Name:_____ Per:_____ Date:_____

Food Label Worksheet

2. look at this -

look at this -

3. look at this -

4. look at this -

Nutrition Facts
Serving Size 1 cup (228g)
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%

6. Calories from Fat
÷ Total Calories

This is only if you should eat about 2,000 calories per day

7. Sugar grams
÷ Total Grams or no more than 15 gr.

5. look at this -

look at this ? -

IS A PRODUCT HEALTHY? HERE'S HOW YOU FIND OUT...

This is only if you should eat about 2,000 or 2500 calories per day

* 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

Choose a food label from the class box - the product must have fat and sugar in it:

1. Write the name of your food product here:_____

2. Write the **Serving Size** of your product: _____

3. How many **Servings Per Container**?_____

-If there is more than one serving per container, and you ate **THE WHOLE CONTAINER,** how many **calories** would you really be eating? (**Calories** x how many servings =) _____.

-If there is more than one serving and you ate the whole container, how many **Total Fat** grams would you really be eating?   (**Total Fat** grams x how many servings =) _____.

Is your product's serving size realistic for **you** to eat? YES_____   or   NO_____

Have they been deceptive by listing a small serving size? YES____   or   NO____

4. What is the **Total Fat** listing for 1 serving of your food?_____

The two fats that are bad for you are: SATURATED FAT   +   TRANS FAT.

If your product has **Saturated Fat**, how many grams are in one   serving?_____

If your product lists the ingredients, do you see "hydrogenated," or "partially hydrogenated" ? YES_____ (**If yes, THAT'S TRANS FAT!**)   NO_____

5. What are the **Sugars** grams listed for 1 serving of your food?_____

TO BE CONSIDERED FOR OUR SCHOOL'S VENDING MACHINE AND A"HEALTHY" PRODUCT IT MUST BE LESS THAN 35 % FAT AND LESS THAN 35 % SUGAR. FIGURE YOURS:

v
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m
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e

6. <u>FIGURE FOR FAT</u>:

Calories from Fat ÷ total calories =_____ **% Total Fat**

Is your product's total fat under 35%? YES_____   or   NO_____

7. <u>FIGURE FOR SUGAR</u>:

Sugar grams ÷ total grams (the weight of product) =_____ **Sugar**

or can be no more than 15 grams.

Is your product's sugar weight less than 35% sugar? YES_____   NO_____

IS YOUR PRODUCT **HEALTHY** ENOUGH TO BE IN THE SCHOOL VENDING MACHINE:

YES _____   NO_____