

Using nutrition labels or other resources, fill in the carbohydrate, protein, and fat content of several of your favorite snacks. Complete the worksheet to determine the nutritional benefit of this food.

NUTRITION

HOW MY FAVORITE FOODS STACK UP

Food _____
Portion (serving) size _____
CHO (starch) content _____
Protein content _____
Fat type and content _____
How many calories? _____

It will primarily (check one)

supply energy quick or sustained
 build muscle

It will (check all that apply)

give me a small amount of good fat
 give me an unhealthy amount of saturated fat
 give me an unhealthy amount of sugar
 rehydrate me (replenish the water in my body)
 offer no nutritional value

Should your favorite athlete eat this food? _____

If yes, when and why? _____

If no, why not? _____
