

Nutrition Label Activity

1. Circle the snack with less calories
2. Circle the snack with more Vitamin C
3. Circle the snack with less sugar



**Fruit Juice
Popsicle**

Nutrition Facts	
Serving Size 1 bar (66ml)	
Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

Nutrition Facts	
Serving Size 1/2 Cup (65g)	
Servings Per Container 18	
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 30mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 6%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

Ice Cream