

Steps of reading food labels.

Fill in the blanks.

Size per serving

Calories

Nutrients

The image shows a nutrition facts label with three arrows pointing to empty boxes on the right. The first arrow points to the 'Serving Size' line, the second to the 'Calories' line, and the third to the nutrient table.

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	1%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 44g	
Protein 9g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 0%

*Percent Daily Values are based on a diet of other people's secrets. Your Daily Values may be higher or lower depending on your calorie needs.

Steps:

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Compare the amount of nutrients with other food labels.
Choose food with a higher amount of nutrients.

List the nutrients to be taken less.

Fat: 0g
Cholesterol: Less than 5mg
Sodium: 160mg
Carbohydrate: 15g
Sugars: 44g

Read the size per serving.

Size per serving: 1 container (226g)

List the other nutrients.

Dietary fiber: 0g
Protein: 9g
Vitamin C: 4%
Calcium: 45%

Read the calories.

Calories: 110 kcal