

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 _____

Nutrition Facts	
Serving Size <input type="text"/>	
Servings Per Container <input type="text"/>	
Amount per Serving	
Calories <input type="text"/>	Calories from Fat <input type="text"/>
% Daily Value	
Total Fat <input type="text"/> g	<input type="text"/> %
Saturated Fat <input type="text"/> g	<input type="text"/> %
Cholesterol <input type="text"/> mg	<input type="text"/> %
Sodium <input type="text"/> mg	<input type="text"/> %
Total Carbohydrate <input type="text"/> g	<input type="text"/> %
Dietary Fiber <input type="text"/> g	<input type="text"/> %
Sugars <input type="text"/> g	
Protein <input type="text"/> g	
Vitamin A <input type="text"/> %	Vitamin C <input type="text"/> %
Calcium <input type="text"/> %	Iron <input type="text"/> %

