

Apply What You Learned: Learn to Read a Food Label

Part A:

- 1. Choose the best answer: If you see “Reduced Fat” or “Fat-Free” on the front of the package:**
 - a. It means that it will not taste very good as fats will add flavor to foods
 - b. It will be cheaper as fat is expensive when added to a food product
 - c. It means that the food manufacturer has added another ingredient(s) such as sugar or salt to enhance the flavor

- 2. A product has 5% of the daily value (DV) for sodium, 10% of the DV for total fat and 20% the DV for fiber. This would indicate that the product is:**
 - a. High in sodium, good source of fat and high in fiber
 - b. Low in sodium, good source of fat and low in fiber
 - c. Goods source of sodium, good source of fat and high in fiber
 - d. Low in sodium, good source of fat, and high in fiber

- 3. TRUE or FALSE: On the new, updated food label, there is a statement providing the grams of Total Sugars, as well as Added Sugars?**
 - a. True
 - b. False

- 4. Ingredients listed on the food label are listed in descending order by weight. What does this mean?**
 - a. The first ingredient listed is contained in the highest amount
 - b. The last ingredient listed is contained in the highest amount
 - c. It doesn't matter how the ingredients are listed

- 5. The importance of being able to read a food label is to:**
 - a. Know what is in the food that you are eating
 - b. To determine whether a food is as good of a product as the food manufacturer makes it sound on the label.
 - c. Make healthier food choices
 - d. All of the above

- 6. TRUE or FALSE: On the new, updated food label, the mg (milligrams) of calcium per serving is provided:**
 - a. False
 - b. True

Part B:

Instructions: Answer the following questions using the label below.

Nutrition Facts	
4 servings per container	
Serving size	1 cup 180g)
Amount per serving	
Calories	245
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

1. How many calories would be in a serving if you double the serving size?

Calories in 2 servings = _____

2. List the nutrient considered a low source in this product when using the % of the daily value (DV): _____

3. List the 2 nutrients which would be considered high sources on the food label when using % of the DV:

a. _____

b. _____

4. How many mg of calcium is in one serving?

5. How many grams of protein are in one serving?

6. List two things that you learned from completing this lesson:

a. _____

b. _____

7. List one thing that you will look for on food labels after completing this lesson:
