SMASH YOUR FOOD!

Test your nutritional savvy by seeing how well you know how much sugar, salt and fat is in the foods you consume. Go to http://www.foodnme.com/smash-your-food/ and literally, smash your foods to find out the sugar, sodium and fat contents.

1. PIZZA	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

2. HAMBURGER	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

3. FRIES	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

4. DOUGHNUTS	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

5. POTATO CHIPS	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

6. MILKSHAKE	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

7. SUGAR CEREAL	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

8. SODA	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

9. CUP of NOODLES	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

10. MUFFIN	Your Estimates of Amounts	Recommended Amounts	Actual Amounts
SUGAR			
SALT			
FAT			

Which food results surprised you the MOST? Why?

Answer the following questions:

1. How easy was it to guess or estimate the sugar, salt and fat contents in foods just by looking at them? Describe overall, how accurate your guesses/estimates were to the actual sugar, salt and fat values of these common foods.

2. Rank the foods from most sugar to least sugar.

3. Rank the foods from most salt to least salt.

4. Rank the foods from most fat to least fat.

5. What did you learn about the foods you eat and their nutritional value? Answer in a solid, one paragraph (5 sentences) minimum in the space below.