

# Healthy and Unhealthy Foods

Choose a food product and fill in all the required information.

Name of the product: \_\_\_\_\_

Serving size: \_\_\_\_\_ (E.g., 1 cup, 2 cookies, etc.)

Calories per serving: \_\_\_\_\_

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c) Trans fat per serving (if any) \_\_\_\_\_

d) Cholesterol per serving \_\_\_\_\_

e) Sodium per serving \_\_\_\_\_

f) Carbohydrates per serving \_\_\_\_\_

g) Dietary fiber per serving \_\_\_\_\_

h) Sugar per serving \_\_\_\_\_

i) Protein per serving \_\_\_\_\_

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## % of Daily Value

What percentage of the daily value for the following nutrients does each serving represent?

a) Total fat: \_\_\_\_\_ %

b) Saturated fat \_\_\_\_\_ %

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

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Do  
If y

Vitamin \_\_\_\_\_ – \_\_\_\_\_ %

Vitamin \_\_\_\_\_ – \_\_\_\_\_ %

Vitamin \_\_\_\_\_ – \_\_\_\_\_ %

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## 5 Allergen Information:

Is there any information about common allergens like peanuts, tree nuts, milk, soy, wheat, eggs, or fish? If so, write it.

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