

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_  
 Nutrition Calculations & Analysis Wk #: \_\_\_\_\_

Diet plays a huge role in overall health. Unfortunately, the typical American teenager has a diet that does not provide the proper nutrients to sustain a healthy body. One way to monitor diet is to analyze food labels. Food labels are required by the FDA to ensure that consumers are aware of food content. In this activity, you will analyze food labels and guidelines to determine the nutritional value of different meals.

1. Locate the Option 1 menu. Use a calculator to determine the total number of calories, sodium, saturated fat, cholesterol, sugar, fiber, and protein found in the entire menu. Record in the **Total** column. Repeat this for the remaining 3 menus.
2. To calculate the % Difference, divide the total by the daily recommended value for each component, then multiply by 100. Take this number and subtract 100. Record in the **% Difference** column.

Component	Daily Recommended Value	Option							
		1		2		3		4	
		Total	% Difference	Total	% Difference	Total	% Difference	Total	% Difference
Calories	2,000								
Sodium	2000 mg								
Saturated Fat	20 g								
Cholesterol	200 mg								
Sugar	40 g								
Fiber	30 g								
Protein	50 g								

Figure 1

Component	Description
Calories	excess calories in your diet increases your risk for being overweight and obese
Sodium	excess sodium increases your risk of high blood pressure, kidney disease, and osteoporosis
Saturated Fat	excess saturated fats increases your risk of high cholesterol, heart disease, and stroke
Cholesterol	excess bad cholesterol, LDL, can clog arteries and increase your risk of heart disease
Sugar	excess sugar result in becoming overweight, obese, and increases chance of diabetes
Fiber	not enough fiber results in weight gain and digestive ailments
Protein	not enough protein can result in weakening muscles and reduced growth

Figure 2