Directions: Please use your personal label you brought in today to answer the questions. When finished with this activity save it to your OneDrive.

Section A: 1.) How many calories in one serving of your food?

1. What is the Main ingredient in this product? **SUGAR**
2. How many Calories from fat are in one serving? **60**

3.)How many calories would there be if you consumed three servings of your product? **160x3=480 calories**

4.)According to the label, what calorie diet are the %  
daily values based on? **2,000 calories**

5.) How many servings would you normally consume of this product? **Personal answer**

1. How does the amount of sodium compare to your RDA (recommended daily allowance)? (1500 mg) **Sodium is moderate to high depending on serving size**
2. How does the amount of sugar compare to your RDA? (25-27g or up to 9 tbs.) **Way too high for any serving!**
3. How does the amount of fat compare to your RDA? (RDA fat 50-80g depending on gender) **Low.**