**Week 1 Drop Box 1.1 Food Comparison: Nutrient Density Assignment**

1. Pick one food that you ate yesterday that could be considered nutritious and one that would be considered junk food. Compare their nutrition labels by filling in the information below.

**Food: EL Monterey Beef & Bean Burritos Food: Skittles Gummies**

Serving size 1 burrito Serving size 14 pieces (28g)

**AMOUNT PER SERVING AMOUNT PER SERVING**

Calories \_\_\_\_\_290 Calories \_\_\_\_\_90

Calories from fat \_\_\_\_\_130 Calories from fat \_\_\_\_\_

Total Fat \_\_\_\_\_14g Total Fat \_\_\_\_\_0g

Saturated \_\_\_\_\_5g Saturated \_\_\_\_\_ g

Trans Fat \_\_\_\_\_ 0g Trans Fat \_\_\_\_\_ g

Polyunsaturated \_\_\_\_\_ g Polyunsaturated \_\_\_\_\_ g

Monounsaturated \_\_\_\_\_ g Monounsaturated \_\_\_\_\_ g

Cholesterol \_\_\_\_\_15 mg Cholesterol \_\_\_\_\_ mg

Sodium \_\_\_\_\_390mg Sodium \_\_\_\_\_0mg

Total Carbohydrate \_\_\_\_\_33g Total Carbohydrate \_\_\_\_\_23g

Sugars \_\_\_\_\_0g Sugars \_\_\_\_\_34g

Protein \_\_\_\_\_9g Protein \_\_\_\_\_<1g

2. Compare the nutrients in these two foods. Which has more nutrients per kcalorie?

El Monterey Beef & Burritos has the most calories equaling 132 calories in total carbohydrates, 126 calories of total fat, and 36 calories from protein.

The Skittles had significantly less calories totaling 92 calories of carbohydrates, 0 calories from fat, and <4 calories in total protein.