



Name _____ Class _____ Date _____

Everything You Eat and Drink Matters — Know What You're Eating!

Food labels tell you the nutritional content of a food item. You can compare two different items by using the **Nutrition Facts Label** to choose the healthier option.

The **saturated fat**, **sodium**, and **added sugars** found in foods and beverages are important for you to think about as you build your healthy eating style. Saturated fat and sodium are sometimes found naturally in foods and beverages. Sugars, sodium, and ingredients high in saturated fat can also be added during processing or preparing foods and beverages.

Building a healthier eating style can help you avoid **overweight** and **obesity** and reduce your risk of diseases such as **heart disease**, **diabetes**, and **cancer**.



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Nutrients

The **Nutrition Facts Label** can help you learn about and compare the nutrient content of many foods in your diet. The Nutrition Facts Label must list: total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium, and iron.

Cholesterol	10mg	5%
Sodium	125mg	5%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	8g	
Vitamin A	10%	Vitamin C 4%
Calcium	30%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

% Daily Value

The % Daily Value (%DV) shows how much of a nutrient is in one serving of the food. The %DV column doesn't add up vertically to 100%. Instead, the %DV is the percentage of the Daily Value (the amounts of key nutrients recommended per day for Americans 4 years of age and older) for each nutrient in one serving of the food.





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The **Nutrition Facts Label** on food packages can give you helpful information about what's inside. Below is a group of labels for snack foods. Read and compare the labels. Which is the healthier snack alternative?

YOGURT, FAT-FREE, PLAIN

YOGURT, WHOLE MILK, VANILLA

APPLE SLICES

FRENCH FRIES, SMALL

Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 4	
Amount Per Serving	
Calories	140
%Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g

Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 4	
Amount Per Serving	
Calories	230
Calories from Fat	70
%Daily Value*	
Total Fat	8g 12%
Saturated Fat	5g 25%
Trans Fat	0g

Nutrition Facts	
Serving Size 1 bag (68g)	
Servings Per Container 1	
Amount Per Serving	
Calories	35
Calories from Fat	0
%Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g 0%

Nutrition Facts	
Serving Size 1 serving (68g)	
Servings Per Container 1	
Amount Per Serving	
Calories	210
Calories from Fat	90
%Daily Value*	
Total Fat	10g 15%
Saturated Fat	1.5g 8%
Trans Fat	0g



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Which snack food has the most calcium with the lowest amount of calories? _____

Which snack foods are the lowest in saturated fats? _____

Which snack food is the lowest in sodium (salt)? _____

Which snack foods are healthier alternatives? _____

Explain how you came to your conclusion. Were any of your results surprising? _____



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Read the food labels. Based on the information shown, try to **match the labels** to each **food item** below. How did you make your decisions?

Label 1

Nutrition Facts		
Serving Size 2 tbsp (32g)		
Servings Per Container 18		
Amount Per Serving		
Calories	190	Calories from Fat 150
%Daily Value*		
Total Fat	16g	25 %
Saturated Fat	3.5g	17 %
Trans Fat	0g	

Label 2

Nutrition Facts		
Serving Size 1/2 cup (125g)		
Servings Per Container 4		
Amount Per Serving		
Calories	70	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	

Label 3

Nutrition Facts		
Serving Size 1 serving (272g)		
Servings Per Container 1		
Amount Per Serving		
Calories	260	Calories from Fat 60
%Daily Value*		
Total Fat	7g	11 %
Saturated Fat	2.5g	13 %
Trans Fat	0g	

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Pasta with Tomato Sauce

Smooth Peanut Butter


Peaches in Light Syrup

Answers: 1 - peanut butter, 2 - peaches, 3 - pasta with sauce



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1 **Serving Size** is based on the amount of food that is customarily eaten _____.



A at one time
B all day
C in a week
D twice a day


5 All the **nutrition information** listed on a Nutrition Facts Label is based on _____ of the food.



A one serving
B the entire container
C % daily value
D all servings

2 _____ shows the **total number of servings** in the entire food package or container.

6 What is the **best way** to know that the bread you are buying is a **whole-grain bread**?



A
B
C
D




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A
B

4 A **Nutrition Facts Label** must list amounts of total fat, cholesterol, sodium, carbohydrate, protein, vitamins A and C, _____ and _____.




A calcium, carbon
B calcium, iron
C hydrogen, iron
D aluminum, calcium

Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	125mg	5%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	11g	
Protein	8g	
Vitamin A 10% • Vitamin C 4%		
Calcium 30% • Iron 0%		

8 **Food labels** tell you the nutritional content of a food item. You can compare two different items by using the **Nutrition Facts Label** to choose the **healthier** option. True or false?

A true
B false






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Answer Sheet

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 B all day
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