

Name \_\_\_\_\_

## White Bread 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?	White Bread
What is the serving size?	1 slice
How many servings are in the <b>entire package</b> ?	22 slices
How many calories are in one serving?	60
How many calories are in the <b>entire package</b> ?	1320
How many grams of fat are in <b>one serving</b> ?	.5g
How many grams of fat are in the <b>entire package</b> ?	11g
Is this a good source of fiber why/why not?	no because it has none
Which nutrients have a high % Daily Value?	none
Which nutrients have a low % Daily Value?	fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, vitamin A, calcium, Niacin, Vitamin C, iron and riboflavin
Do you think this is a healthy snack?	yes