

Name _____ Block _____

Nutrition Label Reading Practice - Use a Label from Your House!

1. What is the name of the product? _____
2. What is the net weight of the product (usually on front of package in ounces)? _____
3. What is the main ingredient in this product (first product in ingredient list)? _____
4. What is the least abundant ingredient in the product (last product in ingredient list)? _____
5. What is the serving size? _____
6. How many servings per container are there? _____
7. If you ate the entire package, how many calories would you consume (# of servings x calories per serving)? _____
8. Nutritional Information (per serving)

Calories	_____
Protein	_____
Total Carbohydrates	_____
Total Fat (grams)	_____
Saturated Fat (grams)	_____
Cholesterol (grams)	_____
Sodium (milligrams)	_____
9. Look at the percent of Daily Values. Are most of the nutrients less than 2%?
Yes _____ No _____
10. How many calories come from fat (multiply grams of fat x 9)? _____
11. How many calories come from carbohydrates (multiply grams of carbs x 4)? _____
12. How many calories come from protein (multiply grams of protein x 4)? _____
13. In your opinion, is this a healthy food item? Explain your answer.

