

Name \_\_\_\_\_

## Sugar-Coated Flake Cereal 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?	Sugar-Coated Flake Cereal
What is the serving size?	3/4 cup
How many servings are in the <b>entire package</b> ?	about 18
How many calories are in one serving?	120 without milk 160 with milk
How many calories are in the <b>entire package</b> ?	2160 without milk 2880 with milk
How many grams of fat are in <b>one serving</b> ?	0g
How many grams of fat are in the <b>entire package</b> ?	0g
Is this a good source of fiber why/why not?	no because it only has 1g
Which nutrients have a high % Daily Value?	iron, vitamin D, thiamin, riboflavin, niacin, vitamin B, folic acid
Which nutrients have a low % Daily Value?	fat, saturated fat, cholesterol, potassium, dietary fiber, calcium (without milk)
Do you think this is a healthy snack?	no