T.R.A.I.L. Nutrition Label Worksheet

Below is a food label from a popular snack food.

Use the label to answer the questions on the right.

Nutrition Facts

Serving Size 1 oz (28g/About 21 pieces)

Amount Per Serv	ing		
Calories 160	Cald	ories from	Fat 100
9		% Daily	/ Value*
Total Fat 11g		17%	
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 250mg			10%
Total Carboh	ydrate	13g	4%
Dietary Fiber	less th	an 1g	2%
Sugars 0g			
Protein 1g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	*	Iron 2%	
Thiamin 6%	•	Riboflavin 2%	
Niacin 4%	•	Vitamin B ₆ 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 Carbohy	drate	300g	375g
Dietary Fibe	or .	25g	30g

Calories per gram:

	 8		
Fat 9	Carbohydrate 4	888	Protein 4

Total Calories per Serving	
Serving Size	
% Daily Value of Saturated Fat	_
, ———— Milligrams of Sodium	-
Total Grams of Sugar	-
% Daily Value of Fiber	-
Grams of Protein	-
s this snack a good source of vitamins and minerals?	-
	-
Is this a healthy snack?	