

Label Worksheet 3

Green peas, canned, cooked

Nutrition Facts	
Serving Size: 1/2 cup Serving Per Container	
Amount Per Serving	Calories from Fat 0
Calories 60	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	8%
Vitamin A 15%	Vitamin C 15%
Calcium 2%	Iron 6%

* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Baked beans, with pork

Nutrition Facts	
Serving Size: 1/2 cup Serving Per Container	
Amount Per Serving	Calories from Fat 10
Calories 120	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 550mg	23%
Total Carbohydrate 24g	8%
Dietary Fiber 7g	28%
Sugars 10g	
Protein 7g	14%
Vitamin A 4%	Vitamin C 8%
Calcium 8%	Iron 25%

* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Whole wheat bread

Nutrition Facts	
Serving Size: 2 slices Serving Per Container	
Amount Per Serving	Calories from Fat 20
Calories 140	% Daily Value*
Total Fat 2g	4%
Saturated Fat .5g	3%
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 26g	8%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 6g	12%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%

* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Do you have any fingers left standing?

YES _____ NO _____

Do you have any fingers left standing?

YES _____ NO _____

Do you have any fingers left standing?

YES _____ NO _____