Healthy Snacking Worksheet

Directions: Using the following worksheet, list 6 snacks you typically eat. You may include beverages as well. Visit the following website www.fooducate.com and fill in the chart with nutrition information for each snack. Also include the grade given to each snack on the fooducate website. On the back of this worksheet, list reasons (from fooducate) why the grade was given to each snack.

Snack Name	Vitamins	Carbohydrates(G)	Added Sugars(g)	Protein(g)	Calories	Sodium(mg)	Grade
1.							
2.							
3.							
4.							
5.	-						
6.							

What are some small changes you could make to improve your snacking grades?				

Snack 1	Grade	Better Snack Choice Suggested?	
Reasons (listed on	fooducate website)		
	Grade fooducate website)	_ Better Snack Choice Suggested? _	
	Grade fooducate website)	_ Better Snack Choice Suggested?	
	Grade fooducate website)	_ Better Snack Choice Suggested? _	
	Grade fooducate website)	Better Snack Choice Suggested?	
	Grade fooducate website)	_ Better Snack Choice Suggested? _	