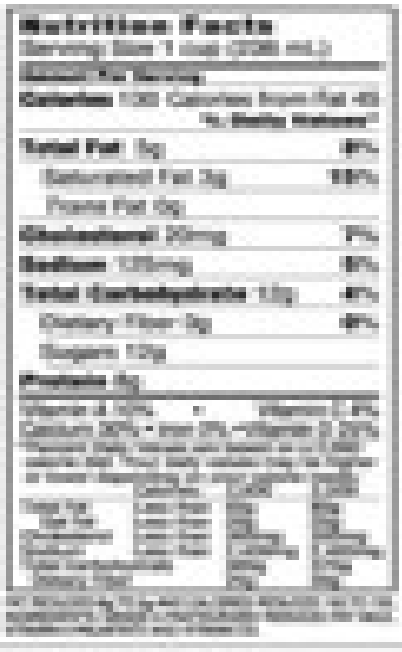
Name: _____

# Food Labels

**Directions:** Study the food label and answer the questions.



**Nutrition Facts**
Serving Size 1 cup (228 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** 105mg **5%**
**Total Carbohydrate** 12g **4%**
Dietary Fiber 3g **9%**
Sugars 12g
**Protein** 5g

Vitamin A 10% • Vitamin C 8%
Calcium 20% • Iron 0% • Vitamin D 10%

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** |
|---|---|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |