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

PILINUT PRESS, INC.

of this food? _____

Name:	
Practice your ability to interpret a nutritional label. This worksheet of trition label examples and ten questions for each label. Some question find the information on the label and others require you to use the information a daily diet.	ons require you to
1. How much is a serving of this food?	Nutrition Fact Serving Size 1/2 cup (51g) Servings Per Container about 16
2. How much protein does a single serving of this food provide?	Amount Per Serving Calories 210 Calories from F
3. How many servings are included in this container?	% Daily V Total Fat 5g Saturated Fat 0.5g Trans Fat 0g Polyunsaturated Fat 1g
4. Does this food contain any Trans Fats?	Monounsaturated Fat 3g Cholesterol Omg
5. How many calories would you get if you ate 1 Cup of this food?	Sodium 30mg Potassium 260mg Total Carbohydrate 38g
6. What two sweeteners does this food contain?	Dietary Fiber 5g Sugars 13g Protein 5g
7. What fruit is contained in this food?	Vitamin A Vitamin C Calcium
8. What possible allergens does this food contain?	Iron Thiamin Phosphorus
9. How much salt is in this food?	Magnesium Percent Daily Values are based on a 2,000-calori Your daily values may be higher or lower depend on your calorie needs: Calories: 2,000 2 Total Fat Less than 65g 8 Saf Fat Less than 20g 2
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	Cholesterol

Nutrit	tion	Fac	ets
Serving Size 1	/2 cup (5	510)	360
Servings Per	Containe	r about 16	
Amount Per S	The second second		
Calories 210		Calories from	m Fat 45
Guidillo Ero		% Dai	ly Value*
Total Fat 50			8%
Saturated Fa	t 0.5a	To Sale	3%
Trans Fat Oo			1
Polyunsatura	ated Fat 1	1	USE ST
Monounsatu		the state of the s	
Cholesterol On		0.1	0%
Sodium 30mg	9		1%
Potassium 260	ma		7%
Total Carbohyo	-		13%
Dietary Fiber			19%
Sugars 13g	Jy		1070
Protein 5a			6%
LOUIS CONTRACTOR	NEU S		STORES OF THE
Vitamin A	become.		0%
Vitamin C	4000		0%
Calcium			4%
Iron			6%
Thiamin			10%
Phosphorus	1		15%
Magnesium			10%
*Percent Daily Va Your daily value	s may be hig		
on your calorie r	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 Total Carbohydrati		3,500mg 300g	3,500mg 375a
Dietary Fiber		25g	3/og 30a
DICITED A PURCH		200	COU

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.

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Nutrition Facts

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

Calories 90		ries from	Fat 40
Calories 30	Ouic		y Value*
W-1-1 F-1 4	F	70 Du ii	7%
Total Fat 4			
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Polyunsati	urated Fa	t 2.5g	
Monounsa	aturated F	at 1g	
Cholestero	0mg		0%
Sodium 30	mg		1%
Potassium	300mg		9%
Total Carbo		• 5g	2%
Dietary Fil	per 4g		17%
Sugars 1g	q		
Protein 9g			18%
Vitamin A 0	% •	Vitamir	C 0%
Calcium 4%		Iro	
*Percent Daily Va diet. Your daily va depending on yo Total Fat Sat Fat	alues may be	higher or lov	2,500 80g 25g
Cholesterol Sodium Potassium Total Carbohydra Dietary Fiber Protein	less than less than	300mg 2,400mg 3,500mg 300g 25g 50g	300mg 2,400mg 3,500mg 375g 30g 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?