**Food Label Analysis**

Name of Product:

Manufacturer:

List the first three ingredients: 1.

2.

3.

Based on those ingredients, what are you feelings toward the product?

What is the serving size? \_\_\_\_\_\_\_\_\_\_

Is this a realistic serving, why or why not?

How much sodium is in your product? \_\_\_\_\_\_\_\_\_\_\_\_\_

Macronutrient Content: (show calculations)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Energy source | Grams | Calories from the food source | % of total calories coming from each source | % or your daily caloric intake |
| Carbohydrates |  | \_\_\_g x 4 cals/g = |  |  |
| Protein |  | \_\_\_g x 4 cals/g = |  |  |
| Fat |  | \_\_\_g x 9 cals/g = |  |  |

What are your feelings about the product now that you know a little more about it?