



"You are what you eat"

Food Smarts:

Understanding Food Labels

<http://pbskids.org/itsmylife>



Nutrition Facts	
Serving Size 1 oz. (28g/About 21 pieces)	
Servings Per Container About 2	
Amount Per Serving	
Calories 170	Calories from Fat 110
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%
Vitamin E 6%	Thiamin 4%
Riboflavin 2%	Niacin 4%
Vitamin B ₆ 2%	Phosphorus 2%
* 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 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

There is nothing better than a good, tasty snack after a long day of school. But have you ever taken the time to understand what you are putting in your body. Would you consider your favorite snack a good or bad snack? Let's use the "Nutrition Facts" of your favorite snack and decide.

Directions:

1. Obtain the food label of your favorite snack and adhere it to a piece of paper. You can remove food label from the package. You may also obtain the food label from the internet and print.
2. Determine if your snack is "**good**" or "**bad**." Please fill in the chart on the next page using information from "your" snack. After you have filled in the chart, classify your snack as "Good" or "Bad" based on the information you provided in the chart. Please feel free to provide any additional evidence that supports your classification.
3. If your snack is classified as a "**bad**" snack, please identify an alternative "good" snack.
4. If your snack is classified as a "**good**" snack, please make 2 suggestions on how you can make it "healthier."