

Nutrition Label Analysis

Choose two prepared food products from items you have at home, and examine their Nutritional labels. For each of the products, answer the questions below:

	Product #1	Product #2
What are the two food products that you chose?		
Would you consider them "healthy" or "unhealthy"?		
How many servings does the package contain?		
What is the serving size?		
How many servings do you think you are likely to eat at one sitting?		
How many calories does it contain <i>per serving</i> ?		
How many calories does the entire package contain?		
What percent of your daily value of total carbohydrate is contained in one serving of this food product?		
What percent of your daily value of fiber is contained in one serving of this food product?		
What percent of your daily value of Total Fat is contained in one serving of the is food product?		
How many grams of protein are contained in one serving of this product?		
How many mg of sodium does one serving contain?		
How many grams of sugar does one serving contain?		
List the vitamins present in the food, with the percent of Daily Value of each for one serving.		