FOOD LABEL ANALYSIS

Use the label you selected to answer the following.

Name of product:

Nutritional claims:

Serving size:

Servings per container:

Calories per serving:

Calories per container:

Identify the total grams of fat per serving. Calculate the number of calories from fat (grams of fat per serving multiplied by 9 calories per gram). Calories from fat:

Identify the total grams of carbohydrate per serving. Calculate the number of calories from carbohydrate (grams of carbohydrates per serving multiplied by 4 calories per gram). Calories from carbohydrate:

Identify the total grams of protein per serving. Calculate the number of calories from protein (grams of protein per serving multiplied by 4 calories per gram). Calories from protein:

Where do the majority of your calories come from:

What other nutrients are present:

What is your food a good source of, 10% DV:

What are the three main ingredients in this product: