

Sample Food Labels 1- Works with Food Label Worksheets

A

Nutrition Facts			
Serving size 20g			
Servings Per Container 12			
Amount per Serving			
Calories 100		Calories from Fat 45	
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	13g		4%
Dietary Fibers	0g		0%
Sugars	10g		
Protein	1g		
Vitamin A 0%		Calcium 2%	
Vitamin C 0%		Iron 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

B

Nutrition Facts			
Serving size 28g			
Servings Per Container about 6			
Amount per Serving			
Calories 170		Calories from Fat 130	
% Daily Value*			
Total Fat	15g		23%
Saturated Fat	1g		5%
Trans Fat	0g		
Monounsaturated Fat	9g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	6g		2%
Dietary Fibers	3g		12%
Sugars	2g		
Protein	6g		
Vitamin A 0%		Calcium 6%	
Vitamin C 0%		Iron 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	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

Sample Food Labels - Works with Food Label Worksheets

A

Nutrition Facts			
Serving size 70g			
Servings Per Container about 2			
		2.5 Oz (About 1/2 box, Makes About 1 Cup)	
Amount Per Serving		As Prepared	
Calories	260	300	
Calories from Fat	25		
	%DV*	%DV*	
Total Fat 3g	5%	18%	
Saturated Fat 1.5g	8%	15%	
<i>Trans</i> Fat 0g			
Cholesterol 10mg	3%	10%	
Sodium 510mg	21%	20%	
Total Carbohydrate 48g	16%	10%	
Dietary Fibers 1g	4%	0%	
Sugars 7g			
Protein 10g			
Vitamin A	0%	6%	
Vitamin C	0%	0%	
Calcium	30%	40%	
Iron	10%	10%	
* 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

B

Nutrition Facts			
Serving size 28g			
Servings Per Container about 1			
Amount per Serving			
Calories 160		Calories from Fat 110	
% Daily Value*			
Total Fat 13g		20%	
Saturated Fat 2g		10%	
Cholesterol 0mg		0%	
Sodium 110mg		5%	
Total Carbohydrate 7g		2%	
Dietary Fibers 2g		8%	
Sugars 4g			
Protein 1g			
Vitamin A 0%		Calcium 2%	
Vitamin C 0%		Iron 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	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

Sample Food Labels - Works with Food Label Worksheets

A

Nutrition Facts			
Serving size 16g			
Servings Per Container about 28			
Amount per Serving			
Calories 80		Calories from Fat 40	
% Daily Value*			
Total Fat	4.5g	7%	
Saturated Fat	1g	5%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	135mg	6%	
Total Carbohydrate	10g	3%	
Dietary Fibers	0g	0%	
Sugars	1g		
Protein	1g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	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

B

Nutrition Facts			
Serving size 30g			
Servings Per Container about 12			
Amount per Serving			
Calories 130		Calories from Fat 45	
% Daily Value*			
Total Fat	5g	8%	
Saturated Fat	1g	5%	
Cholesterol	0mg	0%	
Sodium	360mg	15%	
Total Carbohydrate	21g	7%	
Dietary Fibers	1g	4%	
Sugars	2g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	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	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