

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  | 10%          |
| Vitamin A 10%  | Vitamin C 2% |
| Calcium 20%  | Iron 2%      |
| *Percent Daily Values are based on a diet of other people's secrets. |              |
| <b>Total Fat</b> 1g  | 2%           |
| <b>Saturated Fat</b> 3g  | 6%           |
| <b>Trans Fat</b> 0g  |              |
| <b>Cholesterol</b> 20mg  | 4%           |
| <b>Sodium</b> 100mg  | 2%           |
| <b>Total Carbohydrate</b> 15g  | 3%           |
| <b>Dietary Fiber</b> 5g  | 10%          |
| <b>Sugars</b> 10g  |              |
| <b>Protein</b> 5g  | 10%          |
| <b>Vitamin A</b> 10%   |              |
| <b>Vitamin C</b> 2%  |              |
| <b>Calcium</b> 20%   |              |
| <b>Iron</b> 2%   |              |

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**

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