NutritioN label worksheet

name_____ Block _____

All packaged foods are required to display a standardized nutrition label. This nutrition label contains information about the caloric content, amount of fat, protein, carbohydrates, and other required nutrients.

Examine the following nutrition labels and answer the questions.

1. How many calories would you take in if you ate the whole box of crackers in one sitting?

2. If you ate 2 servings of crackers, how many grams of carbohydrates would you get? _____

3. If each gram of carbohydrates provides 4 calories, how many calories would you take in by eating 2 servings of crackers?

4. If fat provides 9 calories per gram, how many calories would you get by eating 2 servings?

Serving Siz		kers (14	g)
Servings P	er Contai	ner Abc	ut 21
Amount Per :			
Calories 6	i0 Calor	ies from	Fat 15
		% Dail	iv Value*
Total Fat	5	10 0 0	2%
	~		
Saturated	i Fat 0g		0%
Trans Fat	t Og		
Cholester	ol Oma		0%
			3%
			0.00
Total Carb	onyara	te tug	3%
Dietary Fi	ber Less	than 1g	3%
Sugars 0g	3		
Protein 20	1		
Frotom Eg			
Vitamin A 0	9% •	Vitamin	C 0%
Calcium 09	6 •	Iron 2%	,
 Percent Daily calorie diet. Y or lower dependence 	four daily va	lues may b	be higher
Total Fat	Less than	66g	80g
Sat Fat	Less than		259
Cholesterol Sodium	Less than Less than		300mg
Total Carboh		2400mg 300a	2400mg 375g
Dietary Fibe		250 250	375g 30g

Ch	icken N	oodle S	Soup
Nut	ritio	on Fa	acts
Serving Size Servings Pe			densed soup
Amount Per	Serving		
Calories	60		rom Fat 15
		%	Daily Value*
Total Fat	-		2%
Saturate	d Fat 0.5	g	3%
Trans Fa	at Og		
Cholester	ol 15mg	3	
Sodium	890gm		37%
Total Carl	bohydrate	e 8g	3%
Dietary F		-3	4%
Sugars	1g		
Protein	3g		
	- 3		
Vitamin A	4%	Calcium	n 0%
Vitamin C	0%	Iron	2%
*Percent Daily	Values are b	ased on a 2,	000 calorie diet.
		higher or lowe	er depending on
your calorie ne	eeds.		
	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohy		300g	375g
Dietary Fiber	r.	25g	30g

5. If you were to eat the entire can of soup, how much sodium would you consume?

6. If the recommended amount of sodium for someone with high blood pressure is 1500 mg/day, how much more than the recommended amount is present in this entire can?

How many servings of soup would I need to consume
 20% of my daily requirement of fiber?

8. How many calories would that be? _____



Ingredients: Whole Corn, Vagetable Oil (Contains One or More of the Following: Corn, Soybean, and/or Surflewer Oil), Sat, Cheddar Chesse, Outhured Mik, Sat, Enzymes), Maitodextrin, Whest Flour, Whey, Monosodium Glutamata, Buttermik, Solids, Romano Chesse from Cow's Milk (Part-Skim Cow's Milk, Cheese Cultures, Sait, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Szybaen and Cottonesed Oil, Com Hour, Disodium Phesohate, Lactose, Natural and Artificial Havor, Destrose, Tomato Powder, Spices, Lactic Acid, Artificial Col (Including Yellow & Yellow S, Fed 40), Citric Acid, Sugar, Gartie Powder, Red and Green Bell Pepper Powder, Sodium Caseinata, Disodium Inosinate, Disodium Guarylate, Nortat Milk Solids, Whey Protein Isolate, and Com Syng Solids. Cottains Rulk and WHeth IInSRDEIENTS.

