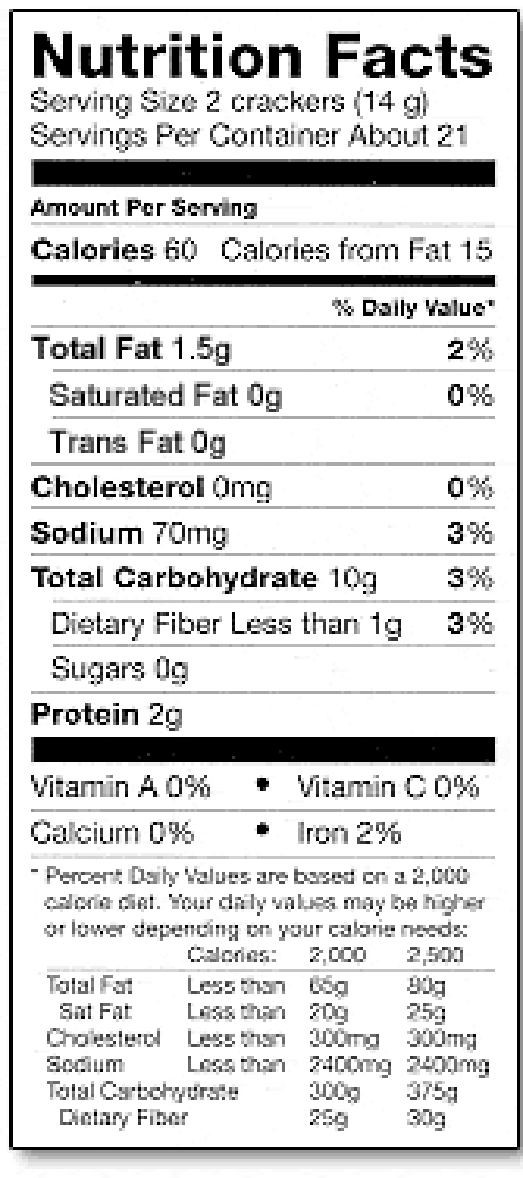
**NUTRITION LABEL WORKSHEET**

**NAME:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 a) What is the serving size for the food label? \_\_\_\_\_\_\_\_\_

b) What does this mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. a) How many calories are contained within one serving of this food? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b) What does this mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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



4. If you were to eat the entire can of soup, how much

sodium would you consume?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Are the two fats in this soup know as BAD or GOOD fat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\***\*\* This serving size is 28g (1 ounce). An average bag of Doritos contains 453g (16 ounces) of chips, for a total of 16 servings per bag.\*\*\***

6. How many carbohydrates would you consume if you are the whole bag of **Regular Doritos?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. How much saturated fat would you get from eating the whole bag of **Baked Doritos? \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Which bag is better for you? Regular or Baked?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Big Mac** **Nutrition Facts**

11. What do percent daily value mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

1. Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Total Fat: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is this high, good, or low? Why? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Protein: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Fibre: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Carbohydrates: \_\_\_\_\_\_\_\_\_\_\_\_

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

**Amount per Serving**

**Calories** Calories from Fat

560 270

|  |  |
| --- | --- |
| **% Daily Value \***  **Total Fat 30g** **46%** | |
| Saturated Fat 10g | **50%** |
| **Cholesterol** 80mg | **27%** |
| **Sodium** 1010mg | **42%** |
| **Total Carbohydrate** 47g | **16%** |
| Dietary Fiber 3g | **12%** |
| Sugars 8g  **Protein** 25g | **50%** |



|  |  |
| --- | --- |
| Vitamin A | **8%** |
| Vitamin C | **2%** |
| Calcium | **25%** |
| Iron | **25%** |
|  |  |