

Name: _____

Food Labels

Directions: Study the food label and answer the questions.

| Nutrition Facts | |
|--|----------------------|
| Serving Size 1 cup (248 mL) | |
| Amount Per Serving | |
| Calories 100 | Calories from Fat 40 |
| % Daily Values* | |
| Total Fat 1g | 2% |
| Saturated Fat 3g | 6% |
| Trans Fat 0g | |
| Cholesterol 20mg | 4% |
| Sodium 100mg | 2% |
| Total Carbohydrate 15g | 3% |
| Dietary Fiber 5g | 10% |
| Sugars 10g | |
| Protein 5g | 10% |
| Vitamin A 10% | Vitamin C 2% |
| Calcium 20% | Iron 2% |
| *Percent Daily Values are based on a diet of other people's secretaries. | |
| Total Fat 1g | 2% |
| Sodium 100mg | 2% |
| Total Carbohydrate 15g | 3% |
| Protein 5g | 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 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

