

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

Below is a food label from a snack food.

Use the label to answer the questions on the right.

<b>Nutrition Facts</b>	
Serving Size	7 Crackers (30g)
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 30
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 25% • Vitamin C 25%	
(25% as beta carotene)	
Calcium 0% • Iron 10%	
Vitamin E 25% • Vitamin B <sub>6</sub> 25%	
Folic Acid 25% • Vitamin B <sub>12</sub> 25%	
*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 Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • 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 \_\_\_\_\_

Is this snack a good source of vitamins and minerals? \_\_\_\_\_

Is this a healthy snack? \_\_\_\_\_