

Name: _____

Food Labels

Directions: Study the food label and answer the questions.

Nutrition Facts	
Serving Size 1 cup (248 mL)	
Amount Per Serving	
Calories 100 Calories from Fat 45	
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 3g	6%
Trans Fat 0g	
Cholesterol 20mg	4%
Sodium 100mg	2%
Total Carbohydrate 15g	3%
Dietary Fiber 5g	10%
Sugars 10g	
Protein 5g	
Vitamin A 10%	Vitamin C 2%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a diet of other people's misdeeds.	
Total Fat 1g	2%
Sodium 100mg	2%
Total Carbohydrate 15g	3%
Dietary Fiber 5g	10%
Sugars 10g	
Protein 5g	
Vitamin A 10%	Vitamin C 2%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a diet of other people's misdeeds.	

1. What is the serving size of this product?

2. How many calories per serving size are in this product?

3. What percent of daily value is the sodium?

4. In 2 servings, how much Vitamin A is there?

5. Based on this food label, would you consider this product to be healthy? Why or why not?

Look at 8 different products' food labels. Find three that are healthy and three that are less healthy. Record the products below and their nutrient levels.

Healthy

less healthy

