

Name: \_\_\_\_\_

## Nutrition Facts Comprehension Quiz

**Directions:** Compare the nutritional value of the four items & respond to the questions.

### Item A - Vegetable Chips

Nutrition Facts	
Serving Size 1 oz (28g/about 14 chips)	
Servings Per Container about 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 150	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9 g	<b>14%</b>
Saturated Fat 1 g	5%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 150 mg	6%
<b>Total Carbohydrate</b> 16 g	5%
Dietary Fiber 3 g	12%
Sugars 3 g	
<b>Protein</b> 1 g	
Vitamin A 8%	Vitamin C 8%
Calcium 2%	Iron 2%

### Item B - Rice Cakes

Nutrition Facts	
Serving Size 18 Mini Cakes (30g)	
Servings Per Container about 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5 g	<b>8%</b>
Saturated Fat 0.5 g	4%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 410 mg	17%
<b>Total Carbohydrate</b> 21 g	7%
Dietary Fiber 1 g	4%
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

### Item C - Fruit & Nut Trail Mix

Nutrition Facts	
Serving Size 1/3 cup (44g)	
Servings Per Container about 21	
<b>Amount Per Serving</b>	
<b>Calories</b> 170	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5 g	<b>7%</b>
Saturated Fat 2 g	11%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 30 mg	1%
<b>Total Carbohydrate</b> 31 g	10%
Dietary Fiber 2 g	8%
Sugars 22 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

### Item D - Pretzel Twists

Nutrition Facts	
Serving Size 1 oz. (About 8 pretzels)	
Servings Per Container about 10	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	0%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 230 mg	10%
<b>Total Carbohydrate</b> 23 g	8%
Dietary Fiber 1 g	4%
Sugars 3 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

