

# Activity Sheet 4 for “Feed Your Family of Four for \$4 a Day” — Reading a Nutrition Label

PILINUT PRESS, INC.

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.

- How much is a serving of this food?  
\_\_\_\_\_
- How much protein does a single serving of this food provide?  
\_\_\_\_\_
- How many servings are included in this container?  
\_\_\_\_\_
- Does this food contain any Trans Fats?  
\_\_\_\_\_
- How many calories would you get if you ate 1 Cup of this food?  
\_\_\_\_\_
- What two sweeteners does this food contain?  
\_\_\_\_\_
- What fruit is contained in this food?  
\_\_\_\_\_
- What possible allergens does this food contain?  
\_\_\_\_\_  
\_\_\_\_\_
- How much salt is in this food?  
\_\_\_\_\_
- 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? \_\_\_\_\_

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (51g)	
Servings Per Container about 16	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 45
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Potassium</b> 260mg	<b>7%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 5g	<b>19%</b>
Sugars 13g	
<b>Protein</b> 5g	<b>6%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	6%
Thiamin	10%
Phosphorus	15%
Magnesium	10%

\*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

**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 tocopherols (added to preserve freshness).

**CONTAINS WHEAT, MILK, ALMOND, AND COCONUT INGREDIENTS.**

# Nutrition Facts

Serving Size 1 cup, 8 fl oz (240mL)

Servings Per Container 8

## Amount per serving

**Calories** 90      Calories from Fat 40

% Daily Value\*

**Total Fat** 4.5g      **7%**

Saturated Fat 0.5g      **3%**

*Trans* Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 1g

**Cholesterol** 0mg      **0%**

**Sodium** 30mg      **1%**

**Potassium** 300mg      **9%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 4g      **17%**

Sugars 1g

**Protein** 9g      **18%**

Vitamin A 0%      •      Vitamin C 0%

Calcium 4%      •      Iron 10%

\*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
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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
Protein		50g	65g

**INGREDIENTS:** FILTERED WATER,  
WHOLE ORGANIC SOYBEANS.

**CONTAINS:** SOY

1. How much potassium does this product contain?  
\_\_\_\_\_
2. How much sugar is in this product? \_\_\_\_\_
3. What possible allergen is in this product?  
\_\_\_\_\_
4. What is the percentage of protein for a 2,000 calorie diet that this food provides? \_\_\_\_\_
5. What is the serving size of this food?  
\_\_\_\_\_
6. Will this food provide any Vitamin C?  
\_\_\_\_\_
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? \_\_\_\_\_
8. What minerals does this food contain?  
\_\_\_\_\_
9. How many grams of fat does this food contain?  
\_\_\_\_\_
10. How many servings are in this container?  
\_\_\_\_\_