Name: _____ Date: _____

What's The Benefits Of Knowing How To
Read A Food Label?!

Directions: As we are progressing towards the completion of our very first cookbook, it is time to start looking at our family recipes that we gathered at the beginning of the project. Before we start looking at our recipes and distinguishing if they are healthy recipes or not, we need to understand how to read nutritional information. What a better way than learning this through reading food labels! We seem them all the time and they are essential for us to understand how much we should be consuming to keep us strong and healthy. **Using the Reading Food Labels link under the My Food, Your Food, Our Food project page, read through the information on the website and find the corresponding answers.**

Overview

1). What information is displayed on the top portion of a food label?

2). What is a footnote on a food label?

3). What nutrients should you limit? What should you get enough of?

Serving Size

4). Why should you pay attention to serving size?

Calories

5). What do calories provide?

6). What amount of calories are considered low? moderate? high?

7). Eating too many calories is linked to _____ and _____.

The Nutrients: How Much?

8). Eating too much fat, saturated fat, trans fat, cholesterol, and sodium can cause:

9). What do health experts recommend?

10). What nutrients do Americans not get enough of?

11). How can these nutrients help you if you eat enough of them?

Understanding the Footnote on the Bottom of the Nutrition Facts Label

12). What statement must be on all food labels?

13). What are the amounts circled in red called?

14). How much fiber and carbohydrates should you eat?

Percent Daily Value (%DV)

15). The Daily Value is based on how many calories?

16). Each nutrient is based on what percentage of daily value?

17). _____%DV or less is low and _____ %DV or more is high.

18). If you ate a bag of chips that has 16% DV of total fat is that high or low? How much more fat could you eat that day?

19). What nutrients do not have a %DV?

Comparison Example

20). Look at the two milk labels. Which has more calories and more saturated fat? Which one has more calcium?