

Name _____

Date _____

Food Labels

Study the food label and answer the questions!

Nutrition Facts		
Serving Size 1 large whole 3 (182 g)		
Amount Per Serving		
Calories 33	Calories from Fat 3	
	% Daily Value*	
Total Fat 0g		1%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 9mg		0%
Total Carbohydrate 7g		2%
Dietary Fiber 2g		9%
Sugars 5g		
Protein 2g		
Vitamin A 30% • Vitamin C 39%		
Calcium 2% • Iron 3%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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 calcium?

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