

## Newest Vital Sign Test

### Nutrition Facts

Serving Size ½ cup  
 Servings per container 4

Amount per serving

Calories 250 Fat Cal 120

%DV

**Total Fat** 13g 20%

Sat Fat 9g 40%

**Cholesterol** 28mg 12%

**Sodium** 55mg 2%

**Total Carbohydrate** 30g 12%

Dietary Fiber 2g

Sugars 23g

**Protein** 4g 8%

\*Percentage Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.

Study Site: \_\_\_\_\_ PID: \_\_\_\_\_ Today's Date: \_\_\_\_\_

### **Answer Sheet for the Newest Vital Sign Questions**

THIS INFORMATION IS ON THE BACK OF A CONTAINER OF A PINT OF ICE CREAM. PLEASE READ THE INFORMATION AND ANSWER THE FOLLOWING QUESTIONS.

1. If you eat the entire container, how many calories will you eat?
2. If you are allowed to eat 60 grams of carbohydrates as a snack, how much ice cream could you have?
3. Your doctor advises you to reduce the amount of saturated fat in your diet. You usually have 42 g of saturated fat each day, which includes one serving of ice cream. If you stop eating ice cream, how many grams of saturated fat would you be consuming each day?
4. If you usually eat 2500 calories in a day, what percentage of your daily value of calories will you be eating if you eat one serving?

PRETEND THAT YOU ARE ALLERGIC TO THE FOLLOWING SUBSTANCES:  
PENECILLIN, PEANUTS, LATEX GLOVES, AND BEE STINGS

5. Is it safe for you to eat this ice cream?
6. If your answer to Question 5 is "No," please explain why you chose this answer. If your answer to Question 5 is "Yes," please skip this question?