

WHAT NUTRITION LABELS TELL YOU WORKSHEET

Nutrition Facts			
Serving Size	1 Cup (30g/1.1oz.)		
Servings per Container	17		
	Cereal with 1/2 Cup Vitamins A & D Skim Milk		
Amount Per Serving	Cereal	Skim Milk	
Calories	110	150	
Fat Calories	0	0	
% Daily Value**			
Total Fat 0g*	0%	0%	
Saturated Fat 0g	0%	0%	
Cholesterol 0mg	0%	0%	
Sodium 250mg	10%	13%	
Potassium 55mg	2%	7%	
Total			
Carbohydrate 21g	7%	9%	
Dietary Fiber 1g	4%	4%	
Sugar 3g			
Other Carbohydrate 17g			
Protein 6g			
Vitamin A	15%	20%	
Vitamin C	25%	25%	
Calcium	0%	15%	
Iron	45%	45%	
Vitamin D	10%	25%	
Thiamin	35%	40%	
Riboflavin	35%	45%	
Niacin	35%	35%	
Vitamin B ₆	35%	35%	
Folate	25%	25%	
Phosphorus	6%	20%	
Magnesium	4%	8%	
Zinc	25%	30%	
Copper	6%	8%	
*Amount in cereal. One half cup skim milk contributes an additional 65mg sodium, 8g total carbohydrate (6g sugars), and 4g protein.			
**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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			
Ingredients: Rice, wheat gluten, sugar, defatted wheat germ, salt, corn syrup, whey, malt flavoring, calcium caseinate.			

- How large is the *serving size* listed on the label?

 Do you typically eat a larger serving? _____
 - How many *calories* are there in one serving of the cereal (without milk)? _____
 With 1/2 cup skim milk? _____
 - If your "typical" serving is 2 cups of cereal plus one cup of *whole milk* (150 calories), how many calories are you taking in? _____
 - Nutrition labels **break down** food contents as well: *protein, carbohydrate, fat, cholesterol, sodium*, etc. What is the major component of this cereal? _____
 - The "carbohydrate" category includes fiber, sugars and other carbohydrates. Where on the nutrition label can you find out the kind(s) of carbohydrates in this product? _____

 - Ingredients* are listed by weight in descending order (the "most" ingredient first). Is there more wheat or sugar in this product? _____
 (Remember that sugar may be a bigger part of the product than you think, because it can appear in the ingredients list under several different names: for example, a cereal might contain sugar, honey, and corn syrup.)
- Containers list the weight of the product (to help you compare sizes and prices).
NET WT. 18 OZ. (1 LB. 2 OZ.) (510 GRAMS)
 - Packaged meats and dairy products carry sell-by dates to let you (and the store) know that the last date on which the product should be sold. (That date indicates to the consumer how much time the product has at home under the right storage conditions.) i.e. Aug 10
 - Bread, cereal, and some other products carry freshness dates to show the last day on which the product will be at peak quality.

BETTER
IF USED
BEFORE

AUG 13 1998
NC 008

NAME _____

HOUR _____

FOOD LABELING QUIZ

DIRECTIONS: Use the food label to the left to answer the following questions:

Nutrition Facts	
Serving Size: 1 Cup (248g)	
Servings per Container: 4	
Amount Per Serving	
Calories 150 Calories from Fat 35	
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 13g	
Vitamin A 4% • Vitamin C 6%	
Calcium 40% • Iron 0%	
* 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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

1. How many grams of fat does this product contain per serving? _____
2. How many servings are in one container of this product? _____
3. According to the label, how many grams of saturated fat are appropriate for a 2,500 calorie diet? _____
4. If a person ate two cups of this food, how many servings did he/she eat? _____
How many calories did he/she eat in a two-cup serving? _____
5. How many calories does carbohydrate contribute to one serving of this product?
Circle the correct answer.
 17 68 153
6. How many servings of this food would a person need to consume to obtain 100% of the Daily Value for calcium? _____
7. Which of the following nutrient claims would be appropriate for this product (check as many as apply)?

_____ Low Fat	_____ High Calcium
_____ Extra Lean	_____ Cholesterol Free
_____ Low Sodium	_____ Low Calorie