

Name: _____

Food Labels

Directions: Study the food label and answer the questions.

Nutrition Facts		
Serving Size 1 cup (250 mL)		
Amount Per Serving		
Calories 100 Calories from Fat 45		
% Daily Values*		
Total Fat 1g	2%	
Saturated Fat 3g	6%	
Trans Fat 0g		
Cholesterol 20mg	4%	
Sodium 100mg	2%	
Total Carbohydrate 15g	3%	
Dietary Fiber 5g	10%	
Sugars 10g		
Protein 5g	10%	
Vitamin A 10%	Vitamin C 2%	
Calcium 20%	Iron 2%	
*Percent Daily Values are based on a diet of other people's secretaries.		
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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 8 different products' food labels. Find three that are healthy and three that are less healthy. Record the products below and their nutrient levels.

Healthy

less healthy

