

### Nutrition Quiz 3

Nutrition Facts	
Serving size: 2 Tbsp (32g)	
Servings: About 24	
Amount per serving	
<b>Calories</b> 190	<b>Fat Cal</b> 140
	<b>% DV*</b>
<b>Total Fat</b> 17g	26%
Sat. Fat 3.5g	18%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	6%
<b>Total Carb.</b> 7g	2%
Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 5%	Iron 2%
Niacin 20%	Vitamin E 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



1. This food has a lot of \_\_\_\_\_.

- A. Carbohydrates
- B. Sugar
- C. Fat

Nutrition Facts	
Serving size: 8 fl. oz (240mL)	
Servings per container 8	
Amount per serving	
<b>Calories</b> 140	<b>Cal from Fat</b> 0
	<b>% DV*</b>
<b>Total Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 35mg	1%
<b>Potassium</b> 180mg	5%
<b>Total Carb.</b> 34g	11%
Fiber 0g	
Sugars 30g	
<b>Protein</b> 0g	
Vitamin A 0%	Iron 0%
Vitamin C 130%	Calcium 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



2. This food has a lot of \_\_\_\_\_.

- A. Protein
- B. Sugar
- C. Fat

Nutrition Facts	
Serving size: 3 oz (84g)	
Servings per container 2.5	
Amount per serving	
<b>Calories</b> 100	<b>Cal from Fat</b> 25
	<b>% DV*</b>
<b>Total Fat</b> 3g	5%
Sat. Fat 1g	6%
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 1190 mg	50%
<b>Total Carb.</b> 4g	1%
Fiber 0g	28%
Sugars 3g	
<b>Protein</b> 14g	
Not a significant source of vitamin A, vitamin C or calcium	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



3. This food has a lot of \_\_\_\_\_.

- A. Fat
- B. Carbohydrates
- C. Protein

### Nutrition Quiz 3

Nutrition Facts	
Serving size: 1 oz (28g) About 22 chips	
Servings per Container 9	
Amount per serving	
Calories 150	Fat Cal 10
	% DV*
<b>Total Fat</b> 8g	12%
Sat. Fat 2g	10%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	5%
<b>Total Carb.</b> 18g	6%
Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



4. This food has a lot of \_\_\_\_\_.

- A. Protein
- B. Carbohydrates
- C. Sugar

Nutrition Facts	
Serving size: 1/2 cup (130g)	
Servings: About 3.5	
Amount per serving	
Calories 150	Fat Cal 10
	% DV*
<b>Total Fat</b> 1g	2%
Sat. Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 550 mg	23%
<b>Total Carb.</b> 29g	10%
Fiber 7g	28%
Sugars 5g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



5. This food has a lot of \_\_\_\_\_.

- A. Fat
- B. Sugar
- C. Carbohydrates

Nutrition Facts	
Serving size: 2 crackers (15g)	
Servings: About 15	
Amount per serving	
Calories 60	Fat Cal 0
	% DV*
<b>Total Fat</b> 0g	0%
Sat. Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 75mg	3%
<b>Total Carb.</b> 13g	4%
Fiber 4g	15%
Sugars 0g	
Other carb. 8gm	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



6. This food doesn't have any \_\_\_\_\_.

- A. Protein
- B. Sugar
- C. Carobohdrates

### Nutrition Quiz 3

Nutrition Facts	
Serving size: 8 fl. oz (240mL)	
Servings per container 8	
Amount per serving	
Calories 140	Cal from Fat 0
	<b>% DV*</b>
<b>Total Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 35mg	1%
<b>Potassium</b> 180mg	5%
<b>Total Carb.</b> 34g	11%
Fiber 0g	
Sugars 30g	
<b>Protein</b> 0g	
Vitamin A 0%	Iron 0%
Vitamin C 130%	Calcium 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



7. This food doesn't have any \_\_\_\_\_.

- A. Carohydrates
- B. Sugar
- C. Protein

Nutrition Facts	
Serving size: 8 fl. oz (240mL)	
Servings per container 6	
Amount per serving	
Calories 50	Cal from Fat 0
	<b>% DV*</b>
<b>Total Fat</b> 0g	0%
Sat. Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 460mg	19%
<b>Potassium</b> 720mg	21%
<b>Total Carb.</b> 10g	3%
Fiber 2g	8%
Sugars 8g	
<b>Protein</b> 2g	
Vitamin A 100%	Iron 2%
Vitamin C 100%	Calcium 2%
Vitamin E 100%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



8. This food doesn't have any \_\_\_\_\_.

- A. Protein
- B. Sugar
- C. Fat

Nutrition Facts	
Serving size: 1 oz (28g)	
About 22 chips	
Servings per Container 9	
Amount per serving	
Calories 150	Fat Cal 10
	<b>% DV*</b>
<b>Total Fat</b> 8g	12%
Sat. Fat 2g	10%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	5%
<b>Total Carb.</b> 18g	6%
Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



9. This food doesn't have any \_\_\_\_\_.

- A. Protein
- B. Sugar
- C. Fat

### Nutrition Quiz 3

Nutrition Facts	
Serving size: 1oz (28g) 1slice	
Servings per container 8	
Amount per serving	
Calories 110	Fat Cal 80
	% DV*
<b>Total Fat</b> 9g	14%
Sat. Fat 6g	30%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 180 mg	8%
<b>Total Carb.</b> 0g	0%
Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	



10. This food doesn't have any \_\_\_\_\_.

- A. Sugar
- B. Carbohydrates
- C. Fat