

Name: _____

Food Labels

Directions: Study the food label and answer the questions.

Nutrition Facts	
Serving Size 1 cup (240 mL)	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 3g	60%
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% • Potassium 5 20%	
*Percent Daily Values are based on a 	
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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 5 different products' food labels. Find three that are healthy and three that are less healthy. Record the products below and their sodium levels.

Healthy

Less healthy