INULLI	tion	Fa	cts
Serving Size	1		
Amount Per Se			
Calories 140	D Cal	ories froi	m Fat 70
% Daily Value*			
Total Fat 8g	1		12%
Saturated F	at 1.5g		7%
Trans Fat 0	g		
Cholestero	Omg		0%
Sodium 180	mg		7%
Total Carbo	hvdrate	17a	6%
Dietary Fibe	-		6%
Sugars 1g			
Protein 2g			
		A 10.	
Vitamin A 0%	•	Vitarr	nin C 0%
Vitamin A 0% Calcium 2%	· ·	Vitarr	nin C 0% Iron 2%
Calcium 2%	•	Thi	Iron 2%
Calcium 2% Vitamin E 4%	6 6 alues are bas	Thia Phosph red on a 2,0 y be highe	Iron 2% amin 4% orus 6% 000 calorie
Calcium 2% Vitamin E 4% Vitamin Be 4% * Percent Daily Va diet. Your daily depending on yo	e e alues are bas values ma our calorie no Calories:	This Phosph red on a 2,0 y be highe reds: 2,000	Iron 2% amin 4% orus 6% 000 calorie r or lower 2,500
Calcium 2% Vitamin E 4% Vitamin Be 4% * Percent Daily Va diet. Your daily depending on yo	e e alues are bas r values ma our calorie no Calories: Less than	Thia Phosph red on a 2,0 y be highe reds: 2,000 65g	Iron 2% amin 4% orus 6% 000 calorie r or lower 2,500 80g
Calcium 2% Vitamin E 4% Vitamin Be 4% * Percent Daily Va diet. Your daily depending on your Total Fat Sat Fat	e dues are bas r values ma our calorie no <u>Calories:</u> Less than Less than	This Phosph ed on a 2,0 y be highe seds: 2,000 65g 20g	Iron 2% amin 4% orus 6% 000 calorie r or lower 2,500 80g 25g
Calcium 2% Vitamin E 4% Vitamin Be 4% * Percent Daily Va diet. Your daily depending on yo	e e alues are bas r values ma our calorie no Calories: Less than	This Phosph ed on a 2,0 y be highe eds: 2,000 65g 20g 300mg	Iron 2% amin 4% orus 6% 000 calorie r or lower 2,500 80g 25g 300mg
Calcium 2% Vitamin E 4% Vitamin Be 4% * Percent Daily Va diet. Your daily depending on yo Total Fat Sat Fat Cholesterol	talues are bas our calorie no Calories: Less than Less than Less than Less than	This Phosph ed on a 2,0 y be highe seds: 2,000 65g 20g	Iron 2% amin 4% orus 6% 000 calorie r or lower 2,500 80g 25g
Calcium 2% Vitamin E 4% Vitamin Be 4% * Percent Daily Ve diet. Your daily depending on yo Total Fat Sat Fat Cholesterol Sodium	talues are bas our calorie no Calories: Less than Less than Less than Less than	This Phosph ed on a 2,0 y be highe eds: 2,000 65g 20g 300mg 2,400mg	Iron 2% amin 4% orus 6% 000 calorie r or lower 2,500 80g 25g 300mg 2,400mg

*** This serving size is 1 ounce. An average bag of Doritos contains 16 ounces of chips, for a total of 16 servings per bag.***

9. How many calories would you

consume if you ate the whole 16oz

bag? _____

10. How many carbohydrates would

you consume if you ate the whole

bag? _____

11. What percentage is this of your daily intake of carbohydrates?

12. How much fat would you get from eating 5 servings of Doritos?

13. How much saturated fat would you get if you ate the whole bag?

Assume the same sized bag – 16 servings per bag...

14. How much saturated fat would you get from eating the whole bag of Baked Doritos?

15. How many carbohydrates would you get if you ate the entire bag?

16. How much less fat would there be in eating an entire bag of Baked vs. Regular chips?

What major nutrient increases
 per serving when comparing Baked
 vs. Regular chips?



