

Chapter 9

Building Health Skills

Reading a Food Label (pp. 224–225)

Food labels provide important information that can help you judge the nutritional value of a food. Use this worksheet to help you analyze the information on a food label.

Nutrition Facts		
Serving Size 2.5 oz. (70 g/about 1/3 Box) (Makes about 1 cup)		
Servings Per Container about 3		
Amount Per Serving	In Box	Prepared
Calories	260	380
Calories from Fat	25	140
% Daily Value**		
Total Fat 2.5g*	4%	23%
Saturated Fat 1.5g	8%	20%
Trans Fat 0.5g		
Cholesterol 10mg	3%	3%
Sodium 600mg	25%	32%
Total Carbohydrate 48g	16%	16%
Dietary Fiber 1g	4%	4%
Sugars 7g		
Protein 9g		
Vitamin A	0%	15
Vitamin C	0%	0%
Calcium	20%	25%
Iron	10%	10%
*Amount in unprepared product		
**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
Fiber		25g 30g

INGREDIENTS:
ENRICHED
MACARONI
PRODUCT (WHEAT
FLOUR, NIACIN,
FERROUS SULFATE
[IRON], THIAMIN
MONONITRATE
[VITAMIN B1],
RIBOFLAVIN
[VITAMIN B2],
FOLIC ACID);
CHEESE SAUCE MIX
(WHEY, MILKFAT,
MILK PROTEIN
CONCENTRATE,
SALT, CALCIUM
CARBONATE,
SODIUM
TRIPOLYPHOS-
PHATE, CONTAINS
LESS THAN 2% OF
CITRIC ACID,
SODIUM
PHOSPHATE,
LACTIC ACID, MILK,
YELLOW 5, YELLOW
6, ENZYMES,
CHEESE CULTURE)

1. Read the ingredients list.

a. Which ingredient is present in the largest amount?

b. Should a person with milk allergies avoid this product? Explain.

Reading a Food Label (continued)

2. Note the number of servings per container.

- a. There are _____ servings in this container.
- b. The serving size is _____ ounces.

3. Note the number of calories in one serving.

- a. There are _____ calories in one serving of the prepared food.
- b. There are _____ calories from fat in one serving of the prepared food.

4. Look at the percentages of the Daily Values.

In the prepared product, what are the percent Daily Values for these nutrients that you should limit in your diet?

- a. Total fat _____
- b. Saturated fat _____
- c. Cholesterol _____
- d. Sodium _____

In the prepared product, what are the percent Daily Values for the following nutrients?

- e. Dietary fiber _____
- f. Iron _____
- g. Total carbohydrate _____
- h. Calcium _____
- i. Vitamin A _____
- j. Vitamin C _____

5. Look for any health or nutrient claims.

Does the product advertise any health or nutrient claims on the package?
If so, explain them in your own words.
