

Name _____



Diet Choice In Action

Directions: Read the food labels. Use **label evidence** to solve each real-world scenario. Write the better choice and explain why using numbers from the labels.

Food Label A

Product: Turbo Trail Mix
Serving Size: 0.5 cup
Calories: 210
Total Fat: 12 g
Sodium: 180 mg
Total Carbohydrates: 22 g
Sugar: 8 g
Fiber: 4 g
Protein: 6 g

Food Label B

Product: Speedy Granola Bar
Serving Size: 1 bar
Calories: 140
Total Fat: 4 g
Sodium: 95 mg
Total Carbohydrates: 24 g
Sugar: 11 g
Fiber: 2 g
Protein: 3 g

1. **Before soccer practice**, you want more **energy from protein** without eating too much sugar. Which snack should you choose? Why?
2. You already had a salty lunch, so now you want a snack with **lower sodium**. Which product fits best? Support your answer with numbers.
3. You are trying to stay under **150 calories** for an afternoon snack. Which choice works best for your goal?
4. You want to feel **full longer during a road trip**. Which snack would help more based on **fiber and protein**?
5. Your doctor suggests cutting back on **fat**. Which product is the smarter choice and why?
6. You accidentally ate **two servings** of Turbo Trail Mix. How many **total calories** did you eat?
7. Based on all the data, which snack is the **better everyday choice for a middle school student**? Give **two label-based reasons**.