

READ IT BEFORE YOU EAT IT!



Answer the following questions based on the snack package you received.



Per Serving . . .

What is the serving size on your food package?	
How much total fat is listed on your snack food label?	
Circle the types of fat that are found in the food.	Saturated Trans Polyunsaturated Monounsaturated
Is this food highest in healthy fats or unhealthy fats?	
According to the 5 and 20 Rule is this food high or low in fat?	High Moderate Low
How much sodium is in the food?	
According to the 5 and 20 Rule is this high or low in sodium?	High Moderate Low
Is sugar one of the first ingredients on the ingredient list?	
Would you consider this food to be a healthy snack?	

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Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

Provided by LSU AgCenter Community Nutrition Programs
This institution is an equal opportunity provider. This material was funded partially by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out how to apply, call 1-888-1LAHELPU or visit www.dss.state.la.us to download an application for SNAP.