Nutrition Facts Label

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_\_\_

1. Which pizza has less calories per serving, Digiorno or California Pizza Kitchen?
2. If I ate three servings of GoGo Squeez , what percent of my daily allowance of carbohydrate would I be getting?
3. How many calories are in one package of Cheetos?
4. If you eat a whole box of Nilla Wafers, how many calories are you getting?
5. What are the healthy fats that I can find in Cheez-it Crackers?
6. When you eat one serving size of Honey-Comb, how much of your daily value of vitamin A is coming from fat free milk?
7. If I ate one cup of popped popcorn, am I getting any iron?
8. Based on the amount of sugars in Oops All Berries, and Peanut Butter Chrunch which is the healthier option?
9. How much fat is in 12 Chicken in a Biskit crackers?
10. What are Lay’s Sour Cream and Onion chip’s mostly made of?
11. How many servings are in one bag of Kellogg’s fruity snacks?
12. How much saturated fat is in 28 grams of Kirkland brand unsalted, sweet cream butter?
13. In one serving of Simply Orange how much of your daily value of folate will you get?
14. How many mgs of sodium are in ½ pkg. of Bark Thins, snacking chocolate?
15. Based on the nutrition facts, which would be the healthier option for one serving? Nature Valley or Fiber One bar?
16. If I ate 2 and 1/4 cups of Reese’s Puffs how many grams of sugar would I be getting?
17. According to the box, what vitamin is in milk that is not in Life Cereal?
18. What vitamins or minerals are in an Oreo?
19. What ingredient am I going to find the least of in a Poptart?
20. How many almonds would I need to eat to get 6g of protein?
21. How many grams of saturated fat are in one Twix?
22. If I ate one and a half cups of Honey Bunches of Oats, what percentage of my daily allowance of sodium would I be getting?
23. How many calories are in 1 package of Lindt white chocolate?
24. How many milligrams of cholesterol are in 1 container of TruMoo chocolate milk?
25. Based on the nutrition content, which is the healthier cereal, Honey Bunches of Oats, or Total Whole Grain?
26. How much sodium would you be getting if you at two slices of Grandma Sycamore’s Home Maid Bread?
27. Which of the two milks is an overall healthier option?
28. How much of your daily value of iron are you getting from one package of Ritz Bits peanut butter?
29. Based on the number of calories from fat, which World’s Finest Chocolate bar is the best choice?
30. How many milligrams of potassium would you get if you ate 8 great value Thin Wheat crackers?