

Reading Labels



Some people think it's fun . . .
Some people think it's boring . . .
What is it?
Label Reading!

Label reading is a valuable skill to learn, because **it is the only way you can be sure of exactly what you are eating.** Take this short "quiz." The answers are on the next few pages.

1. If the label says the product contains "0" grams protein, is it actually a free food?
 YES NO
2. On average, 1 gram of protein contains how many milligrams of phe?
 5 mg 25 mg 50 mg 100 mg
3. The serving size listed on the label is always an entire package of food.
 TRUE FALSE
4. Put a check next to the ingredients which contain phe:

- | | | |
|--|--|---|
| <input type="checkbox"/> Agar | <input type="checkbox"/> Autolyzed yeast | <input type="checkbox"/> BHA and BHT |
| <input type="checkbox"/> Calcium caseinate | <input type="checkbox"/> Calcium carbonate | <input type="checkbox"/> Carob |
| <input type="checkbox"/> Citric acid | <input type="checkbox"/> Cracker meal | <input type="checkbox"/> Dry whey |
| <input type="checkbox"/> Gelatin | <input type="checkbox"/> Glycerine | <input type="checkbox"/> Malt |
| <input type="checkbox"/> Mannitol | <input type="checkbox"/> Methylcellulose | <input type="checkbox"/> Monosodium glutamate |
| <input type="checkbox"/> Nonfat dry milk | <input type="checkbox"/> Sodium caseinate | <input type="checkbox"/> Soy protein isolate |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Whey solids | <input type="checkbox"/> Xanthan gum |

5. Look at the food label and ingredient list below. Circle the ingredients that have phe. How many milligrams of phe does this food have? _____
 What do you think this label is describing? _____

| Nutrition Facts | |
|-------------------------------|-----------------------------|
| Serving Size 1 bar (34g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 20 |
| | % Daily Value * |
| Total Fat 2.5g | 4% |
| Saturated Fat 1g | 5% |
| Cholesterol 0mg | 0% |
| Sodium 70mg | 3% |
| Total Carbohydrate 27g | 9% |
| Dietary Fiber 3g | 12% |
| Sugars 13g | |
| Protein 1g | |
| | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 8% |

INGREDIENTS:

RICE FLOUR, HIGH FRUCTOSE CORN SYRUP, ROLLED OATS, ROLLED BARLEY, RICE BRAN, SUGAR, MALT, CORN SYRUP, SUGAR, PARTIALLY HYDROGENATED VEGETABLE OIL, APPLES, FIGS, DATES, PLUMS, CORN BRAN, NATURAL FLAVORS, ACACIA GUM, BARLEY, WHEY, BEET JUICE COLOR, DRIED STRAWBERRIES, GUAR GUM, FRUIT PECTIN, NONFAT MILK, NONFAT YOGURT (WHEY, NON-FAT MILK CULTURES), CITRIC ACID, LETHICIN, GLYCERINE, COLOR, DRIED RASPBERRIES, DRIED CRANBERRIES.

