**NEAT**

**Nutrition Labels Review Sheet**

1. Which of the following is NOT recommended to be decreased in the diet?
   1. Saturated fat
   2. Sugar
   3. Fiber
   4. Sodium
2. A bag of chips has 2.5 servings. One serving of chips is 100 calories. If you ate the whole bag, how many calories would you consume?
   1. 100
   2. 125
   3. 200
   4. 250
3. T/F: Although the percent daily values are based on a 2,000 calorie diet, some people may need more or less calories.
4. When reading a food label, the food item should have \_\_\_\_grams of trans fats per serving.
5. What is the percent daily value?

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Answers: 1. C 2. D 3. True 4. Zero 5. The percent daily value is the daily recommended amounts of nutrients found in one serving of a food product.