

Name _____



Nutrition Truth Check

Directions: Read the marketing claim. Study the food label. Decide if the **nutrition facts support or contradict the claim**. Use numbers as evidence.

"Pure Energy Protein Shake. Clean fuel for peak performance."

Product: Pure Energy Protein Shake
Serving Size: 1 bottle
Calories: 260
Total Fat: 9 g
Saturated Fat: 4 g
Sodium: 340 mg
Total Carbohydrates: 30 g

Sugar: 22 g
Added Sugars: 20 g
Protein: 16 g
Calcium: 25 percent daily value
Potassium: 6 percent daily value
Caffeine: 0 mg

1. The claim suggests this drink is **pure and clean**. Which two numbers on the label most challenge that idea? Explain.
2. The product advertises **energy for peak performance**. Which nutrients on the label support this idea?
3. Does the **sugar content** support or contradict the idea of a clean energy drink? Why?
4. Is the **protein amount** strong enough to support the word protein in the product name? Explain using the grams listed.
5. Would this drink be a smart choice for someone trying to **limit added sugars**? Use the label to justify your answer.
6. How does the **saturated fat** level affect the claim of clean fuel?
7. Final judgment: Does the label mostly **support or contradict the marketing claim**? Defend your answer with **at least three label facts**.