

Nutrition Label Quiz

Learn How to Read A Food Label

How many calories are there in a single serving of the food on this label?

Now calculate how many calories are in the entire container:

How many grams of added sugars are in one serving?

How many grams of added sugars are in the entire container?

How does the sodium fit your daily allotment?

The top of the Nutrition Facts Label is loaded with great information. Check out the serving size. Does it match the size of the serving you usually eat? Often, the serving sizes we eyeball are much larger than the ones listed on the Nutrition Facts Label. Consider measuring your food in the serving sizes provided in order to recalibrate your expectations.

The next great piece of info at the top of the label is the servings per container. Many manufacturers sneakily assert that a single candy bar or bottle of soda actually contains 2 or more servings. Does that match your eating habits?

Use the listings for saturated fat, trans fat, cholesterol, and sodium to protect your heart from foods that may do damage, choosing items with low levels of these elements. The % Daily Value (DV) is your friend here. 5% or less is low, while 20% or more is high.

Choose foods that are good sources of fiber. After all, fiber can aid weight loss, help lower cholesterol, aid the control of blood sugar, and it keeps your digestive system on track.

Are there nutrients in the food you're examining? Check the bottom of the label for the % DV of vitamins and minerals!

Nutrition Facts

8 servings per container

Serving Size **2/3 cup (55g)**

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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