** Food Labels Worksheet **

Name of food #1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the serving size?
2. How many servings per container?
3. How many calories from fat?
4. Is there any Calcium in the food? YES or NO If yes, how much?

Name of food #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How many calories per serving?
2. How much total fat? Is there saturated fat? YES or No If yes, how much?
3. How much dietary fiber is in the food?
4. What is the % of Daily Value of cholesterol?

Comparing your two foods

1. Which of the two foods has more calories per serving?
2. Does either food have 30% of your Daily Value for any vitamin?
3. If you eat two times the amount in one serving of food #2, how would you find out the number of calories you have consumed?
4. Percent of Daily Values is based on a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calorie diet.