Health Psychology

Nutrition Mission

Your mission will require you to go to Save On Foods or Thrifty Foods to complete your assignment:

1. Choose three of your favorite snacks: yogurt, breads, granola bars, juices, cereals, peanut butter, soups etc. Do the following for EACH product:
2. What is the name of your product?
3. Photo of nutrition label
4. Why do you eat this product?
5. Identify the amount of sugars (just grams), fats, carbs, proteins, and sodium in grams and percent of daily requirement.
6. What is the total number of calories per serving?
7. What is the breakdown (percentages) of carbs, fats, proteins?
8. What is YOUR EER? Per serving, what percentage of your EER is being consumed? How many servings would you likely consume?
9. Are there any other ingredients or nutritional benefits to your product? Is this product healthy in moderation? Use it or lose it?
10. Please also include your ONE misleading product and explain how it is misleading. Is it falsely advertising itself as a nutritional product? Why is/isn’t this product a healthy, nutritious choice? Please include at least two reasons for your answer, using the nutritional info on the label.