

Name: _____

Date: _____

“Your Road to Health” Activity

Empty Calories

Directions: For each example shown below, mark whether you think it is an *empty Calorie* food or beverage based on the information available on the Nutrition Facts label. Use your knowledge of empty Calories to decide. Ask yourself, “Would this food or beverage provide me with Calories but no nutrients, or would it offer at least some nutritional value in addition to any Calories?” Explain each response.

Sports Drink

Nutrition Facts	
Serving Size 8 fl oz. (240mL)	
Servings Per Container About 2	
Amount per Serving	
Calories 45	
% Daily Value*	
Total fat 0g	0%
Sodium 0mg	0%
Potassium 200mg	6%
Total Carbohydrates 12g	4%
Sugars 11g	
Protein 0g	0%
Vitamin C	40%
Calcium	1%
Chromium	1%
Magnesium	1%
Manganese	140%

*Percent Daily Values based up on a 2,000 calorie diet.



Is this an “empty Calorie” beverage?

- Yes
 No
 I’m not sure

Explain your answer:

Cola Drink

Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 27g	9%
Sugars 27g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.



Is this an “empty Calorie” beverage?

- Yes
 No
 I’m not sure

Explain your answer:

100% Orange Juice

Nutrition Facts	
Serving Size 8 fl. oz. (240 mL)	
Servings Per Container 7	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Potassium 450mg	13%
Total Carbohydrate 26g	9%
Sugars 22g	
Protein 2g	
Calcium 2% • Iron 0% • Vitamin C 120%	
Niacin 4% • Thiamine 10%	
Vitamin B6 6% • Folate 15%	



Is this an “empty Calorie” beverage?

- Yes
 No
 I’m not sure

Explain your answer:

Orange (Fruit)

Nutrition Facts	
Serving Size 1 medium orange (154g)	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g 0%	
Trans Fat 0g 0%	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g 12%	
Sugars 14g	
Protein 1g	
Vitamin A 2%	Vitamin C 130%
Calcium 6%	Iron 0%



Is this an “empty Calorie” food?

- Yes
 No
 I’m not sure

Explain your answer: