

Name: \_\_\_\_\_

## Food Labels

**Directions:** Study the food label and answer the questions.

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

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**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_