

Label Reading for Better Eating: Understanding Food Labels

Serving sizes are in common household measures. Serving sizes are the same for similar products.

These numbers can help you avoid too much fat, saturated fat, *trans* fat, cholesterol and sodium.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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 2,500
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

% Daily Value shows how a food fits into the overall daily diet.

These numbers can help you get enough dietary fiber, vitamins A and C, calcium and iron

Daily Values are based on recommended nutrient intakes for a 2000 calorie diet.

Use the two package labels to answer the following questions.

Nutrition Facts	
Serving Size 1 cup (25g)	
Servings per container 10	
[REDACTED]	
Amount per serving	
Calories 142	Calories from Fat 54
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	%Daily Value*
Total Fat 6g	11%
Saturated Fat 1g	5%
<i>Trans</i> Fat 3g	
Cholesterol 0mg	0%
Sodium 231mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4g	
[REDACTED]	
Vitamin A 22%	Vitamin C 22%
Calcium 4%	Iron 22%
*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

Nutrition Facts	
Serving Size 1 cup (32g)	
Servings per container 10	
[REDACTED]	
Amount per serving	
Calories 125	Calories from Fat 9
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	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 227 mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
[REDACTED]	
Vitamin A 22%	Vitamin C 22%
Calcium 4%	Iron 22%
*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

How many servings are in package A? _____

How much total fat is in one serving of the food in package A? _____

Which food is lower in total fat, the food in package A or the food in package B? _____

Which food is lower in *trans* fat, the food in package A or the food in package B? _____

Which food has more fiber, the food in package A or the food in package B? _____