Name			

Is Your Food A Healthy Choice?

Use your Nutrition Facts Label to fill in the chart and answer the questions. See if your food is a healthy choice.

Name of food or snack	

ts					
Amount per Serving Calories Calories from Fat					
% Daily Value					
9/0					
%					
9/0					
%					
%					
%					
in C %					
;%					

Answer the following question using the Nutrition Facts Label from your food or snack.

1.	What percent of calories are from fat?				
2.	How many servings are in the package?				
3.	How many grams of fiber does the food or snack have?				
4.	How many grams of protein does the food or snack have?				
5.	Does your food have any vitamin A?If so, what is the percent?				
6.	Does your food have any calcium?If so, what is the percent?				
7.	Does your food have any vitamin C?If so, what is the percent?				
8.	Does your food have any iron?If so, what is the percent?				
ls	this a good choice for a snack?				
Wł	hy or why not?				