Nutr itioNl abel wor k sh eet

name _____
Bl ock _____

All packaged foods are required to display a standardized nutrition label. This nutrition label contains information about the caloric content, amount of fat, protein, carbohydrates, and other required nutrients.

Examine the following nutrition labels and answer the questions.

1. How many calories would you take in if you ate the whole box of crackers in one sitting? _____

2. If you ate 2 servings of crackers, how many grams of carbohydrates would you get? _____

3. If each gram of carbohydrates provides 4 calories, how many calories would you take in by eating 2 servings of crackers? _____

4. If fat provides 9 calories per gram, how many calories would you get by eating 2 servings? _____

**Nutrition Facts**
Serving Size 2 crackers (14 g)
Servings Per Container About 21

**Amount Per Serving**
**Calories** 60 Calories from Fat 15

| | % Daily Value* |
|---|---|
| **Total Fat** 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 70mg | 3% |
| **Total Carbohydrate** 10g | 3% |
| Dietary Fiber Less than 1g | 3% |
| Sugars 0g | |
| **Protein** 2g | |

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

* 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 | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Chicken Noodle Soup

**Nutrition Facts**
Serving Size 1/2 cup (120 ml) condensed soup
Servings Per Container about 2.5

**Amount Per Serving**
**Calories** 60 Calories from Fat 15

| | % Daily Value* |
|---|---|
| **Total Fat** 1.5g | 2% |
| Saturated Fat 0.5g | 3% |
| *Trans* Fat 0g | |
| **Cholesterol** 15mg | |
| **Sodium** 890gm | 37% |
| **Total Carbohydrate** 8g | 3% |
| Dietary Fiber 1g | 4% |
| Sugars 1g | |
| **Protein** 3g | |

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

*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 | 2000 | 2500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400m | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

5. If you were to eat the entire can of soup, how much sodium would you consume? _____

6. If the recommended amount of sodium for someone with high blood pressure is 1500 mg/ day, how much more than the recommended amount is present in this entire can?

_____

7. How many servings of soup would I need to consume 20% of my daily requirement of fiber? _____

8. How many calories would that be? _____




**Ingredients:** Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, and/or Sunflower Oil), Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Maltodextrin, Wheat Flour, Whey, Monosodium Glutamate, Buttermilk Solids, Romano Cheese from Cow's Milk (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Soybean and Cottonseed Oil, Corn Flour, Disodium Phosphate, Lactose, Natural and Artificial Flavor, Dextrose, Tomato Powder, Spices, Lactic Acid, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Citric Acid, Sugar, Garlic Powder, Red and Green Bell Pepper Powder, Sodium Caseinate, Disodium Inosinate, Disodium Guanylate, Nonfat Milk Solids, Whey Protein Isolate, and Corn Syrup Solids.
**CONTAINS MILK AND WHEAT INGREDIENTS.**

## Nutrition Facts

Serving Size 1

| Amount Per Serving | |
|---|---|
| **Calories** 140 | Calories from Fat 70 |
| | **% Daily Value*** |
| **Total Fat** 8g | **12%** |
| Saturated Fat 1.5g | **7%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 180mg | **7%** |
| **Total Carbohydrate** 17g | **6%** |
| Dietary Fiber 1g | **6%** |
| Sugars 1g | |
| **Protein** 2g | |

| | | | |
|---|---|---|---|
| Vitamin A 0% | • | Vitamin C 0% |
| Calcium 2% | • | Iron 2% |
| Vitamin E 4% | • | Thiamin 4% |
| Vitamin B6 4% | • | Phosphorus 6% |

* 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 |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

*** This serving size is 1 ounce. An average bag of Doritos contains 16 ounces of chips, for a total of 16 servings per bag.***

9. How many calories would you consume if you ate the whole 16oz bag? _____

10. How many carbohydrates would you consume if you ate the whole bag? _____

11. What percentage is this of your daily intake of carbohydrates?

_____

12. How much fat would you get from eating 5 servings of Doritos?

_____

13. How much saturated fat would you get if you ate the whole bag?

_____

***Assume the same sized bag – 16 servings per bag...***

14. How much saturated fat would you get from eating the whole bag of Baked Doritos?

_____

15. How many carbohydrates would you get if you ate the entire bag?

_____

16. How much less fat would there be in eating an entire bag of Baked vs. Regular chips? _____

18. What major nutrient increases per serving when comparing Baked vs. Regular chips?

_____




**Ingredients:** Whole Corn, Corn Oil, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Buttermilk Solids, Whey Protein Concentrate, Whey, Tomato Powder, Monosodium Glutamate, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Wheat Flour, Natural and Artificial Flavor, Partially Hydrogenated Soybean and Cottonseed Oil, Artificial Color (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Red 40 Lake), Sugar, Garlic Powder, Disodium Phosphate, Dextrose, Parmesan Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Spice, Citric Acid, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.
**CONTAINS MILK AND WHEAT INGREDIENTS.**

