

1. Nutrition Facts Chicken & Pork Bologna	2. Nutrition Facts Light Bologna	3. Nutrition Facts Fat-free Bologna
Serving size: 28 g (1 slice) Serving per container: 16 Amount per serving	Serving size: 28 g (1 slice) Serving per container: 16 Amount per serving	Serving size: 28 g (1 slice) Serving per container: 16 Amount per serving
Calories: 90	Calories: 60	Calories: 25
Calories from fat 80	Calories from fat 35	Calories from fat
% Daily Value	% Daily Value	% Daily
Total Fat 8 g Saturated Fat 3 g Cholesterol 30g Sodium 300mg Total Carbohydrate 1g Dietary Fiber 0g Sugars 1g Protein 3 g	Total Fat 4g Saturated Fat 1 g Cholesterol 20g Sodium 300mg Total Carbohydrate 2g Dietary Fiber 0g Sugars 0g Protein 3 g	Total Fat 0.5g 0% Saturated Fat 0 g 0% Cholesterol 10g 3% Sodium 240mg 10% Total Carbohydrate 3g 1% Dietary Fiber 0g Sugars 1g Protein 3 g
Calcium 2%	Calcium 4%	Calcium 2%
Iron 2%	Iron 2%	Iron



Public Health

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Label Logic

Directions: Answer the following questions using the Nutrition Facts Label from the three types of bologna on the back.

Regular bologna, 2. Light bologna, 3. Fat-free bologna

1. What is a serving size of bologna? _____
2. How many serving sizes are in each package? _____
3. How many grams of protein does each serving of bologna have? _____
4. Does bologna have any Vitamin C? _____. If so, what percent is it? _____
5. Does bologna have any iron? _____. If so, what is the percent? _____
6. Does bologna have any have any calcium? _____.
7. Circle the bologna which has the most calcium?
1) Regular bologna 2) Light bologna 3) Fat-free bologna
8. Which bologna has the most total fat per serving?
1) Regular bologna 2) Light bologna 3) Fat-free bologna
9. How many grams of fat does the highest fat bologna have?

10. If one teaspoon of fat is about four grams how many teaspoons of fat does the highest fat bologna have? _____.
11. Which Bologna has the most calories per serving?
1) Regular bologna 2) Light bologna 3) Fat-free bologna
12. Which bologna has the most saturated fat?
1) Regular bologna 2) Light bologna 3) Fat-free bologna
13. Which bologna has the least amount of fat, saturated fat and calories?
1) Regular bologna 2) Light bologna 3) Fat-free bologna
14. Which bologna would be best for your heart?
1) Regular bologna 2) Light bologna 3) Fat-free bologna