

Label Worksheet 1

Corn flakes

Nutrition Facts	
Serving Size: 1 oz Serving Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	2%
Sugars 2g	
Protein 2g	4%
Vitamin A 25% • Vitamin C 25%	
Calcium 0% • 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	

Cheddar cheese

Nutrition Facts	
Serving Size: 1 oz Serving Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Cholesterol 30mg	10%
Sodium 180mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 7g	14%
Vitamin A 6% • Vitamin C 0%	
Calcium 20% • Iron 0%	
* 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	

Orange

Nutrition Facts	
Serving Size: 1 medium Serving Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	13%
Sugars 12g	
Protein 1g	2%
Vitamin A 6% • Vitamin C 120%	
Calcium 6% • Iron 0%	
* 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 _____