

Name _____

Plain Potato 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?	Plain Potato
What is the serving size?	1 medium potato
How many servings are in the entire package ?	1
How many calories are in one serving?	100
How many calories are in the entire package ?	100
How many grams of fat are in one serving ?	0g
How many grams of fat are in the entire package ?	0g
Is this a good source of fiber why/why not?	yes because it has 3g of fiber
Which nutrients have a high % Daily Value?	potassium and vitamin C
Which nutrients have a low % Daily Value?	fat, saturated fat, cholesterol, sodium, vitamin A, calcium and iron
Do you think this is a healthy snack?	yes