Rice Cups

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Nutrition Facts

2 servings per container
Serving size 1 Cup (125g)

Calories per serving 230

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3g	4%	**Total Carbohydrate** 44g	16%
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 650mg	28%	**Protein** 5g	

Vitamin D 0mcg 0% • Calcium 42mg 4% • Iron 1mg 6%
Potassium 134mg 2%

*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.

INGREDIENTS: WATER, PARBOILED RICE, SEASONING (MALTODEXTRIN, CHICKEN BROTH, DEHYDRATED VEGETABLES [CARROT, ONION, GARLIC], YEAST EXTRACT [INCLUDING SALT], SUGAR, CHICKEN FAT, PARSLEY, NATURAL FLAVORS, TURMERIC), SUNFLOWER OIL, SEA SALT, SUNFLOWER LECITHIN (EMULSIFIER).

Nutrition Facts

about 11 servings per container
Serving size 4 pieces (16g)

Amount per serving

Calories 35

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohols 15g	
Protein 0g	

Vitamin D 0mcg	0%	Calcium 0mg	0%
Iron 0mg	0%	Potassium 0mg	0%

*The % Daily Value 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.

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Jolly Ranchers

CLASS SET
DO NOT KEEP THIS

Directions:

   A. Copy the product information from the Nutrition Facts label into the sample labels below
      for both foods. The information should be based only on each item and NOT on additional
      items...for example do not include milk added to cereal but just the cereal by itself.
   B. Refer to the information in the labels below and answer the questions:

Food #1_____   Food #2_____

Nutrition Facts	Nutrition Facts
Serving Size	Serving Size
Servings Per Container	Servings Per Container
Amount Per Serving	Amount Per Serving
Calories Calories from Fat	Calories Calories from Fat
% Daily Value*	% Daily Value*
Total Fat g %	Total Fat g %
Saturated Fat g %	Saturated Fat g %
Trans Fat g	Trans Fat g
Cholesterol mg %	Cholesterol mg %
Sodium mg %	Sodium mg %
Total Carbohydrates g %	Total Carbohydrates g %
Dietary Fiber g %	Dietary Fiber g %
Sugars g	Sugars g
Protein g	Protein g
Vitamin A % • Vitamin C %	Vitamin A % • Vitamin C %
Calcium % • Iron %	Calcium % • Iron %
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Questions:

   1. Complete the following table:

	Food #1	Food #2
Name of Food		
Total Calories in entire product (# servings X calories per serving)	calories	calories
Calories from Fat per serving (# grams fat X 9 calories)	calories	calories
Calories from Carbohydrates per serving (# grams carbohydrates X 4 calories)	calories	calories
Calories from Protein per serving (# grams proteins X 4 calories)	calories	calories
Calculated Calories per serving (add together the calories from fat, carbohydrates, and proteins per serving) *Hint: add the 3 #'s you just calculated	calories	calories
Calories per serving from the Nutrition Facts food label	calories	calories

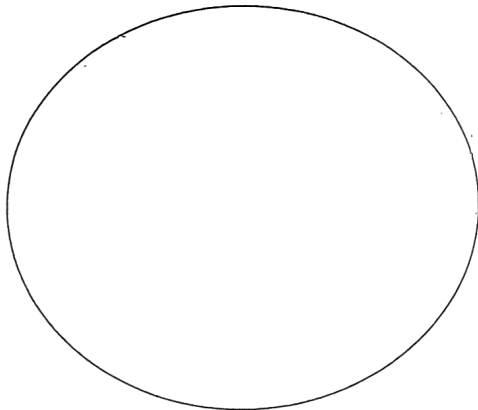   2. Which food contained more calories per serving?

3. SHOW WORK and Calculate the percent of calories per serving from fat, carbs, and proteins for FOOD #1:

a. $\dfrac{\text{calories from FAT per serving}}{\text{total calculated calories per serving}}$ X 100 = _____ %

b. $\dfrac{\text{calories from CARBS. per serving}}{\text{total calculated calories per serving}}$ X 100 = _____ %

c. $\dfrac{\text{calories from PROTEIN per serving}}{\text{total calculated calories per serving}}$ X 100 = _____ %

d. Create a circle graph showing the % calories per serving for FOOD #1.
   i. Give the graph a title
   ii. Label the parts with the % calories per serving from carbohydrates, proteins, and fats
   iii. Include the percentages
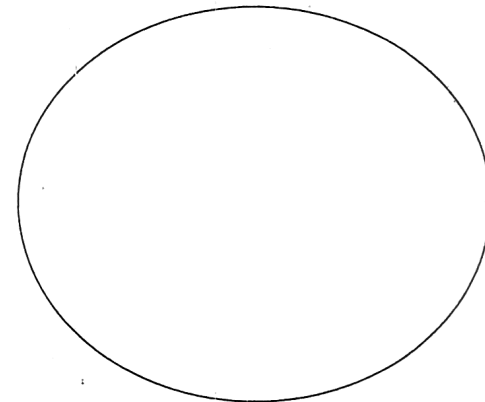   iv. Label & color carbs – green, protein – yellow, and fat - orange

4. SHOW WORK and Calculate the percent of calories per serving from fat, carbs, and proteins for FOOD #2:

a. $\dfrac{\text{calories from FAT per serving}}{\text{total calculated calories per serving}}$ X 100 = _____ %

b. $\dfrac{\text{calories from CARBS. per serving}}{\text{total calculated calories per serving}}$ X 100 = _____ %

c. $\dfrac{\text{calories from PROTEIN per serving}}{\text{total calculated calories per serving}}$ X 100 = _____ %

a. Create a circle graph showing the % calories per serving for FOOD #2.
   i. Give the graph a title
   ii. Label the parts with the % calories per serving from carbohydrates, proteins, and fats
   iii. Include the percentages
   iv. Label & color carbs – green, protein – yellow, and fat - orange

Bonus: Identify the food that contained more sugar and then mass the EXACT amount of sugar per serving in the plastic container on the triple beam balance & show teacher to receive extra points.