

Name _____

Frozen French Fries 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?	Frozen French Fries
What is the serving size?	3 oz. (about 15, 2 inch pieces)
How many servings are in the entire package ?	11
How many calories are in one serving?	120
How many calories are in the entire package ?	1320
How many grams of fat are in one serving ?	4g
How many grams of fat are in the entire package ?	44g
Is this a good source of fiber why/why not?	no because it only has 2g
Which nutrients have a high % Daily Value?	none
Which nutrients have a low % Daily Value?	saturated fat, cholesterol, sodium, vitamin A, calcium and iron
Do you think this is a healthy snack?	no