Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Nutrition Label Analysis**

1. How many pieces are in a serving size?
2. How many calories per serving?
3. How much fat per serving?
4. How much sugar per serving?
5. How much sodium (salt)?
6. How much protein?
7. What is the top ingredient in your product?
8. Are there any vitamins or other important nutrients in your product?

1. Based on the nutrition facts, do you think this is a healthy food or a not so healthy food? EXPLAIN and GIVE EVIDENCE