Answer Key for Activity Sheet 4 for "Feed Your Family of Four for \$4 a Day" — Reading a Nutrition Label

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Name:				

Practice your ability to interpret a nutritional label. This worksheet consists of two nutrition label examples and ten questions for each label. Some questions require you to find the information on the label and others require you to use the information in relation to a daily diet.

- 1. How much is a serving of this food? ½ cup
- 2. How much protein does a single serving of this food provide? 5g
- 3. How many servings are included in this container? 16 servings
- 4. Does this food contain any Trans Fats? No
- 5. How many calories would you get if you ate 1 cup of this food? 420 calories
- 6. What two sweeteners does this food contain? <u>Brown sugar and honey</u>
- 7. What fruit is contained in this food? Raisins
- 8. What possible allergens does this food contain? Wheat, milk, almond, and coconut
- 9. How much salt is in this food? 30mg
- 10. How many more grams of fiber would you need to eat if you planned to consume a 2,000 calorie diet and you ate one serving of this food? 20g

Nutrit Serving Size 1	ior	Fac	ets
Servings Per (Containe	r about 16	
Amount Per S	erving		
Calories 210		Calories from	m Fat 45
		% Dai	ly Value*
Total Fat 5g			8%
Saturated Fat	0.5g	de la Red	3%
Trans Fat Og			11
Polyunsatura	ted Fat 1	g	
Monounsatur	rated Fat	3g	
Cholesterol Om	0%		
Sodium 30mg	1%		
Potassium 260	7%		
Total Carbohyd	13%		
Dietary Fiber	19%		
Sugars 13g			
Protein 5a		1250	6%
Vitamin A	t pecker		0%
Vitamin C		V N	0%
Calcium			4%
Iron			6%
Thiamin			10%
		To Carde S	15%
Phosphorus	No.		10%
Magnesium *Percent Daily Val Your daily values on your calorie n	may be hig	ed on a 2,000-co her or lower dep 2,000	alorie diet.
Total Fat	Less than	65g	80g
Sat Fat Cholesterol	Less than Less than	20g 300mg	25g 300ma
Sodium	Less than	2,400mg	2,400mg
Potassium Total Carbohydrate		3,500mg 300g	3,500mg 375a
Dietary Fiber	114	250	30g

Ingredients: Whole grain rolled oats, whole grain rolled wheat, brown sugar, raisins, canola oil, whey, inulin, almonds, nonfat dry milk, glycerin, whey protein concentrate, honey, natural flavor (contains coconut components), sunflower oil, natural mixed tocopherois (added to preserve freshness).

CONTAINS WHEAT, MILK, ALMOND, AND COCONUT INGREDIENTS.

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Nutrition Facts Serving Size 1 cup, 8 fl oz (240mL) Servings Per Container 8 Amount per serving Calories from Fat 40 Calories 90 % Daily Value* 7% Total Fat 4.5g 3% Saturated Fat 0.5g Trans Fat 0g Polyunsaturated Fat 2.5g Monounsaturated Fat 1g 0% Cholesterol Omg 1% Sodium 30mg 9% Potassium 300mg 2% Total Carbohydrate 5g 17% Dietary Fiber 4g Sugars 1g 18% Protein 9g Vitamin C 0% Vitamin A 0% Iron 10% Calcium 4% *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: 2,500 2,000 80g less than 65g Total Fat 20g 25g Sat Fat less than 300mg 300mg less than Cholesterol 2,400mg 2,400mg less than Sodium 3,500mg 3.500mg Potassium Total Carbohydrate 300g 375g 30g Dietary Fiber 25g

50g

INGREDIENTS: FILTERED WATER, WHOLE ORGANIC SOYBEANS.

Protein

CONTAINS: SOY

65g

- 1. How much potassium does this product contain? 300 mg
- 2. How much sugar is in this product? <u>1g</u>
- 3. What possible allergen is in this product? soy
- 4. What is the percentage of protein for a 2,000 calorie diet that this food provides? 18%
- 5. What is the serving size of this food? 1 cup
- 6. Will this food provide any Vitamin C? No
- 7. If you had a cup of this product with your morning cereal and ½ cup with your mid-morning snack, how many calories would you consume? 135 calories
- 8. What minerals does this food contain? <u>Sodium, potassium, calcium and iron</u>
- 9. How many grams of fat does this food contain? 4.5g
- 10. How many servings are in this container? 8 servings