

University of Phoenix Material

Understanding Food Labels Worksheet

Part A: Analyzing a Food Label

Complete the table below by filling in the requested items. Use the food label of your favorite snack to obtain the information needed.

Name of Product	Dole Classic Romaine
Serving Size	3oz. 85g
Number of servings per container-package	3
	Amount Per Serving
Calories	20
Fat calories	0
Grams of fat	0
Amount of unsaturated fat	0
Amount of saturated fat	0
Amount of trans fat	0g
Amount of sodium (salt)	15mg
Grams of protein	1g
Grams of carbohydrates	2g
Grams of Fiber	2g