## Nutrition Facts

Serving Size 1 oz.

| Amount Per Serving | |
|---|---|
| **Calories** 120 | Calories from Fat 30 |
| | **% Daily Value*** |
| **Total Fat** 3.5g | **6%** |
| Saturated Fat 0.5g | **3%** |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 1g | |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 220mg | **9%** |
| **Total Carbohydrate** 21g | **7%** |
| Dietary Fiber 2g | **7%** |
| Sugars 1g | |
| **Protein** 2g | |

| | | | |
|---|---|---|---|
| Vitamin A 2% | • | Vitamin C 0% |
| Calcium 4% | • | Iron 2% |
| Vitamin E 2% | • | Thiamin 4% |
| Niacin 2% | • | Vitamin B6 6% |
| Phosphorus 6% | • | Zinc 2% |

* 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 |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Oreos
Servings per container: 15

| **Serving Size:** 3 cookies • 33g | |
|---|---|
| **Amount Per Serving** | |
| **Calories** 160 | Calories from Fat 63 |
| | % DV |
| **Total Fat** 7g | 11% |
| Saturated Fat 1.5g | 8% |
| **Cholesterol** 0mg | 0% |
| **Sodium** 220mg | 9% |
| **Total Carbohydrate** 23g | 8% |
| Dietary Fiber 1g | 4% |

19. How many calories would one cookie contain? _____

20. How much fat would there be in one cookie? _____

21. How much fat would you take in if you ate ½ of the bag?

_____

22. What percent of your daily intake of sodium would you eat if you had 6 cookies?

_____

23. How many grams of carbohydrates would you take in if you split this shake with a friend? _____

24. How much of your daily intake of cholesterol does this shake provide?

_____

25. Out of the total carbohydrates, what percentage comes from sugars?

_____

26. What is the percentage of calories from fat? _____

McDonalds Triple Thick Shake, 32 fl oz

## Nutrition Facts

Serving Size: 888 (ml)

| **Amount per Serving** | |
|---|---|
| **Calories** 1110 | Calories from Fat 240 |
| | **% Daily Value *** |
| **Total Fat 26g** | **40%** |
| Saturated Fat 16g | **80%** |
| Trans Fat 2g | |
| **Cholesterol** 100mg | **33%** |
| **Sodium** 370mg | **15%** |
| **Total Carbohydrate** 193g | **64%** |
| Dietary Fiber 0g | **0%** |
| Sugars 145g | |
| **Protein** 25g | **50%** |

Whopper Sandwich

**Nutrition Facts**

Serving Size: 1 sandwich / 270g

**Amount per Serving**

| **Calories** 670 | Calories from Fat 351 |
|---|---|

| | **% Daily Value *** |
|---|---|
| **Total Fat 39g** | **60%** |
| Saturated Fat 11g | **55%** |
| **Cholesterol** 90mg | **30%** |
| **Sodium** 850mg | **35%** |
| **Total Carbohydrate** 51g | **17%** |
| Dietary Fiber 3g | **12%** |
| Sugars 6g | |
| **Protein** 27g | **54%** |
| Vitamin A | **10%** |
| Vitamin C | **15%** |
| Calcium | **6%** |
| Iron | **25%** |

27. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/ day diet)

Calories: _____

Total Fat: _____

Saturated Fat: _____

Protein: _____

Fiber: _____

Carbohydrates: _____

Big Mac

**Nutrition Facts**

Serving Size: 7 4/5 oz (219.0 g)

**Amount per Serving**

| **Calories** 560 | Calories from Fat 270 |
|---|---|

| | **% Daily Value *** |
|---|---|
| **Total Fat 30g** | **46%** |
| Saturated Fat 10g | **50%** |
| **Cholesterol** 80mg | **27%** |
| **Sodium** 1010mg | **42%** |
| **Total Carbohydrate** 47g | **16%** |
| Dietary Fiber 3g | **12%** |
| Sugars 8g | |
| **Protein** 25g | **50%** |
| Vitamin A | **8%** |
| Vitamin C | **2%** |
| Calcium | **25%** |
| Iron | **25%** |

28. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/ day diet)

Calories: _____

Total Fat: _____

Saturated Fat: _____

Protein: _____

Fiber: _____

Carbohydrates: _____