

Snack Food Label Game

Match the food label with the name of the food! These should be cut into strips and laid at the top of the appropriate food label

1. LARGE FRENCH FRIES

2. VANILLA ICE CREAM

3. PEANUTS

4. FISH STICKS

5. BROCCOLI

6. APPLE JUICE

7. GRANOLA CEREAL

8. CARROTS

9. BEAN BURRITO

10. WHOLE WHEAT BREAD

11. BAGEL

<p>1.</p> <p>Nutrition Facts Serving Size 1 serving (176g) Servings Per Container 1</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> <th></th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>540</td> <td>Calories from Fat 230</td> </tr> <tr> <td colspan="3" style="text-align: right;">%Daily Value*</td> </tr> <tr> <td>Total Fat</td> <td>26g</td> <td>40 %</td> </tr> <tr> <td> Saturated Fat</td> <td>4.5g</td> <td>23 %</td> </tr> <tr> <td> Trans Fat</td> <td>0g</td> <td></td> </tr> <tr> <td>Cholesterol</td> <td>0mg</td> <td>0 %</td> </tr> <tr> <td>Sodium</td> <td>350mg</td> <td>15 %</td> </tr> <tr> <td>Total Carbohydrate</td> <td>68g</td> <td>23 %</td> </tr> <tr> <td> Dietary Fiber</td> <td>6g</td> <td>24 %</td> </tr> <tr> <td> Sugars</td> <td>0g</td> <td></td> </tr> <tr> <td>Protein</td> <td>8g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>0%</td> <td>• Vitamin C 35%</td> </tr> <tr> <td>Calcium</td> <td>2%</td> <td>• Iron 8%</td> </tr> </tbody> </table> <p>* Percent Daily Values are based on a 2,000 calorie diet.</p> <p style="text-align: right;">LOW=5% or less HIGH=20% or more</p>	Amount Per Serving			Calories	540	Calories from Fat 230	%Daily Value*			Total Fat	26g	40 %	Saturated Fat	4.5g	23 %	Trans Fat	0g		Cholesterol	0mg	0 %	Sodium	350mg	15 %	Total Carbohydrate	68g	23 %	Dietary Fiber	6g	24 %	Sugars	0g		Protein	8g		Vitamin A	0%	• Vitamin C 35%	Calcium	2%	• Iron 8%	<p>2.</p> <p>Nutrition Facts Serving Size 1/2 cup (65g) Servings Per Container 18</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> <th></th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>150</td> <td>Calories from Fat 90</td> </tr> <tr> <td colspan="3" style="text-align: right;">%Daily Value*</td> </tr> <tr> <td>Total Fat</td> <td>10g</td> <td>15 %</td> </tr> <tr> <td> Saturated Fat</td> <td>6g</td> <td>30 %</td> </tr> <tr> <td> Trans Fat</td> <td>0g</td> <td></td> </tr> <tr> <td>Cholesterol</td> <td>35mg</td> <td>12 %</td> </tr> <tr> <td>Sodium</td> <td>30mg</td> <td>1 %</td> </tr> <tr> <td>Total Carbohydrate</td> <td>14g</td> <td>5 %</td> </tr> <tr> <td> Dietary Fiber</td> <td>0g</td> <td>0 %</td> </tr> <tr> <td> Sugars</td> <td>11g</td> <td></td> </tr> <tr> <td>Protein</td> <td>2g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>8%</td> <td>• Vitamin C 0%</td> </tr> <tr> <td>Calcium</td> <td>6%</td> <td>• Iron 0%</td> </tr> </tbody> </table> <p>* Percent Daily Values are based on a 2,000 calorie diet.</p> <p style="text-align: right;">LOW=5% or less HIGH=20% or more</p>	Amount Per Serving			Calories	150	Calories from Fat 90	%Daily Value*			Total Fat	10g	15 %	Saturated Fat	6g	30 %	Trans Fat	0g		Cholesterol	35mg	12 %	Sodium	30mg	1 %	Total Carbohydrate	14g	5 %	Dietary Fiber	0g	0 %	Sugars	11g		Protein	2g		Vitamin A	8%	• Vitamin C 0%	Calcium	6%	• Iron 0%	<p>3.</p> <p>Nutrition Facts Serving Size 1/4 cup (37g) Servings Per Container 10</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> <th></th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>220</td> <td>Calories from Fat 170</td> </tr> <tr> <td colspan="3" style="text-align: right;">%Daily Value*</td> </tr> <tr> <td>Total Fat</td> <td>18g</td> <td>28 %</td> </tr> <tr> <td> Saturated Fat</td> <td>2.5g</td> <td>13 %</td> </tr> <tr> <td> Trans Fat</td> <td>0g</td> <td></td> </tr> <tr> <td>Cholesterol</td> <td>0mg</td> <td>0 %</td> </tr> <tr> <td>Sodium</td> <td>300mg</td> <td>13 %</td> </tr> <tr> <td>Total Carbohydrate</td> <td>8g</td> <td>3 %</td> </tr> <tr> <td> Dietary Fiber</td> <td>3g</td> <td>12 %</td> </tr> <tr> <td> Sugars</td> <td>2g</td> <td></td> </tr> <tr> <td>Protein</td> <td>9g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>0%</td> <td>• Vitamin C 0%</td> </tr> <tr> <td>Calcium</td> <td>0%</td> <td>• Iron 4%</td> </tr> </tbody> </table> <p>* Percent Daily Values are based on a 2,000 calorie diet.</p> <p style="text-align: right;">LOW=5% or less HIGH=20% or more</p>	Amount Per Serving			Calories	220	Calories from Fat 170	%Daily Value*			Total Fat	18g	28 %	Saturated Fat	2.5g	13 %	Trans Fat	0g		Cholesterol	0mg	0 %	Sodium	300mg	13 %	Total Carbohydrate	8g	3 %	Dietary Fiber	3g	12 %	Sugars	2g		Protein	9g		Vitamin A	0%	• Vitamin C 0%	Calcium	0%	• Iron 4%
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7.

