

## Nutrition Label worksheet

name \_\_\_\_\_  
Block \_\_\_\_\_

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? \_\_\_\_\_

<b>Nutrition Facts</b>		
Serving Size 2 crackers (14 g)		
Servings Per Container About 21		
<b>Amount Per Serving</b>		
<b>Calories</b>	60      Calories from Fat 15	
<b>% Daily Value*</b>		
<b>Total Fat</b> 1.5g	2%	
<b>Saturated Fat</b> 0g	0%	
<b>Trans Fat</b> 0g		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 70mg	3%	
<b>Total Carbohydrate</b> 10g	3%	
<b>Dietary Fiber</b> Less than 1g	3%	
<b>Sugars</b> 0g		
<b>Protein</b> 2g		
<b>Vitamin A 0%      Vitamin C 0%</b>		
<b>Calcium 0%      Iron 2%</b>		
* 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		
<b>Total Fat</b>	Less than 65g	80g
<b>Sat Fat</b>	Less than 20g	25g
<b>Cholesterol</b>	Less than 300mg	300mg
<b>Sodium</b>	Less than 2400mg	2400mg
<b>Total Carbohydrate</b>	300g	375g
<b>Dietary Fiber</b>	25g	30g

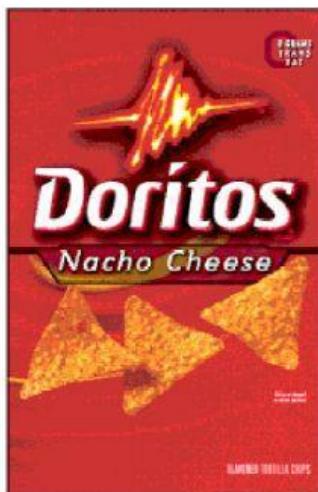
Chicken Noodle Soup		
<b>Nutrition Facts</b>		
Serving Size 1/2 cup (120 ml) condensed soup Servings Per Container about 2.5		
<b>Amount Per Serving</b>		
<b>Calories</b>	60	Calories from Fat 15
<b>% Daily Value*</b>		
<b>Total Fat</b> 1.5g	2%	
<b>Saturated Fat</b> 0.5g	3%	
<b>Trans Fat</b> 0g		
<b>Cholesterol</b> 15mg		
<b>Sodium</b> 890mg	37%	
<b>Total Carbohydrate</b> 8g	3%	
<b>Dietary Fiber</b> 1g	4%	
<b>Sugars</b> 1g		
<b>Protein</b> 3g		
<b>Vitamin A</b> 4%	<b>Calcium</b> 0%	
<b>Vitamin C</b> 0%	<b>Iron</b> 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		
<b>Total Fat</b>	Less than 65g	80g
<b>Sat Fat</b>	Less than 20g	25g
<b>Cholesterol</b>	Less than 300mg	300mg
<b>Sodium</b>	Less than 2,400mg	2400mg
<b>Total Carbohydrate</b>	300g	375g
<b>Dietary Fiber</b>	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? \_\_\_\_\_



## 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 85g      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

**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 Colored 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.

\*\*\* 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?



## 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

**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.

Oreos

Servings per container: 15

**Serving Size:** 3 cookies • 33g

**Amount Per Serving**

<b>Calories</b>	160	Calories from Fat	63
		% DV	
<b>Total Fat</b>	7g	11%	
Saturated Fat	1.5g	8%	
<b>Cholesterol</b>	0mg	0%	
<b>Sodium</b>	220mg	9%	
<b>Total Carbohydrate</b>	23g	8%	
Dietary Fiber	1g	4%	

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?  
\_\_\_\_\_

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  $\frac{1}{2}$  of the bag?  
\_\_\_\_\_

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

McDonalds Triple Thick Shake, 32 fl oz

**Nutrition Facts**

Serving Size: 888 (ml)

**Amount per Serving**

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

## Whopper Sandwich Nutrition Facts

Serving Size: 1 sandwich / 270g

### Amount per Serving

Calories	Calories from Fat
670	351
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% 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%
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Vitamin A	10%
Vitamin C	15%
Calcium	6%
Iron	25%

## Big Mac Nutrition Facts

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

### Amount per Serving

Calories	Calories from Fat
560	270
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% 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%
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Vitamin A	8%
Vitamin C	2%
Calcium	25%
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: \_\_\_\_\_

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: \_\_\_\_\_