

Name _____

Chips Food Label

Answer the following questions based on the label you were given.

Look for the following on your label	My Label
What is the name of you food?	Chips
What is the serving size?	1 package
How many servings are in the entire package ?	1
How many calories are in one serving?	230
How many calories are in the entire package ?	230
How many grams of fat are in one serving ?	15g
How many grams of fat are in the entire package ?	15g
Is this a good source of fiber why/why not?	no because it only has 1g
Which nutrients have a high % Daily Value?	fat, saturated fat
Which nutrients have a low % Daily Value?	cholesterol, vitamin A, calcium and iron
Do you think this is a healthy snack?	no