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?