TASK # 8 – Food Label Activity – Complete the following activities involving reading food labels.

All packaged foods are required to display a standardized nutrition label. This nutrition label contains information about the caloric content, amount of fat, protein, carbohydrates, and other required nutrients.

Examine the following nutrition labels and answer the questions.

1. How many calories would you take in if you ate the whole box of crackers in one sitting? _____

2. If you ate 2 servings of crackers, how many grams of carbohydrates would you get? _____

3. If each gram of carbohydrates provides 4 calories, how many calories would you take in by eating 2 servings of crackers? _____

4. If fat provides 9 calories per gram, how many calories would you get by eating 2 servings? _____

Nutrition Facts
Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving	
Calories 60	**Calories from Fat 15**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Total Carbohydrate 10g	**3%**
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Chicken Noodle Soup

Nutrition Facts
Serving Size 1/2 cup (120 ml) condensed soup
Servings Per Container about 2.5

Amount Per Serving			
Calories 60		Calories from Fat 15	
			% Daily Value*
Total Fat 1.5g			2%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 15mg			
Sodium 890gm			37%
Total Carbohydrate 8g			3%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 3g			
Vitamin A	4%	**Calcium**	0%
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	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

5. If you were to eat the entire can of soup, how much sodium would you consume? _____

6. If the recommended amount of sodium for someone with high blood pressure is 1500 mg/day, how much more than the recommended amount is present in this entire can?

_____

7. How many servings of soup would I need to consume 20% of my daily requirement of fiber? _____

8. How many calories would that be? _____

TASK # 8 – Food Label Activity – Complete the following activities involving reading food labels.

Ingredients: Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, and/or Sunflower Oil), Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Maltodextrin, Wheat Flour, Whey, Monosodium Glutamate, Buttermilk Solids, Romano Cheese from Cow's Milk (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Soybean and Cottonseed Oil, Corn Flour, Disodium Phosphate, Lactose, Natural and Artificial Flavor, Dextrose, Tomato Powder, Spices, Lactic Acid, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Citric Acid, Sugar, Garlic Powder, Red and Green Bell Pepper Powder, Sodium Caseinate, Disodium Inosinate, Disodium Guanylate, Nonfat Milk Solids, Whey Protein Isolate, and Corn Syrup Solids.
CONTAINS MILK AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1

Amount Per Serving	
Calories 140	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 2%	
Vitamin E 4%	•	Thiamin 4%	
Vitamin B6 4%	•	Phosphorus 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

*** This serving size is 1 ounce. An average bag of Doritos contains 16 ounces of chips, for a total of 16 servings per bag.***

9. How many calories would you consume if you ate the whole 16oz bag? _____

10. How many carbohydrates would you consume if you ate the whole bag? _____

11. What percentage is this of your daily intake of carbohydrates?

_____

12. How much fat would you get from eating 5 servings of Doritos?

_____

13. How much saturated fat would you get if you ate the whole bag?

_____

Assume the same sized bag – 16 servings per bag...

14. How much saturated fat would you get from eating the whole bag of Baked Doritos?

_____

15. How many carbohydrates would you get if you ate the entire bag?

_____

16. How much less fat would there be in eating an entire bag of Baked vs. Regular chips? _____

18. What major nutrient increases per serving when comparing Baked vs. Regular chips?

_____

Ingredients: Whole Corn, Corn Oil, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Buttermilk Solids, Whey Protein Concentrate, Whey, Tomato Powder, Monosodium Glutamate, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Wheat Flour, Natural and Artificial Flavor, Partially Hydrogenated Soybean and Cottonseed Oil, Artificial Color (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Red 40 Lake), Sugar, Garlic Powder, Disodium Phosphate, Dextrose, Parmesan Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Spice, Citric Acid, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.
CONTAINS MILK AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 0.5g	3%
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	

Vitamin A 2%	•	Vitamin C 0%	
Calcium 4%	•	Iron 2%	
Vitamin E 2%	•	Thiamin 4%	
Niacin 2%	•	Vitamin B6 6%	
Phosphorus 6%	•	Zinc 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

TASK # 8 – Food Label Activity – Complete the following activities involving reading food labels.

Oreos
Servings per container: 15

Serving Size: 3 cookies • 33g	
Amount Per Serving	
Calories 160	Calories from Fat 63
	% DV
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%

19. How many calories would one cookie contain? _____

20. How much fat would there be in one cookie? _____

21. How much fat would you take in if you ate ½ of the bag?

_____

22. What percent of your daily intake of sodium would you eat if you had 6 cookies?

_____

23. How many grams of carbohydrates would you take in if you split this shake with a friend? _____

24. How much of your daily intake of cholesterol does this shake provide?

_____

25. Out of the total carbohydrates, what percentage comes from sugars?

_____

26. What is the percentage of calories from fat? _____

McDonalds Triple Thick Shake, 32 fl oz

Nutrition Facts

Serving Size: 888 (ml)

Amount per Serving	
Calories 1110	Calories from Fat 240
	% Daily Value *
Total Fat 26g	**40%**
Saturated Fat 16g	**80%**
Trans Fat 2g	
Cholesterol 100mg	**33%**
Sodium 370mg	**15%**
Total Carbohydrate 193g	**64%**
Dietary Fiber 0g	**0%**
Sugars 145g	
Protein 25g	**50%**