

Name:

Class

Due Date Feb 16 / 18, '10

NUTRITION LAB: Reading the Nutrition Facts Panel Worksheet

Grocery stores are packed with thousands of items. A great place to start learning about the ingredients you are using is to read the Nutrition Facts Panel.

Choose two processed foods, one you believe to be healthy and one you consider not to be healthy. Processed foods are packaged with nutrition labels, so in other words, do not choose raw produce. Make a legible PHOTOCOPY or the ORIGINAL of the list of ingredients and the nutrition label of each food, and submit these photocopies with the assignment.

Fill in the tables below using information about each of the two foods you have chosen. Remember to include the appropriate units for your answers ('C' for Calories, 'g' for grams, and so forth).

The worksheet below will help you see just how different foods can be. Use the chart below to compare two items. See if you can decide the best choice.

| | Product A | Product B | | | | | | |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------|------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------|------------|
| Describe each product | | | | | | | | |
| 1. What is the serving size? | | | | | | | | |
| 2. Perceived Food Quality [Healthy or Unhealthy] = Hypothesis | | | | | | | | |
| 3. How many servings are in the container? 1 | | | | | | | | |
| 4. How many calories would a serving of this food provide? 1 | | | | | | | | |
| 5. What amount of saturated, mono-unsaturated, poly-unsaturated, and trans fats are present per serving? | <table border="1"> <tr><td>Saturated</td></tr> <tr><td>Unsaturated (Mono- & Poly-)</td></tr> <tr><td>Trans Fats</td></tr> </table> | Saturated | Unsaturated (Mono- & Poly-) | Trans Fats | <table border="1"> <tr><td>Saturated</td></tr> <tr><td>Unsaturated (Mono- & Poly-)</td></tr> <tr><td>Trans Fats</td></tr> </table> | Saturated | Unsaturated (Mono- & Poly-) | Trans Fats |
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| Trans Fats | | | | | | | | |

% DVs are based on a 2,000 calorie diet. Your DVs may be higher or lower depending on your calorie needs

| | Product A | | | Product B | | |
|-----------------------------------------------------------------------------------------|-----------|---------|-------|-----------|---------|-------|
| 6. List the contents provided on the label for each of the following nutrients 6 | Wt | Calorie | % DV* | Wt | Calorie | % DV* |
| Total Fat | | | | | | |
| Saturated Fat | | | | | | |
| Cholesterol | | | | | | |
| Sodium | | | | | | |