



Goldfish, Anyone?



1. Count the number of goldfish in the baggie you took for a snack. How many did your portion have?

Now look at the Nutrition Facts label...

2. What is the actual serving size of goldfish?
3. How many servings did your initial "goldfish snack" turn out to be?
4. If the calories for one serving of goldfish are _____, how many calories would be in your initial "goldfish snack" contain if you ate the entire amount?
5. If the total fat grams for one serving of goldfish are _____, how many fat grams would be in your initial "goldfish snack" amount?
6. If the protein grams for one serving of goldfish are _____, how many protein grams would be in your initial "goldfish snack" amount?
7. If the sodium mg. level for one serving of goldfish is _____, how much sodium would be in your initial "goldfish snack" amount?
8. Would you consider "goldfish" to be a nutrient dense or empty calorie food? Why?
9. What might be the impact of eating "more" than the suggested serving?
10. Explain why it is important to pay attention to portion sizes and read nutrition labels in one solid paragraph (4-5 sentences).

