

# Nutrition Facts Comprehension Quiz

**Directions:** Compare the nutritional value of the four items & respond to the questions.

## Item A - Vegetable Chips

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g/about 14 chips)	
Servings Per Container about 8	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9 g	<b>14%</b>
Saturated Fat 1 g	5%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 150 mg	6%
<b>Total Carbohydrate</b> 16 g	5%
Dietary Fiber 3 g	12%
Sugars 3 g	
<b>Protein</b> 1 g	
Vitamin A 8%	Vitamin C 8%
Calcium 2%	Iron 2%

## Item B - Rice Cakes

<b>Nutrition Facts</b>	
Serving Size 18 Mini Cakes (30g)	
Servings Per Container about 6	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5 g	<b>8%</b>
Saturated Fat 0.5 g	4%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 410 mg	17%
<b>Total Carbohydrate</b> 21 g	7%
Dietary Fiber 1 g	4%
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

## Item C - Fruit & Nut Trail Mix

<b>Nutrition Facts</b>	
Serving Size 1/3 cup (44g)	
Servings Per Container about 21	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5 g	<b>7%</b>
Saturated Fat 2 g	11%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 30 mg	1%
<b>Total Carbohydrate</b> 31 g	10%
Dietary Fiber 2 g	8%
Sugars 22 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

## Item D - Pretzel Twists

<b>Nutrition Facts</b>	
Serving Size 1 oz. (About 8 pretzels)	
Servings Per Container about 10	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	0%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 230 mg	10%
<b>Total Carbohydrate</b> 23 g	8%
Dietary Fiber 1 g	4%
Sugars 3 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

1. Which item has the **most** sugars per serving?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
2. Which item has the **fewest** calories per serving?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
3. Which item has the **most** total fat per serving?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
4. Which item contains the **most** iron?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
5. Which item contains the **least** iron?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
6. Which item has the **most** saturated fat per serving?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
7. Which item has the **most** sodium per serving?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
8. Which item has the **most** Vitamin C per serving?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
9. Which item has the **most** fiber per serving?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
10. Which item has the greatest amount of Calories from Fat per serving?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
11. How many grams of carbohydrates are in a serving of item C, the Fruit & Nut Trail Mix?  
a. 30                      b. 23                      c. 3                        d. 31
12. How many calories from fat are in a serving of item B, the Rice Cakes?  
a. 140                    b. 80                      c. 40                      d. 45
13. What *percent* of the recommended daily allowance of total fat is in a serving of item B, Rice Cakes?  
a. 5                        b. 8                        c. 0.5                      d. 4
14. Which item contains 230 mg of sodium in each serving?  
a. Vegetable Chips      b. Rice Cakes      c. Fruit & Nut Trail Mix      d. Pretzel Twists
15. How many grams of carbohydrates make up 7% of the recommended daily allowance?  
a. 16                      b. 7                        c. 21                        d. 31