

Name :

Date :

PRODUCT INGREDIENTS LABEL ANALYSIS WORKSHEETS

Review the provided nutrition label, answer the short-answer questions based on its information, and provide a detailed response for the essay question, considering the nutritional information and its implications for a balanced diet.

Nutrition Facts

about 11 servings per container
Serving size 3 cookies (34g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 6%

Total Carbohydrate 25g 9%

Dietary Fiber less than 1g 2%

Total Sugars 14g

Includes 13g Added Sugars 26%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.4mg 8%

Potassium 50mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. How many calories are in one serving (3 cookies)?

2. What is the total fat content per serving, and what percentage of the daily value does it represent?

3. How much added sugar is in one serving of this product?

4. What is the sodium content per serving, and how does it compare to the daily value?

5. Which nutrients in this product contribute 0% of the daily value?

Evaluate the product's nutritional value and discuss its suitability for a balanced diet.

- Consider calories, sugar, fat, and any missing nutrients.
- Give examples of how to include this product in a balanced diet or why it might need limiting.
