



Choosing Smart: Choosing Healthy

Name: _____

Date: _____

Word Bank:

nutrition label

serving size

number of servings

total fat

%DV

saturated fat

trans fat

sodium

fiber

sugar

go food

partially hydrogenated

slow food

salt

healthy snack

Instructions: Write an essay of at least 6 sentences. Use the information that you have learned about reading nutrition labels and choosing go food snacks. Select one or two words from the word bank at the top of the page to include in each of your sentences.