Nutrition Facts		
Serving Size 1/2 cup (61g)		
Servings Per Container 10		
Amount Per Serving		
Calories	280	Calories from Fat 140
%Daily Value*		
Total Fat	15g	23 %
Saturated Fat	3g	14 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	15mg	1 %
Total Carbohydrate	32g	11 %
Dietary Fiber	6g	26 %
Sugars	17g	
Protein	9g	
Vitamin A	0%	Vitamin C 0%
Calcium	4%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

8.

Nutrition Facts		
Serving Size 2/3 cup (89g)		
Servings Per Container 6		
Amount Per Serving		
Calories	40	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	45mg	2 %
Total Carbohydrate	9g	3 %
Dietary Fiber	3g	11 %
Sugars	5g	
Protein	1g	
Vitamin A	460%	Vitamin C 8%
Calcium	2%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

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9.

Nutrition Facts		
Serving Size 1 (198g)		
Servings Per Container 1		
Amount Per Serving		
Calories	380	Calories from Fat 110
%Daily Value*		
Total Fat	12g	18 %
Saturated Fat	4g	20 %
Trans Fat	0g	
Cholesterol	10mg	3 %
Sodium	1100mg	46 %
Total Carbohydrate	55g	18 %
Dietary Fiber	13g	52 %
Sugars	3g	
Protein	13g	
Vitamin A	45%	Vitamin C 0%
Calcium	15%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

10.

Nutrition Facts		
Serving Size 1 (50g)		
Servings Per Container 15		
Amount Per Serving		
Calories	140	Calories from Fat 30
%Daily Value*		
Total Fat	3g	5 %
Saturated Fat	0.5g	3 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	340mg	14 %
Total Carbohydrate	24g	8 %
Dietary Fiber	3g	14 %
Sugars	0g	
Protein	4g	
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 8%

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LOW=5% or less HIGH=20% or more

11.

Nutrition Facts		
Serving Size 1 (71g)		
Servings Per Container 5		
Amount Per Serving		
Calories	200	Calories from Fat 10
%Daily Value*		
Total Fat	1g	2 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	380mg	16 %
Total Carbohydrate	38g	13 %
Dietary Fiber	2g	7 %
Sugars	2g	
Protein	7g	
Vitamin A	0%	Vitamin C 0%
Calcium	6%	Iron 15%

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