Data analysis for four food labels

1. What three elements are found the most in food?
2. What type of bond is most common in these foods?
3. Compare two food labels, which food is the healthiest and

why? State percentages or grams of calories, total fat and sugar?

1. Compare all four food labels, which food is the worst? State percentages or grams of calories, total fat and sugar?
2. Why do most diets limit the number of carbohydrates?

Data

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Food Labels Reveal Sugar’s Ugly Secrets

1. What does the new FDA proposal state?
2. Describe the different way to list sugars on labels.
3. What would the Obamas like to leave as a legacy? Why?
4. What three major companies don’t support the proposal?
5. Out of 80,000 food products, what percent has extra sugar?
6. What do the food industry and nutrition advocates agree about?
7. What is your opinion about the proposal? Explain

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