

Lookin' At Labels

Unsweetened Pineapple	
Nutrition Facts	
Serving Size ½ cup	
Servings Per Container 4	
Amount Per Container	
Calories 70 Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium (salt) 10mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 0g	
Vitamin A	0%
Vitamin C	20%
Calcium	0%
Iron	2%
*Based on a 2,000 calorie diet	

Snack Mix	
Nutrition Facts	
Serving Size ½ cup	
Servings Per Container 9	
Amount Per Container	
Calories 180 Calories from Fat 90	
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium (salt) 380mg	16%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%
*Based on a 2,000 calorie diet	

1. Which food is higher in Vitamin C?
2. Which food is higher in iron?
3. Which food is higher in sodium?
4. Which food I higher in total fat?
5. Which food is higher in total sugars?
6. Do you think the sugar in the pineapple is natural or processed? Why?
7. Which food is healthier? Why?
