

FOOD LABEL ACTIVITY

Assignment #1

In 1990, the Nutrition Labeling and Education Act went into effect. The USDA and FDA designed the requirements so that consumers would have useful information about the food they eat. But how do you make sense of a food label?

According to the *Nutrition Labeling and Education Act*, all food labels must contain the following information:

- Common name of the product
- Name and address of the product's manufacturer
- Net contents in terms of weight, measure or count
- Ingredient List
- Nutrition Information

This is an example, of the percentage of each nutrient in a sample product:

This project is worth 10 points.

	Grams	Calculation	Total Calories	% of Total Calories
Calories			80	100%
Fat	4	4 x 9	36	45%
Protein	1	1 x 4	4	4%
Carbohydrate	10	10 x 4	40	50%

	Product #1	Product #2
Name of Product		
Manufacturer		
Serving Size		
	Nutrition Information:	
Total Kcalories		

Total Fat, gm		
Saturated Fat, gm		
Trans Fat, gm		
Cholesterol, mg		
Sodium, mg		
Total Carbohydrate (CHO), gm		
Dietary Fiber, gm		
Sugars, gm		
Protein, gm		
Vitamins/Minerals (% of Daily Values)		

Answer the following questions in complete sentences, please type your answers.

1. How many servings per container are there?

a.

b.

2. Based on the servings on the label, do you feel that the serving size is realistic?

a.

b.

3. What health claims are listed on the label?

a.

b.

4. Choose 2 ingredients per label (that you do not recognize) and list the function of each one. These ingredients can be colorings, additives, preservatives, etc.

5. Based on your observations of the food label, would you continue to eat this food item and why?