Food labels Worksheet

Nutrition Facts

Sockeye salmon, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 121 Calories from Fat: 43

	%Daily Value*
Total Fat 4.7g	7%
Saturated Fat 1g	5%
Cholesterol 45mg	15%
Sodium 95mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%

Vitamin A 3% • Vitamin C 0%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

What is the servings size of salmon?

_____

How many calories in 2 servings?

_____

How much protein in 1 serving?

_____

What food is this?

What is the serving size?

How much Vitamin C?

Beef burger

Nutrition Facts

Per 1 burger (130 g)

Amount	% Daily Value
Calories 340	
Fat 27 g	**42** %
Saturated Fat 12 g + Trans Fat 2 g	**70** %
Cholesterol 70 mg	
Sodium 330 mg	**14** %
Carbohydrate 3 g	**1** %
Fibre 0 g	**0** %
Sugars 3 g	
Protein 24 g	

Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	30 %

Chicken burger

Nutrition Facts

Per 1 burger (130 g)

Amount	% Daily Value
Calories 200	
Fat 9 g	**14** %
Saturated Fat 2 g + Trans Fat 1 g	**15** %
Cholesterol 70 mg	
Sodium 800 mg	**33** %
Carbohydrate 4 g	**1** %
Fibre 0 g	**0** %
Sugars 0 g	
Protein 25 g	

Vitamin A	0 %	Vitamin C	0 %
Calcium	4 %	Iron	2 %

How many calories per serving of chicken burger?

Which burger has the highest salt?

Is the Iron content higher in Beef or chicken burger?

Nutrition Facts

Serving Size 2 cookies (38g)
Servings Per Container 12

Amount Per Serving	
Calories	170
Calories from Fat	70
	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 2.5g	**13**%
Trans Fat 2g	
Cholesterol less than 5mg	**1**%
Sodium 125mg	**5**%
Total Carbohydrate 23g	**8**%
Dietary Fiber less than 1g	**2**%
Sugars 14g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

* 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
Dietary Fiber		25g	30g

How many cookies in one serving?

How many calories in 2 cookies?

How many calories in 1 cookie?