Choose one of the listed foods that would be best for the various scenarios below and explain why. (Make sure to state what each is mostly made of and how it effects the human body)

A) 1 lb of butter
B) 1 lb of sugar
C) 1 lb of lean chicken
D) 1 lb of prunes

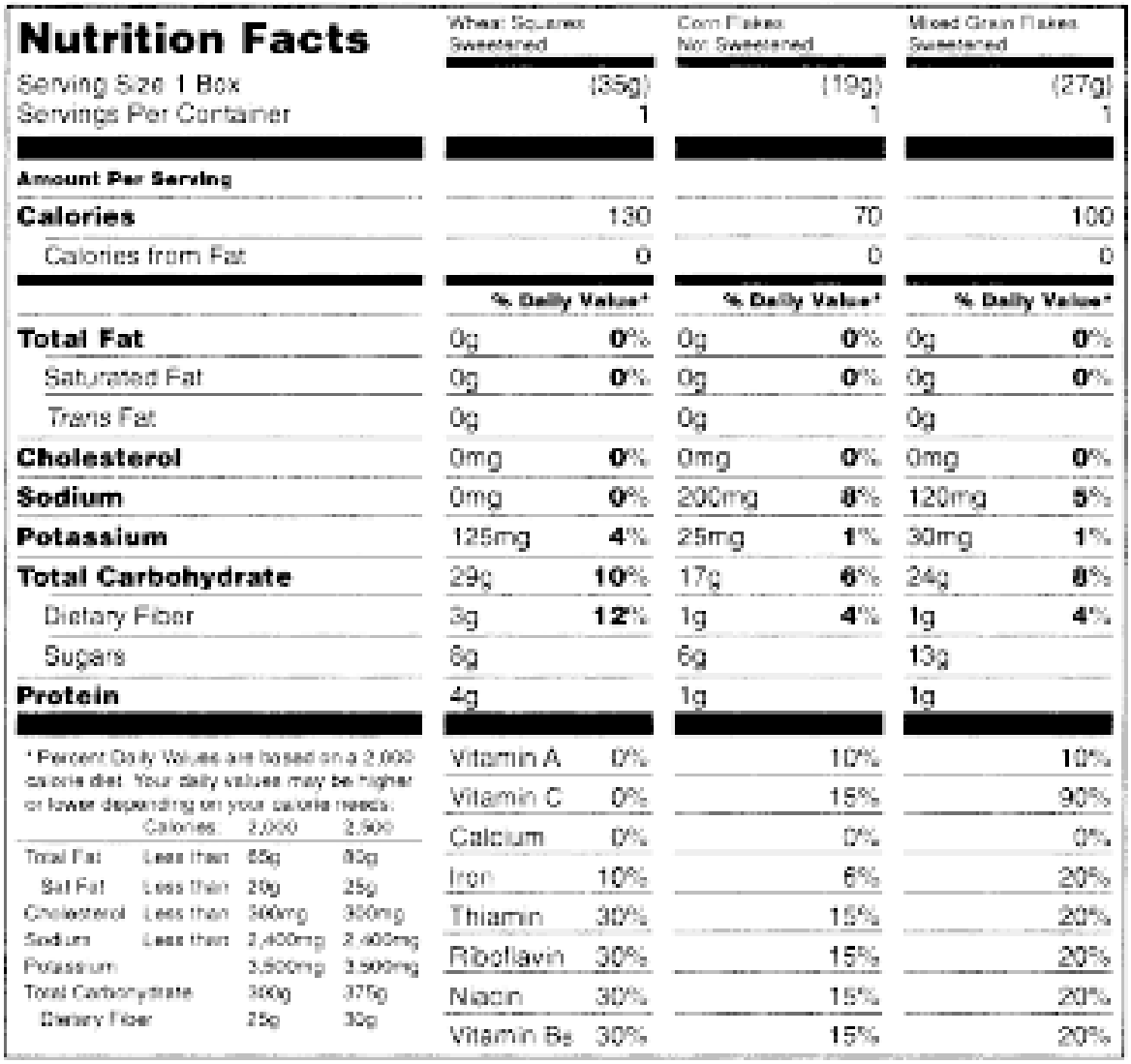
1) You have a stomach ache because you ate something that didn't agree with you.

2) You are in the desert starving and don't expect a rescue for several days.

3) You are a body builder trying to slim down before a competition.

4) You are a marathon runner just who just ran 10 miles and still has 10 more miles to go.

1) Other than calories, Identify the 3 most important components that the human body requires on this label.



