

Food Labels

Potato Chips

Nutrition Facts			
Serving Size 1 oz. (28g/About 17 chips)			
Servings Per Container 14			
Amount Per Serving			
Calories 160	Calories from Fat 90		
% Daily Value*			
Total Fat 10g	16%		
Saturated Fat 2g	15%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 180mg	8%		
Total Carbohydrate 14g	5%		
Dietary Fiber 1g	5%		
Sugars 0g			
Protein 2g			
Vitamin A 0%	Vitamin C 10%		
Calcium 0%	Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet. 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		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrates 4	Protein 4	

Pretzels

Nutrition Facts			
Serving Size 1 oz. (28g/about 48 pretzels)			
Servings Per Container 10			
Amount Per Serving			
Calories 110	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 530mg	22%		
Total Carbohydrate 23g	8%		
Dietary Fiber 1g	3%		
Sugars 1g			
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 8%		
* Percent Daily Values are based on a 2,000 calorie diet. 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		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrates 4	Protein 4	

Tortilla Chips

Nutrition Facts			
Serving Size 1 oz. (28g/About 6 chips)			
Servings Per Container 9			
Amount Per Serving			
Calories 130	Calories from Fat 50		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 1g	9%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 80mg	3%		
Total Carbohydrate 19g	6%		
Dietary Fiber 1g	5%		
Sugars 0g			
Protein 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 4%	Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet. 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		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrates 4	Protein 4	

Snack Mix

Nutrition Facts			
Serving Size ¼ cup (32g)			
Servings Per Container 6			
Amount Per Serving			
Calories 170	Calories from Fat 90		
% Daily Value*			
Total Fat 11g	17%		
Saturated Fat 3g	15%		
Trans Fat 0g			
Polyunsaturated Fat 4g			
Monosaturated Fat 4g			
Cholesterol 0mg	0%		
Sodium 80mg	5%		
Potassium 115mg	3%		
Total Carbohydrate 14g	5%		
Dietary Fiber 2g	6%		
Sugars 8g			
Protein 4g			
Vitamin A 0%	Vitamin C 2%		
Calcium 2%	Iron 4%		

Personal Plate

Activity C

Chapter 4

Name _____

Date _____ Period _____

For each section of the MyPlate graphic below, write in the name of the food group represented. Based on a 2,000-calorie diet, write in the recommended daily amounts for each of the five food groups. Then, list three of your favorite foods from each.

Name: _____

Amount: _____

Favorites:

1. _____

2. _____

3. _____

Name: _____

Amount: _____

Favorites:

1. _____

2. _____

3. _____



Name: _____

Amount: _____

Favorites:

1. _____

2. _____

3. _____

Name: _____

Amount: _____

Favorites:

1. _____

2. _____

3. _____

Name: _____

Amount: _____

Favorites:

1. _____

2. _____

3. _____