Name	

Food Labels

Potato Chips

		***************************************	-
Nutri Serving Si	ze 1 oz. (2	8g/About	
Servings P	er Contair	1er 14	
Amount Pe	er Serving		
Calories 1	60 Ca	lories fro	m Fat 90
***************************************		% Da	ly Value*
Total Fat	10g	***************************************	16%
Saturat	ed Fat 2g		15%
Trans F	at 0g		-
Cholester	ol 0mg	L'arram montres de la constant	0%
Sodium 1	80mg		8%
Total Carb	ohydrate	14g	5%
Dietary	Fiber 1g		5%
Sugars	0g		Marie Service Constitution of the Constitution
Protein 2g			
	%	Vitan	nin C 10%
-	%		Iron 0%
* Percent Dail calorie diet.' or lower dep	Your daily va	lues may b	e higher
Total Fat Sat Fat Cholesterol Sodium Total Carbohy Dietary Fibe		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per g	ram: Carbohydrate	as 4	Protein 4

Tortilla Chips

Nutrition Facts Serving Size 1 oz. (28g/About 6 chips) Servings Per Container 9 Amount Per Serving Calories from Fat 50 Calories 130 % Daily Value* Total Fat 6g 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% 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 ≥,000 Less than 65g 80g Less than 20g 25g Less than 300mg 300mg Less than 2,400mg 2,400mg Zeg 300g 375g 300g 30g 30g Total Fat Less Sat Fat Less Cholesterol Less Sodium Less Total Carbohydrate Dietary Fiber Calories per gram: Carbohydrates 4 Protein 4

Pretzels

Nutri	tion	Fact	ts	
Serving Size Servings Pe	e 1 oz. (28 r Containe	g/about 4 er 10	8 pret	zeis)
Amount Pe	r Serving	1		
Calories 11	10 Ca	lories fro	m Fa	t 0
		% Dai	ly Va	ue*
Total Fat 0	g			0%
Saturate	d Fat 0g			0%
Trans Fa	at 0g			-
Cholestero	ol 0mg	-	-	0%
Sodium 53			2	2%
Total Carb	ohydrate	23g		8%
Dietary				3%
Sugars	1g			
Protein 3g				
Vitamin A 0%	6	Vitan	nin C	0%
Calcium 09	6		Iron	8%
* Percent Daily calorie diet. Y or lower depe	our daily va	lues may b	e high	er
	Calories	2,000	2,50	0
Total Fat Sat Fat Cholesterol Sodium Total Carbohyd Dietary Fibe		65g 20g 300mg 2,400mg 300g 25g	80 300 2,400 375 30	ig Omg Omg Img
Calories per gr		····	Protei	

Snack Mix

Nutritic Serving Size ¼ Servings Per Co	cup (32g)	cts
Amount Per Se	rvina	
Calories 170	Calories f	rom Fat 9
	% D	aily Value
Total Fat 11g		17%
Saturated Fa	at 3g	15%
Trans Fat	0g	
Polyunsatur	ated Fat 4	g
Monosatura	ted Fat 4g	***************************************
Cholesterol On	ng	0%
Sodium 80mg		5%
Potassiuum 1	15mg	3%
Total Carbohyo	drate 14g	5%
Dietary Fibe	r 2g	6%
Sugars 8g		***************************************
Protein 4g		THE PROPERTY OF THE PARTY OF TH
Vitamin A 0%	Vita	amin C 2%
Calcium 2%		fron 4%

Personal Plate

Activity C	Name	
Chapter 4	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:	The same and the s	Name:	
Amour	nt:	Amount:	The state of the s
Favorit	es:	Favorites:	
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2		2	
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	\rightarrow		
			Name:
	HIL WAR		Amount:
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Favorites:	CHOOSE	yPlate .gov	1
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