

Nutrition Facts Worksheet

Use your favorite snack food label to fill in the chart and answer the following questions. See if your snack is a healthy choice.

1. Type of snack food and brand name?
2. What are the first 4 ingredients listed?

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	
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Vitamin A	%	Vitamin C	%
Calcium	%	Iron	%
*Percent daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carb.	Less than	300g	375g
DietaryFiber	Less than	25g	30g
Calories per gram:			
Fat 9 * Carbohydrates 4 * Protein 4			

% Daily Values are based on a 2,000 calorie diet

The goal is to reach 100% of the Daily Value for vitamins and minerals