Name: ______________________

Food Labels

Directions: Study the food label and answer the questions.

Nutrition Facts
Serving Size 1 cup (236 mL)

Amount Per Serving

Calories 130 Calories from Fat 45	
	% Daily Values*
Total Fat 5g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 125mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Sugars 12g	
Protein 8g	

Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

[illegible]

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 6 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**
______________________	______________________
______________________	______________________
______________________	______________________