**Food Labels Table**

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| --- | --- | --- |
|  | **Food A** | **Food B** |
| Name of food item (include brand & full name) |  |  |
| Health claim on package (if any) |  |  |
| First ingredient, i.e. the item in greatest proportion by weight |  |  |
| Second ingredient, i.e. the item in the second greatest proportion by weight |  |  |
| Serving size for the item  \*Be specific, e.g. what is the measured amount, number of ounces, etc. |  |  |
| Is this realistic? Why or why not? |  |  |
| Percent of calories from fat =  # of calories from fat  total # of calories in food item  \*Note that each gram of fat contains 9 calories. Make sure to show your work! |  |  |
| Percent of calories from saturated fat |  |  |
| Is this a high fat food? Why or why not?  \*Note that the USDA recommends that 20-35% of the calories in your diet come from lipids & <10% come from saturated fats. |  |  |
| Number of mg of cholesterol, if any |  |  |
| % of calories from protein = # of calories from protein  total # of calories in food item  \*Note that each gram of protein contains 4 calories. Make sure to show your work! |  |  |
| Is this a good source of protein? Why or why not?  \*Note that the USDA recommends that 10-35% of the calories in your diet come from protein and that you consume 0.8 grams of protein per kilogram of body weight. |  |  |
| % of calories from carbohydrates = # of calories from carbs  total # of calories in food item  \*Note that each gram of carbs contains 4 calories. Make sure to show your work! |  |  |
| Does this food contain primarily simple carbohydrates or complex carbohydrates? |  |  |
| Does the food item contain vitamins and minerals? If so, which ones and how much of each? |  |  |
| Based on the nutritional content for each food item and nutritional recommendations, which food item do you think is healthier? Why? |  |  |

**Reflection Questions:**

1. What information do food labels provide? Why is this information important?
2. What was your hypothesis? Why did you base your hypothesis on? Note that it is fine if your hypothesis was not supported by the data.
3. Did your findings support your hypothesis? If not, speculate on what happened.
4. What makes a food healthy?