Ingredients: Whole Corn, Corn Oil, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Buttermik, Solids, Whey Protein Concentrate, Whey, Tomato Powder, Monosodium Glutamate, Romano Cheese (Part-Skim Cow's Mik, Cheese Cultures, Salt, Enzymes), Onion Powder, Wheat Flour, Natural and Artificial Flavor, Partially Hydrogenated Soybean and Cottonseed Oil, Artificial Color (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Red 40 Lake), Sugar, Garlic Powder, Disodium Phosphate, Dektrose, Parmesan Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Spice, Chric Ardi, Lactic Acid, Disodium Inosinate, and Disodium Guanylate. **Contains Milk AND WHEAT INGREDIENTS.**

Nutri	tio	n Fa	cts
Serving Size			
Amount Per S	erving		
Calories 12	20 Ca	alories froi	
		% Dai	ly Value*
Total Fat 3	.5g		6%
Saturated	Fat 0.5g		3%
Polyunsati	urated F	at 2g	
Monounsa		Fat 1g	
Trans Fat	0g		
Cholestero	al Omg		0%
Sodium 220	- · · · · ·		9%
Total Carb		te 21g	7%
Dietary Fit	xer 2g		7%
Sugars 1g			
Protein 2g			
Vitamin A 2%	, .	Vitarr	nin C 0%
Calcium 4%			Iron 2%
Vitamin E 2%	6 •	This	amin 4%
Niacin 2%	•	Vitami	in Be 6%
Phosphorus I			Zinc 2%
* Percent Dally V diet. Your dail depending on y	v values r	nav be highi	,000 calorie er or lower 2,500
Total Fat	Less than	65g	80g
Sat Fat Cholesterni	Less than Less than		25g 300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd Distary Fiber		300g - 25g -	375g 30g
Calories per gra	ann		2

Oreos Servings per container: 15

Serving Size: DF3 cookies • 33g

Amount Per Serving	
Calories 160	Calories from Fat 63
	% DV
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Cholesterol Omg	0%
Sodium 220mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%

19. How many calories would one cookie contain? ______
20. How much fat would there be in one cookie? ______
21. How much fat would you take in if you ate ½ of the bag?

22. What percent of your daily intake of sodium would you eat if you had 6 cookies?

23. How many grams of carbohydrates would you take in if you split this shake with a friend?

24. How much of your daily intake of cholesterol does this shake provide?

25. Out of the total carbohydrates, what percentage comes from sugars?

26. What is the percentage of calories from fat?

McDonalds Triple Thick Shake, 32 fl oz

Nutrition Facts

Serving Size: 888 (ml)

Amount per Serving			
Calories 1110	Calories from Fat 240		
	% Daily Value *		
Total Fat 26g	40%		
Saturated Fat 16g	80%		
Trans Fat 2g			
Cholesterol 100mg	33%		
Sodium 370mg	15%		
Total Carbohydrate	193g 64%		
Dietary Fiber Og	0%		
Sugars 145g			
Protein 25g	50%		

Whopper Sandwich **Nutrition Facts**

Serving Size: 1 sandwich / 270g

Amount per Serving

Calories Calc 670	ories from Fat 351
% D	aily Value *
Total Fat 39g	60%
Saturated Fat 11	g 55%
Cholesterol 90mg	30%
Sodium 850mg	35%
Total Carbohydrat	.e 17%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 27g	54%
Vitamin A	10%
Vitamin C	15%
Calcium	6%
Iron	25%

Big Mac **Nutrition Facts**

Amount per Serving

Serving Size: 7 4/5 oz (219.0 g)

	0	
Calories 560	Calories fr	rom Fat 270
9	6 Daily \	/alue *
Total Fat 30g		46%
Saturated Fat	t 10g	50%
Cholesterol 80	mg	27%
Sodium 1010m	g	42%
Total Carbohyo 47g	drate	16%
Dietary Fiber	3g	12%
Sugars 8g		
Protein 25g		50%
Vitamin A		8%
Vitamin C		2%
Calcium		25%
Iron		25%

27. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/day diet)

Calories: _____

Total Fat: _____

Saturated Fat: _____

Protein: _____

Fiber: _____

Carbohydrates: _____

28. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/day diet)

Calories: _____

Total Fat: _____

Saturated Fat: _____

Protein: _____

Fiber: _____

Carbohydrates: _____