

Name: _____

Directions: Complete the questions using the nutrition facts.

Nutrition Facts Label

1. What is the serving size?

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?

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

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

9. How many grams of **protein** is there?

Nutrition Facts			
3 servings per container			
Serving size	2/3 cup (143g)		
Calories	Per serving	Per container	
	330	990	
Total Fat	% DV*	% DV*	
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?

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

12. What is carrageenan?

13. What is guar gum?

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

15. What do you think the food is?

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.