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 [illegible] • Vitamin C [illegible]
Calcium 30% • Iron 0% • Vitamin D [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?

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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**
______________	______________
______________	______________
______________	______________