

Food Nutrition Labels

A food nutrition label is printed somewhere on the outside of most packaged food. The Food and Drug Administration (FDA) requires the ingredients be listed in order, starting with the most used products to the least used products in the food.

Yum Yum Cereal		
Nutrition Facts		
Serving Size 3/4 Cup (30 g/1.0 oz.)		About 18
Servings Per Container		About 18
Amount Per Serving	Cereal	Cereal with 1/2 cup Vitamins A&D Fat Free Milk
Calories	120	160
Calories from Fat	10	10
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
<i>Trans Fat</i> 0g		
Cholesterol 0mg	0%	0%
Sodium 150mg	8%	11%
Potassium 75mg	2%	8%
Total		
Carbohydrates 32g	10%	12%
Dietary Fiber 3g	10%	10%
Sugars 12g		
Other Carbohydrates 17g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	20%	20%
Calcium	10%	15%
Iron	45%	45%
Thiamin	35%	40%
Riboflavin	35%	45%
Niacin	25%	25%
Vitamin B ₆	25%	35%
Folic Acid	25%	25%
Vitamin B ₁₂	35%	45%
INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, SODIUM CHLORIDE, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, NATURAL AND ARTIFICIAL FLAVOR.		
VITAMINS AND MINERALS: IRON, CALCIUM CARBONATE, NICINAMIDE, ASCORBIC ACID (VITAMIN C), VITAMIN B ₆ , VITAMIN B ₁₂ , FOLIC ACID.		

Multi Grain Cereal		
Nutrition Facts		
Serving Size 1 Cup (29 g)		About 16
Servings Per Container		About 16
Amount Per Serving	Cereal	Cereal with 1/2 cup Vitamins A&D Fat Free Milk
Calories	110	150
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
<i>Trans Fat</i> 0g		
Cholesterol 0mg	0%	1%
Sodium 120mg	5%	7%
Potassium 140mg	4%	10%
Total		
Carbohydrates 24g	8%	10%
Dietary Fiber 3g	10%	10%
Sugars 6g		
Other Carbohydrates 15g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	45%	45%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
INGREDIENTS: WHOLE GRAIN CORN, WHOLE GRAIN OATS, SUGAR, SALT, WHOLE GRAIN BARLEY, NATURAL AND ARTIFICIAL FLAVOR.		
VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON, VITAMIN C, VITAMIN B ₆ , VITAMIN B ₁₂ , FOLIC ACID.		

Food Nutrition Labels: Practice Activity

Name: _____ Date: _____

Practice

Directions: Use the Food Nutrition Label document to answer the following questions.

1. Which cereal has the **most** sugar per serving? What is the textual evidence that supports your answer? _____

2. Which cereal has the **fewest** calories per serving? _____
3. What is the main ingredient in Multi Grain Cereal? _____
4. How many grams of carbohydrates are in a serving of Yum Yum Cereal? _____
5. Which words help the reader understand the meaning of **ingredients** as used on the food nutrition labels? _____

Analyze and Evaluate

6. Compare the food nutrition labels of three actual breakfast cereals that ^{are shown below} ~~you have at home~~ that the teacher brings to class. Record your data in the chart below.

Nutrition Information (per serving)	Cereals		
	Cereal A	Cereal B	Cereal C
Serving Size			
Calories			
Total Fat			
Cholesterol			
Sodium			
Potassium			
Carbohydrates			
Fiber			
Sugar			
Protein			
Iron			

7. Which of the three cereals is best for a healthy diet? Explain your answer using data from above chart. _____

