

Answer the following questions using the Food Label below:

Assume you had 2 pastries

Nutrition Facts

Serving Size 1 Pastry (50g)
Servings Per Container 8

Amount Per Serving

Calories 210 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 34g **11%**

Dietary Fiber less than 1g **2%**

Sugars 14g

Protein 2g

Vitamin A 10% • Vitamin C 0% • Calcium 0%

Iron 10% • Thiamin 10% • Riboflavin 10%

Niacin 10% • Vitamin B₆ 10% • Folic Acid 10%

* 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	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), VEGETABLE OIL (SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL† WITH TBHQ AND CITRIC ACID FOR FRESHNESS), HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR, CORN SYRUP, DEXTROSE, SUGAR, CORN SYRUP SOLIDS, CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF SALT, CARAMEL COLOR, CORNSTARCH, WHEAT STARCH, NATURAL AND ARTIFICIAL FLAVORS, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, GELATIN, MODIFIED CORN STARCH, SOY LECITHIN, YELLOW #5 LAKE, POTATO STARCH, NIACINAMIDE, REDUCED IRON, YEAST, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), FOLIC ACID.

† LESS THAN 0.5g TRANS FAT PER SERVING.

CONTAINS WHEAT AND SOY INGREDIENTS.

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1. How many calories have you eaten? _____

2. What percent of those calories were from fat? _____

3. What ingredients ere the three most dominant, in order?

A. _____ B. _____

C. _____

4. In your opinion, is this a healthy breakfast? Why or why not? _____

5. EXTRA CREDIT 5 PTS. What Food is this?

Exactly. _____