

Nutrient Dense or "Empty" Calories?

Directions: Write the nutrition facts for the 2 other foods you have using the Nutrition Facts label on the package. THEN answer the 3 questions below on the back of this sheet in "statement form".

Nutrition Facts	
Serving Size 1 apple (8 oz/212g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 29.28g	4%
Dietary Fiber 5.1g	
Sugars 22g	
Protein 0g	0%
Vitamin A 10%	Vitamin C 6%
Calcium 1%	Iron 2% • Vitamin D 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat (g)	%
Saturated Fat(g)	%
Trans Fat(g)	
Cholesterol (mg)	%
Sodium (mg)	%
Total Carbohydrate (g)	%
Dietary Fiber (g)	
Sugars (g)	
Protein (g)	%
Vitamin A %	Vitamin C %
Calcium %	Iron % • Vitamin D %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat (g)	%
Saturated Fat(g)	%
Trans Fat(g)	
Cholesterol (mg)	%
Sodium (mg)	%
Total Carbohydrate (g)	%
Dietary Fiber (g)	
Sugars (g)	
Protein (g)	%
Vitamin A %	Vitamin C %
Calcium %	Iron % • Vitamin D %
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1. Which item is the best example of a nutrient dense food? Why? (give 3 pieces of evidence to support your answer)
2. Which item is the worst example of a nutrient dense food (or an "empty" calorie food)? Why? (give 3 pieces of evidence to support your answer)
3. How can you still enjoy the "empty" calorie item in a healthy eating plan?