

Name _____

Date _____

Food Labels

Study the food label and answer the questions!

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	5%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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	

1. What is the serving size of this product?

2. How many calories per serving size are in this product?

3. In 2 servings, how much Vitamin A is there?

4. What percent of daily value is the sodium?

5. Based in this food label, would you consider this product to be healthy? Why or Why not?

Look ast 6 different products food labels. Find three that are healthy and three that are less healthy. Record the product below and their sodium levell

Healthy

Less Healthy
