

**Label Worksheet 1**

Orange

<b>Nutrition Facts</b>	
Serving Size: 1 medium Serving Per Container	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 3g	13%
Sugars 12g	
<b>Protein</b> 1g	2%
<b>Vitamin A</b> 6%	<b>Vitamin C</b> 120%
<b>Calcium</b> 6%	<b>Iron</b> 0%
* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Do you have any fingers left standing?

YES  NO

Cheddar cheese

<b>Nutrition Facts</b>	
Serving Size: 1 oz Serving Per Container	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	14%
Saturated Fat 6g	30%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 180mg	7%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein</b> 7g	14%
<b>Vitamin A</b> 6%	<b>Vitamin C</b> 0%
<b>Calcium</b> 20%	<b>Iron</b> 0%
* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Do you have any fingers left standing?

YES  NO

Corn flakes

<b>Nutrition Facts</b>	
Serving Size: 1 oz Serving Per Container	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 1g	2%
Sugars 2g	
<b>Protein</b> 2g	4%
<b>Vitamin A</b> 25%	<b>Vitamin C</b> 25%
<b>Calcium</b> 0%	<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:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Do you have any fingers left standing?

YES  NO