

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 10% • Vitamin C 4%

Calcium 30% • Iron 0% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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

FAT REDUCED 8g TO 5g AND CALORIES REDUCED 150 TO 130.
INGREDIENTS: GRADE A PASTEURIZED REDUCED FAT MILK,
VITAMIN A PALMITATE AND VITAMIN D3.

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
