

Breakfast Cereal: Healthy, or Unhealthy?

Directions: Examine the cereal box your group has been given. Locate the nutrition label and fill out the questions below. Your goal is to decide if the cereal is a healthy or unhealthy choice. Remember, a healthy cereal choice shouldn't have more than 25% of its calories from sugar, and contains at least five grams of fiber or more.



1. Name of the cereal: _____
2. Where was the nutrition label located? _____
3. Was it easy to find? Why? _____
4. What is the suggested serving size? _____
5. How many calories per serving does it list? _____
6. How many grams of sugar does it have? _____
7. To find the # of calories from sugar per serving, multiply the # of grams per serving by 4 grams of sugar per serving. _____
8. Divide the answer above by the number of calories per serving. (See answer in step 5 for numbers of calories per serving). calories from sugar. _____
9. To find the percentage of calories from sugar, multiply the answer above by 100 % of calories from sugar per serving. _____
10. How much fiber does the cereal have? _____
11. How much protein does the cereal have? _____
12. Does it have any other vitamins or minerals listed? If so, list them: _____
13. Do you think this cereal would make a healthy choice for breakfast? Explain your answer: _____

