

Hot Topic Nutrition Review: Reading a Food Label

1) The reason to read the label closely. If you see “Reduced-Fat” or “Fat-Free” on the front of the package:

- a) It means that it will not taste very good as fats will add flavor to foods.
- b) It will be cheaper as fat is expensive when added to a food product.
- c) It means that the food manufacturer has added another ingredient(s) such as sugar or salt to enhance the flavor.

2) A product has 5% of the daily value (DV) for sodium, 10% of the daily value for total fat and 20% the daily value for fiber. This information on the label would indicate that the product is

- a) High in sodium, good source of fat and high in fiber.
- b) Low in sodium, good source of fat and low in fiber.
- c) Good source of sodium, good source of fat and high in fiber.
- d) Low in sodium, good source of fat, and high in fiber.

3) On the food label, there is a statement providing the grams of Total Sugars, as well as Added Sugars?

- a) True
- b) False

4) Ingredients listed on the food label are listed in descending order by weight means:

- a) The first ingredient listed is contained in the highest amount in the food.
- b) The last ingredient listed is contained in the highest amount in the food.
- c) It doesn't matter how the ingredients are listed.

5) The importance of being able to read a food label is to:

- a) Know what is in the food that you are eating.
- b) To determine whether a food is as good of a product as the manufacturer makes it sound on the label.
- c) Make healthier food choices.
- d) All of the above.