

## Conclusion

1. Why do you think nutritional information is listed per serving and not per package? What are the pros and cons to this method?
2. Based on your analysis of the food labels from the four foods, would you change your opinion of which foods you considered to be healthy (Step 4)? Explain your answer.
3. Describe at least one reason for limiting each of the following in a well-balanced diet - saturated fat, cholesterol, and sodium.
4. Choose one food label and calculate the grams of fat consumed if you ate the entire package. What percentage of your daily value of fat would be used at this meal? Show your work.

