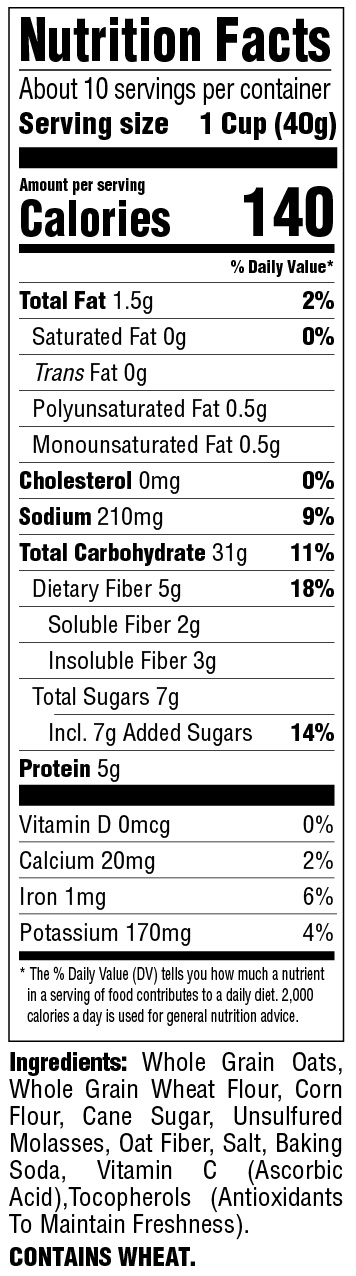
**Reading Nutrition Labels**

Reading nutrition labels can help us find out what is in our food and how healthy our food is.



Your body needs **calories** for energy. But eating too many**calories** and not burning enough of them off through activity can lead to weight gain.

Sugar

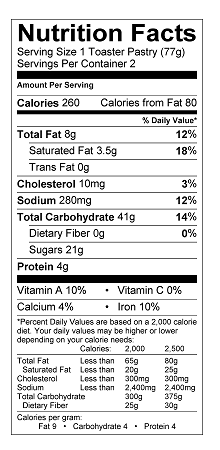
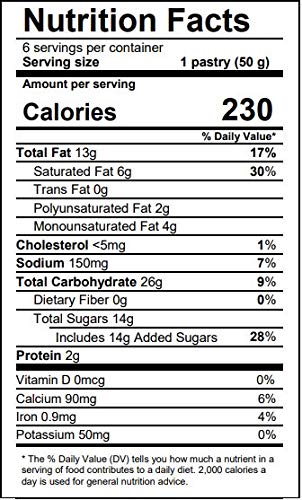
Ingredients

Directions: Circle ‘**Total Sugars’** on each food label. In the blank below, write which food item contains the ***most*** total sugar.

Pop Tart

Honey Bun

Wheat Thins



The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has the most **Total Sugars.**

Directions: Circle ‘**Calories’** on the nutrition label. Then fill in the blanks.

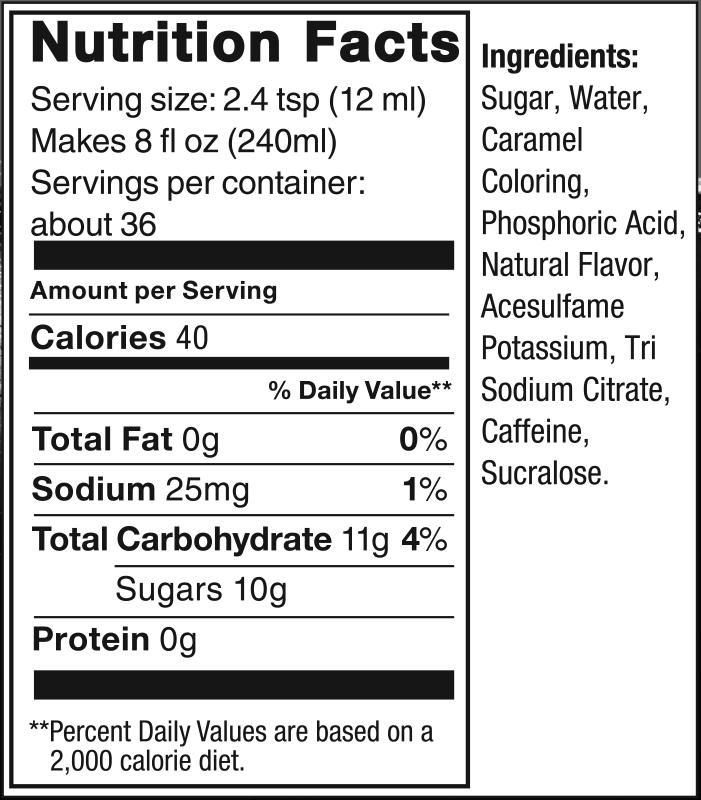


Your body needs **calories** for\_\_\_\_\_\_\_\_\_. But eating too

many\_\_\_\_\_\_\_\_\_\_ and not burning enough of them off

through \_\_\_\_\_\_\_\_\_\_\_can lead to weight gain.

Directions: Circle the **Ingredients** on the Nutrition Labels. Find the food item that contains ***wheat****.*



Ritz Crackers

Coca Cola

Pop Tarts