

Learn to Read A Food Label-Application Activity:
Answer the following questions using the label below.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (180g)
Amount per serving	
Calories	245
	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%
*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.	

- a) How many calories would be in a serving if one doubles the serving size?
 - 1) Calories in 2 servings = _____

- b) List the nutrient which is considered a low source in this product when using the % of the DV: 1) _____
- c) List the 2 nutrients which would be considered to be high sources on the food label above when using the % of the DV: _____

- d) How many mg of Calcium is in one serving? _____

- e) How many grams of protein would be in one serving? _____

- f) List two things that you learned from completing this module:
 - 1) _____
 - 2) _____
- g) List 1 thing that you will be looking for on the food label that you are not currently looking for on the food label when grocery shopping:
 - 1) _____
 - 2) _____

