

Nutrition Label Worksheet

Using a food of your choice, complete the following information. Attach pertinent parts of the package to this worksheet.....minimum should be the Nutrition Facts and ingredient list.

name of product _____

serving size _____ number of servings _____

main ingredient in product _____

Is the product *fortified* or *enriched*? See notes for definitions. If so, with what nutrients?

Common label terms..... check your text for their definitions. Is there an indication that these are used on your label? What nutrients are they referring to?

"high" in any nutrients? If so, which ones?

"good source" of any nutrients? If so, which ones?

"reduced" in Calories or any nutrients? Again, if so, which ones?

"free" in fat, saturated fat, trans fat, sodium, cholesterol or Calories? Once more, which ones?

Are there any of the *acceptable health claims* made regarding the product? Describe. Again, check your text for those which are allowed by the FDA.

There are three important forms of carbohydrates, two which are listed on labels - *sugar* (simple, energy source) and *fiber* (complex, not digested); the third is *starch* (complex, energy source). How many grams of each are found in this product?

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