

Name _____

Pretzels 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?	Pretzels
What is the serving size?	45 pretzels
How many servings are in the entire package ?	15
How many calories are in one serving?	120
How many calories are in the entire package ?	1800
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?	no because it has less than 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