

Nutrition Points System

Find the nutrition facts label and assign a point for each of the following characteristics...

- If your product has 200 or less calories
- 10% DV or less of total fat
- 10% DV or more of dietary fiber
- 10% DV (or 5 grams) or more of protein
- 10% DV or more for each vitamin or mineral listed

The more points the healthier the product!