Nutrition Facts	Wheat Squares Sweetened		Corn Flakes Not Sweetened		Mixed Grain Flakes Sweetened	
Serving Size 1 Box	(35g)		(19g)		(27g)	
Servings Per Container	1		1		1	
Amount Per Serving						
Calories	130		70		100	
Calories from Fat	0		0		0	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%	0g	0%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%
Sodium	0mg	0%	200mg	8%	120mg	5%
Potassium	125mg	4%	25mg	1%	30mg	1%
Total Carbohydrate	29g	10%	17g	6%	24g	8%
Dietary Fiber	3g	12%	1g	4%	1g	4%
Sugars	6g		6g		13g	
Protein	4g		1g		1g	

* 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	350mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

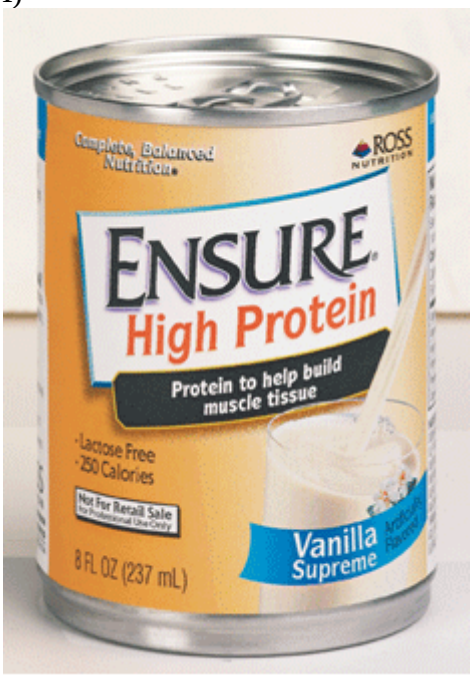
Vitamin A	0%	10%	10%
Vitamin C	0%	15%	90%
Calcium	0%	0%	0%
Iron	10%	6%	20%
Thiamin	30%	15%	20%
Riboflavin	30%	15%	20%
Niacin	30%	15%	20%
Vitamin B_6	30%	15%	20%

2) Would you consider the product discussed in the previous question a protein drink, energy drink, or weight gainer? And why?

3) What are calories (energy) actually from in reference to the label?

1) In your opinion, of the two drinks below, what serves as a better protein drink for someone wanting to put on muscle? Explain on back.

A)



Nutrition Facts

Serving Size 1 Can (8 fl oz)

Amount Per Serving

Calories 230	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Cholesterol <5mg	**<2%**
Sodium 290mg	**12%**
Potassium 500mg	**14%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 19g	
Protein 12g	**24%**

Vitamin A	25%	•	Vitamin C	50%
Calcium	30%	•	Iron	25%
Vitamin D	25%	•	Vitamin E	40%
Vitamin K	25%	•	Thiamin	25%
Riboflavin	25%	•	Niacin	25%
Vitamin B6	25%	•	Folate	25%
Vitamin B12	25%	•	Biotin	25%
Pantothenic Acid	25%	•	Phosphorus	25%
Iodine	25%	•	Magnesium	25%
Zinc	40%	•	Selenium	25%
Copper	25%	•	Manganese	60%
Chromium	25%	•	Molybdenum	50%
Chloride	11%			

*Percent Daily Values based on a 2,000 Calorie diet.

B)

Nutrition Facts • Valeurs Nutritifs

Serving Size/Portion: 3.1 fl. oz. (92ml)
Servings Per Container / Portions 1

	Amount Per Serving / Quantités Par Portion	
Calories	**190**	
Calories from Fat	0	
	% Daily Value*	% Valeur Quotidienne*
Total Fat / Lipides	0g	**0%**
Saturated Fat / Graisses Saturées	0g	**0%**
Cholesterol / Cholestérol	0g	**0%**
Sodium	64mg	**3%**
Potassium	31mg	**1%**
Carbohydrate / Glucides	2g	**0%**
Dietary Fiber / Fibres	0g	**0%**
Sugars / Sucres	0g	**0%**
Protein / Protéines	45g	**90%**

Medicinal Ingredients / Ingredients medeciniques:

CarnoSyn beta-Alanine 1.5g

L-Taurine

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. / Valeurs quotidiennes formulez sur un plan de 2,000 calorie par jour. Vos valeurs peuvent être plus ou moins cependant vos besoins.

Nutrition Facts • Valeurs Nutritifs

Serving Size/Portion: 2.9 fl. oz. (86ml)
Servings Per Container / Portions 1

	Amount Per Serving / Quantités Par Portion	
Calories	**100**	
Calories from Fat	0	
	% Daily Value*	% Valeur Quotidienne*
Total Fat / Lipides	0g	**0%**
Saturated Fat / Graisses Saturées	0g	**0%**
Cholesterol / Cholestérol	0g	**0%**
Sodium	64mg	**3%**
Potassium	31mg	**1%**
Carbohydrate / Glucides	0g	**0%**
Dietary Fiber / Fibres	0g	**0%**
Sugars / Sucres	0g	**0%**
Protein / Protéines	27g	**50%**

CarnoSyn beta-Alanine 1.5g

L-Taurine 1g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. / Valeurs quotidiennes formulez sur un plan de 2,000 calorie par jour. Vos valeurs peuvent être plus ou moins cependant vos besoins.