Sample Food Labels 1- Works with Food Label WorkSheets

Nutrit Serving size 2 Servings Per	20g		
Amount per		2	
Calories 100	e	ories from F	at 45
		% Daily	Value*
Total Fat 5g Saturated 1 Trans Fat 0 Cholesterol Sodium 65m Total Carboh Dietary Fib Sugars 10 Protein 1g	Omg Omg ydrate 13g pers Og		8% 15% 0% 3% 4% 0%
Vitamin A 0%		Calci Iron	um 2% 2%
Vitamin C 09	•		
* Percent Daily diet. Your Da	-	be higher or	
* Percent Daily diet. Your Da	Values are basily Values may	be higher or	

Nutrition Serving size 28g Servings Per Conta			
Amount per Ser	ving		
Calories 170	Ca	lories from	Fat 130
		% Daily	v Value*
Total Fat 15g Saturated Fat 1g Trans Fat 0g Monounsaturated Cholesterol 0mg Sodium 160mg Total Carbohydrate Dietary Fibers 3 Sugars 2g Protein 6g	e 6g		23% 5% 0% 7% 2% 12%
Vitamin A 0%		Calc	ium 6%
Vitamin C 0%		Iro	n 6%
* Percent Daily Value diet. Your Daily Val depending on your c	ues may	be higher or	
Calor	ies	2.000	2.500
Sat Fat Les Cholesterol Les	s than s than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	2,400mg 375g

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	Α			
Nutriti	on Fa	cts		
Serving size 70)g			
-	-	bout 2		
Servings Per Container about 2 2.5 Oz (About 2.5 Oz (About 1/2 box, Makes 1/2 box, Makes Amount Per Serving About 1 Cup) As Package As Prepared				
Calories	20	60	300	
Calories from F	at 2	25		
		%DV*	%DV*	
Total Fat 3g		5%	18%	
Saturated Fa	at 1.5g	8 %	15%	
Trans Fat Og				
Cholesterol 10	Omg	3%	10 %	
C. J	α	21%	20%	
Sodium 510m	5	21 /0	40 70	
Total Carbohy	drate 48g	16 %	10 %	
Total Carbohy Dietary Fibe	drate 48g			
Total Carbohy Dietary Fibe Sugars 7g	drate 48g	16%	10%	
Total Carbohy Dietary Fibe	drate 48g	16%	10%	
Total Carbohy Dietary Fibe Sugars 7g	drate 48g	16%	10%	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g	drate 48g	16% 4%	10% 0%	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g Vitamin A Vitamin C	drate 48g	16% 4%	10% 0%	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g Vitamin A Vitamin C Calcium	drate 48g	16% 4% 0% 0%	10% 0% 6% 0%	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g Vitamin A	drate 48g rs 1g lues are based es may be higl	16% 4% 0% 0% 30% 10%	10% 0% 6% 0% 40% 10% alorie diet.	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Va Your Daily Valu on your calorie n	drate 48g rs 1g lues are based es may be higl	16% 4% 0% 0% 30% 10%	10% 0% 6% 0% 40% 10% alorie diet.	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Va Your Daily Valu on your calorie n	drate 48g rs 1g lues are based es may be high eeds.	16% 4% 0% 0% 30% 10% con a 2.000 ca her or lower d	10% 0% 6% 0% 40% 10% alorie diet. lepending 2.500 g 80g	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Va Your Daily Valu on your calorie n	drate 48g rs 1g lues are based es may be high eeds. Calories	16% 4% 0% 0% 30% 10% 0 on a 2.000 ca her or lower d 2.000	10% 0% 6% 0% 40% 10% alorie diet. lepending 2.500 5 80g 25g	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Valu on your calorie n Total Fat Sat Fat Cholesterol	drate 48g rs 1g lues are based es may be high eeds. Calories Less than Less than Less than	16% 4% 0% 30% 10% on a 2.000 ca her or lower d 2.000 65g 20g 300m	10% 0% 0% 40% 10% alorie diet. lepending 2.500 5 80g 5 25g 9 300mg	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Valu on your Calorie n C Total Fat Sat Fat Cholesterol Sodium	drate 48g rs 1g lues are based es may be higl eeds. Calories Less than Less than Less than Less than	16% 4% 0% 0% 30% 10% 0 on a 2.000 cc her or lower d 2.000 65g 20g 300m 2,400mg	10% 0% 0% 40% 10% alorie diet. lepending 2.500 g 300mg 2,400mg	
Total Carbohy Dietary Fibe Sugars 7g Protein 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Valu on your calorie n Total Fat Sat Fat Cholesterol	drate 48g rs 1g lues are based es may be higl eeds. Calories Less than Less than Less than Less than	16% 4% 0% 30% 10% on a 2.000 ca her or lower d 2.000 65g 20g 300m	10% 0% 0% 40% 10% alorie diet. lepending 2.500 g 300mg 2,400mg	

В				
Nutrition Facts Serving size 28g Servings Per Container about 1				
Amount per	Serving			
Calories 160	Ca	lories from	Fat 110	
		% Daily	Value*	
Total Fat 13 Saturated Cholesterol Sodium 110 Total Carbol Dietary Fi Sugars 4g Protein 1g Vitamin A 0% Vitamin C 0%	Fat 2g Omg Omg oydrate 7g bers 2g] Calci Iron	, .	
diet. Your Daily Values may be higher or lower depending on your calorie needs. Calories 2.000 2.500				
Total Fat Sat Fat Cholesterol Sodium Total Carbohy Dietary Fiber	Less than Less than Less than Less than drate	2.000 65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg	

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Nutriti	on Fac	ets	
Serving size 1 Servings Per	0	out 28	
Amount per	Serving		
Calories 80	Cal	ories from H	Fat 40
		% Daily	Value
Total Fat 4.5	g		7 %
Saturated	Fat 1g		5%
Trans Fat 0)g		
Cholesterol ()mg		0%
Sodium 135n	ng		6%
Total Carbohy	-		3%
Dietary Fi			0%
Sugars 1g			
Protein 1g			
Vitamin A 0%)	Calciu	ım 2%
Vitamin C 0%	,)	Iron	2%
	Values are bas ly Values may your calorie ne	be higher or lo	
	Calories	2.000	2.500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol		U	C
Sodium		2,400mg 2	· ·
Total Carbohy	drate	300g	375g
Dietary Fiber			

	B				
Nutriti	on Fac	ets			
Serving size 3	0g				
Servings Per G	Container ab	out 12			
Amount per	Serving				
Calories 130	Cal	ories from F	'at 45		
	% Daily Value*				
Total Fat 5g			8%		
Saturated	Fat 1g		5%		
Cholesterol 0	mg		0%		
Sodium 360mg			15%		
Total Carbohy	Total Carbohydrate 21g		7 %		
Dietary Fi	bers 1g		4 %		
Sugars 2g					
Protein 2g					
Vitamin A 0%		Calcium 0%			
Vitamin C 0%		Iron 6%			
* Percent Daily diet. Your Dai depending on	ly Values may	be higher or lo			
	Calories	2.000	2.500		
Total Fat Sat Fat Cholesterol Sodium Total Carbohy		65g 20g 300mg 2,400mg 2 300g			
Dietary Fiber		25g	30g		