

Name _____

Graham Crackers 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 your food?	Graham Crackers
What is the serving size?	8 crackers
How many servings are in the entire package ?	about 13
How many calories are in one serving?	130
How many calories are in the entire package ?	1690
How many grams of fat are in one serving ?	3g
How many grams of fat are in the entire package ?	39g
Is this a good source of fiber why/why not?	no because it only has 1g
Which nutrients have a high % Daily Value?	none
Which nutrients have a low % Daily Value?	fat, saturated fat, cholesterol, dietary fiber, vitamin A, calcium and vitamin C
Do you think this is a healthy snack?	yes