

Reply to one of your classmate's posts and include the following in your reply. If possible, please choose a classmate who has not yet received a reply.

- 1. What was something unexpected you learned about your classmate's food item?**
- 2. Predict whether you think your classmate's food item would have had any fat (lipids). Explain your reasoning.**

CLASSMATE ARLET:

1. I am analyzing the nutrition food label for SWEET BABY RAYS Sweet 'n Spicy Barbecue Sauce

2. This barbecue sauce has a total of 0g of "dietary fibers" and 15g of sugar. Based on what I know from this item I feel like this was expected because it is not a healthy ingredient and it is meant to give flavor to our "cheat day" food. It also contains corn syrup and maybe some other ingredients that are not very healthy for us.

3. There are 0g of protein in this barbecue sauce. Based on what I know about this item I was not as surprised to know that there was 0g of protein, but I was also expecting it to have maybe at least 1g. As I mentioned before it is not a very healthy ingredient and perhaps maybe that is why it does not have any proteins.

CLASSMATE CELIA:

1.) I am analyzing frosted mini wheats.

2.) the total carbohydrates is 47 grams. The total grams of dietary fiber are 6 grams and the total grams of sugars are 11grams. I expected this in my food item because this cereal is known to have high fiber in it.

3.) Yes, my food item has 5 grams of protein. This was expected because it is one of the healthiest cereals.