

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

