

Name: _____

Food Label Know-how

The nutritional facts on a food label can help you make wise choices to maintain a healthful diet. Study the food label at right to answer the questions below.

Start here. The serving size reflects the suggested amount of food to be eaten at one time. The nutritional information is based on one serving.

This line shows the amount of calories you get from one serving and how many of those calories come from fat.

Listed first are nutrients that Americans often consume in excess. They include fat, cholesterol, and sodium. Too much of these nutrients increases the risk of heart disease.

Americans often consume too little dietary fiber, vitamins A and C, calcium, and iron. It's essential to get enough of these nutrients. Teens especially need enough calcium for healthy bone development.

Crunch-O-Crisps**

Nutritional Facts

Serving Size 23 pieces (30g)
 Servings Per Container About 8

Amount Per Serving

Calories 140 Calories from Fat 40

% Daily Value*

Total Fat 4.5g	6.5%
Saturated Fat 1g	1.5%
Polyunsaturated Fat 1.5g	2.3%
Monounsaturated Fat 2g	3%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	

Vitamin A 0% · Vitamin C 0%

Calcium 4% · 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
Saturated 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

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

Based on a 2,000-calorie daily diet, the Percent Daily Values (%DV) shows what percent of the total recommended daily intake each nutrient provides. Per serving, less than 5% DV is low, and more than 20% DV is high.

This portion only appears on larger labels. It's a general guideline to how much of some key nutrients you should consume each day.

**We made up Crunch-O-Crisps, but the nutritional information is based on actual snack crackers.

- How many calories are in a single bag of Crunch-O-Crisps?
- If you ate five servings of Crunch-O-Crisps, what total % Daily Value (%DV) of the following would you receive: sodium, total fat, vitamin C, calcium, total carbohydrate?
- How many servings of Crunch-O-Crisps do you need to eat to meet the 100% DV of vitamin A?

- If you consume 2,000 calories per day, what is the recommended maximum amount of sodium (in milligrams) that you should eat? One bag of Crunch-O-Crisps would meet what percent of your total daily sodium intake?

Don't Stop Now!

Compare the food label from a snack you eat regularly with the food label above. Which snack food is more nutritious? Explain.