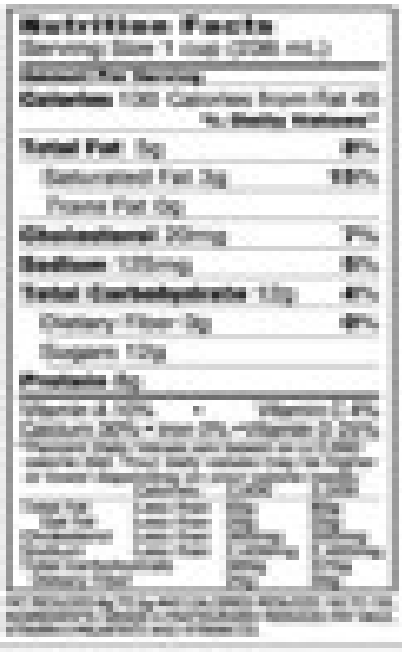
Name: _____

Food Labels

Directions: Study the food label and answer the questions.



Nutrition Facts
Serving Size 1 cup (228 mL)

Amount Per Serving
Calories 130 Calories from Fat 45
% Daily Values*
Total Fat 5g **8%**
Saturated Fat 3g **15%**
Trans Fat 0g
Cholesterol 20mg **7%**
Sodium 105mg **5%**
Total Carbohydrate 12g **4%**
Dietary Fiber 3g **9%**
Sugars 12g
Protein 5g

Vitamin A 10% • Vitamin C 8%
Calcium 20% • Iron 0% • Vitamin D 10%

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 6 different products' food labels. Find three that are healthy and three that are less healthy. Record the products below and their sodium levels.

healthy	**less healthy**
_____	_____
_____	_____
_____	_____