

Reading Food Labels – Activity 1, Worksheet 1 – CLB 2-3**Look at the Label**

Fill in the blanks using the **Look at the Label** handout. This factsheet was created by the Canadian Diabetes Association.

Nutrition information on food labels:

- Helps you _____
- Helps you follow _____
- Is required on most _____
- Is based on _____

Nutrition claims: There are _____ types of nutrition claims:

1. _____
tell you about one nutrient such as _____ , _____
or _____ .
2. _____
tell you how your diet can affect your _____ .

Nutrition Facts table

The Nutrition Facts table provides you with _____
on the _____ and 13 _____ for the
serving size shown.

Ingredient list

The ingredient list tells you _____
are in a _____ food.