking at the ingredients and the nutrition facts label, do you think this is a healthy food? Why or why not?

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15. What do you think the food is?

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**INGREDIENTS:** CREAM, LIQUID SUGAR (SUGAR, WATER), SKIM MILK, WATER, SUGAR, WHEAT FLOUR, BROWN SUGAR, COCOA (PROCESSED WITH ALKALI), EGG YOLKS, BUTTER (CREAM, SALT), COCOA POWDER, EGGS, EXPELLER PRESSED SOYBEAN OIL, SOYBEAN OIL, INVERT CANE SUGAR, CHOCOLATE LIQUOR, VANILLA EXTRACT, SALT, EGG WHITES, GUAR GUM, MOLASSES, COCOA BUTTER, NATURAL FLAVOR, CARRAGEENAN, SOY LECITHIN, BAKING SODA, MALTED BARLEY FLOUR.

**CONTAINS MILK, EGGS, WHEAT AND SOY.**