

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 16g	30%
Vitamin A 3%	Vitamin C 6%
Calcium 1%	Iron 2%
*Percent Daily Values are based on a 	

What is the servings size of salmon?

How many calories in 2 servings?

How much protein in 1 serving?



Nutrition Facts	
Peach, raw	
Serving size 175g	
Calories 68	
Water 155g	
%Daily Value	
Total Fat 0.4g	1%
Cholesterol 0g	0%
Vitamins	
Vitamin A 570IU	11%
Vitamin C 11.6mg	19%
Vitamin K 4.6mcg	6%
Niacin 1.4mg	7%
Potassium 333mg	10%

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	70 %		
• Trans Fat 2 g			
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 3g	
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 2,000
Total Fat	Less than 80g 80g
Sat Fat	Less than 30g 30g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 300g
Dietary Fiber	25g 30g

How many cookies in one serving?

How many calories in 2 cookies?

How many calories in 1 cookie?