

Blizzard Bag: 2

Nutrition Label

Objectives:

- Accurately read a nutrition label.
- Using the nutrition label, determine if the food is high or low in nutrient density.

Directions:

1. Review the information on how to read a nutrition label.
2. Find a nutrition label in your home – this must be from a food product. Please do not use a drink.
3. Complete the Nutrition Label Worksheet and staple your cut out nutrition label to the worksheet.
4. Be ready to turn this in when you return to school.

How to read a Nutrition Label

Sample label for
Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	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: 2,000 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

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

1. The first thing to look at is the serving size and how many servings the package contains.
2. Secondly, check the calories per serving and the calories from fat.
 - To find out how many calories are in a package, multiply the calories by the servings per container.
3. Saturated Fat, Trans Fat, Cholesterol, and Sodium should all be consumed sparingly. These nutrients are often consumed too much and can increase the risk of chronic diseases such as heart disease, high blood pressure, and diabetes.
4. Make sure you get enough of these nutrients! Many Americans do not get enough fiber and vitamins in their diets. Consuming the right amount of these nutrients can improve your health and help reduce the risk of some diseases and conditions.
5. The footnote section on each food label is always the same. It tells you how much you should be in taking with a 2,000 calorie diet according to public health experts' advice.
6. The Percent of Daily Value (%DV) are based on a 2,000 calorie diet. The %DV helps you to determine if a food is high or low in a certain nutrient and also allows the consumer to monitor their intake of nutrients.

Name:

Date:

Class:

Nutrition Labels

Directions: **Answer in Complete Sentences.** Staple your label to this paper.

1. What food is your nutrition label from?
2. According to the nutrition label, what is a serving size? (How many pieces, ounces, etc.)
3. How many servings are in the container?
4. Do you agree with the serving size, or do you think it should be larger or smaller? Explain your answer.
5. How many actual servings would you normally eat of this food in one sitting?
6. How many calories are in one serving?
7. How many calories are in the whole box/container?
8. What are the top five ingredients in your food?
9. What vitamins and minerals are in your food? What is the %DV? (List up to 5)

10. How many grams of total fat are in your food? (per serving) What percent of your daily value does this make up?

11. How much sodium is in your food? What is the % DV? Do you think this is high or low for one serving of the food? Explain.

12. How many grams of sugar does the food contain? Do you think this is a lot or a little? Explain.

13. Based on your nutrition label, would you consider this food to be low or high in nutrient density? Explain your answer in detail.