

**Label Worksheet 3**

Green peas, canned, cooked

<b>Nutrition Facts</b>	
Serving Size: 1/2 cup Serving Per Container	
Amount Per Serving	Calories from Fat 0
<b>Calories</b> 60	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein</b> 4g	8%
<b>Vitamin A</b> 15%	<b>Vitamin C</b> 15%
<b>Calcium</b> 2%	<b>Iron</b> 6%

\* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

<b>Total Fat</b>	Less than 65g	80g
<b>Sat Fat</b>	Less than 20g	25g
<b>Cholesterol</b>	Less than 300mg	300mg
<b>Sodium</b>	Less than 2,400mg	2,400mg
<b>Total Carbohydrate</b>	300g	375g
<b>Dietary Fiber</b>	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Baked beans, with pork

<b>Nutrition Facts</b>	
Serving Size: 1/2 cup Serving Per Container	
Amount Per Serving	Calories from Fat 10
<b>Calories</b> 120	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 550mg	23%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 7g	28%
Sugars 10g	
<b>Protein</b> 7g	14%
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 8%
<b>Calcium</b> 8%	<b>Iron</b> 25%

\* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

<b>Total Fat</b>	Less than 65g	80g
<b>Sat Fat</b>	Less than 20g	25g
<b>Cholesterol</b>	Less than 300mg	300mg
<b>Sodium</b>	Less than 2,400mg	2,400mg
<b>Total Carbohydrate</b>	300g	375g
<b>Dietary Fiber</b>	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Whole wheat bread

<b>Nutrition Facts</b>	
Serving Size: 2 slices Serving Per Container	
Amount Per Serving	Calories from Fat 20
<b>Calories</b> 140	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	4%
Saturated Fat .5g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carbohydrate</b> 26g	8%
Dietary Fiber 4g	16%
Sugars 2g	
<b>Protein</b> 6g	12%
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%
<b>Calcium</b> 4%	<b>Iron</b> 10%

\* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

<b>Total Fat</b>	Less than 65g	80g
<b>Sat Fat</b>	Less than 20g	25g
<b>Cholesterol</b>	Less than 300mg	300mg
<b>Sodium</b>	Less than 2,400mg	2,400mg
<b>Total Carbohydrate</b>	300g	375g
<b>Dietary Fiber</b>	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Do you have any fingers left standing?

YES \_\_\_\_\_ NO \_\_\_\_\_

Do you have any fingers left standing?

YES \_\_\_\_\_ NO \_\_\_\_\_

Do you have any fingers left standing?

YES \_\_\_\_\_ NO \_\_\_\_\_