

Name: _____ Team #: _____

NUTRITION MADE EASY

? Quiz

The Fuzzy Math of Food Labels

All those numbers show what's in a box or bag and how much you should eat, right? Not so fast. ➡

1 What is the most important thing to consider when you first read a label?

- A. Calories
- B. Sodium
- C. Trans fat
- D. Serving size

2 The serving size is the government's recommended healthy portion of this food.

- A. True
- B. False

3 Oops. You munched the whole bag—4.5 servings.

What's the biggest concern?

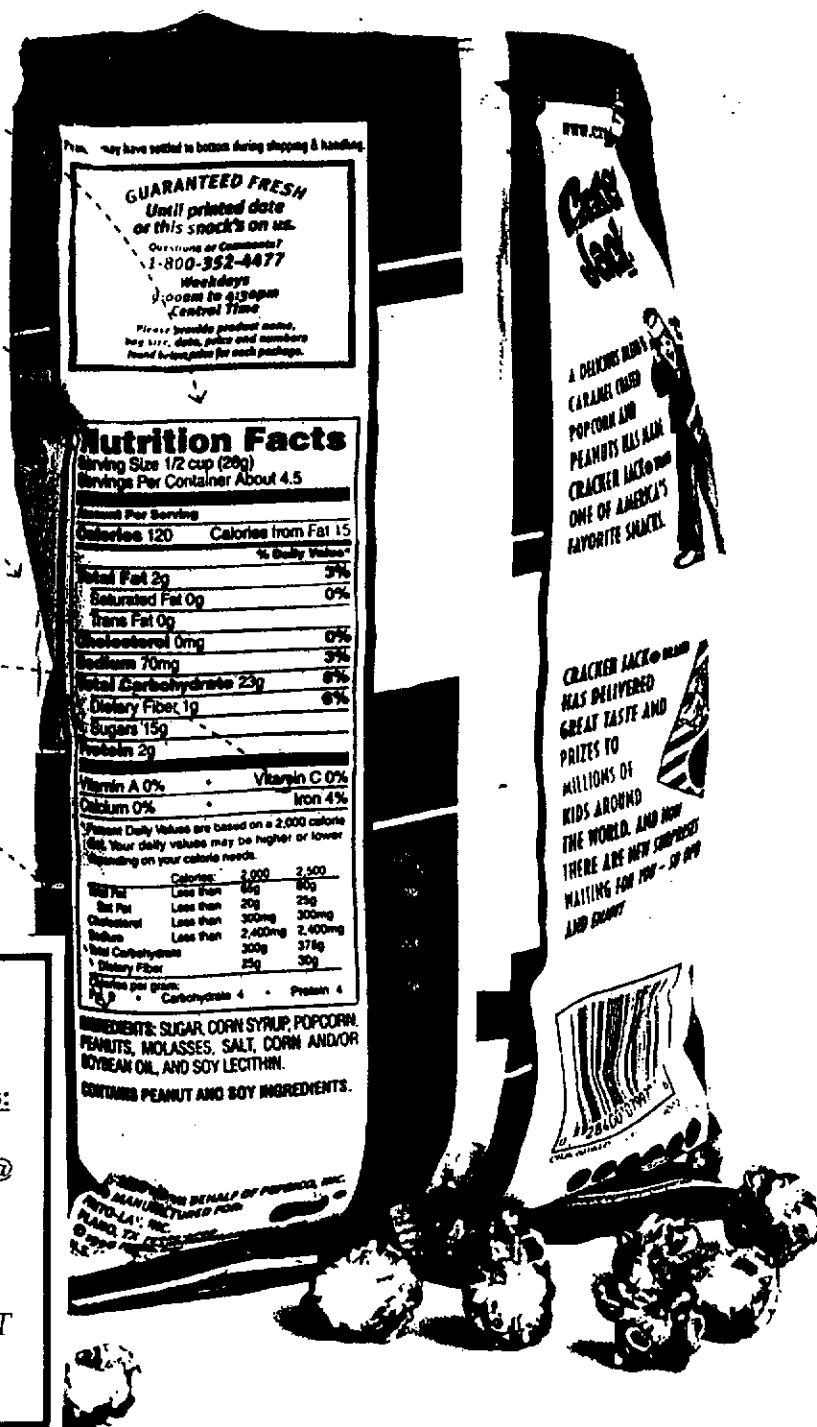
- A. Calories
- B. Fat
- C. Sugar

4 4% of the Daily Value of iron means 4% of the iron you need each day.

- A. True
- B. False

5 This food is mostly popcorn.

- A. True
- B. False



They may have settled to bottom during shipping & handling.

GUARANTEED FRESH
 Until printed date or this stamp's on us.
 Questions or Comments?
 1-800-952-4477
 Weekdays
 9:00am to 4:30pm
 Central Time

Please specify product name, bag size, date, price and number of bags for each package.

Nutrition Facts
 Serving Size 1/2 cup (28g)
 Servings Per Container About 4.5

Amount Per Serving		Calories from Fat 15
		% Daily Value*
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrate	23g	6%
Dietary Fiber	1g	6%
Sugars	15g	
Protein	2g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 4%

*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

% Daily Value: Total Fat 4 • Carbohydrate 4 • Protein 4

INGREDIENTS: SUGAR, CORN SYRUP, POPCORN, PEANUTS, MOLASSES, SALT, CORN AND/OR SOYBEAN OIL, AND SOY LECITHIN.
 CONTAINS PEANUT AND SOY INGREDIENTS.

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 A DELICIOUS BLENDED
 CARAMEL COATED
 POPCORN AND
 PEANUTS ALL IN
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 FAVORITE SNACKS.

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 HAS DELIVERED
 GREAT TASTE AND
 PRIZES TO
 MILLIONS OF
 KIDS AROUND
 THE WORLD. AND NOW
 THERE ARE NEW COMPETES
 WAITING FOR YOU - OF ONE
 AND CRACKER

Each Question is worth 100 points

Please mark your calendars for these important dates:

Monday, January 17 11am
 Healthy Back Seminar in Multi-Purpose Room @
 WLSSC

Wednesday, January 19 11am
 Healthy Knee Seminar with Christie Augustine, PT
 From No Limits Physical Therapy