

Food Packaging Worksheet: Nutrient Claims, Nutrition Facts, and Ingredients

This worksheet can help you learn how to read food packaging.

What you will need:

- This worksheet
- A food package that includes nutrient claims, nutrition facts, and a list of ingredients
- A handout that includes criteria for specific nutrient claims (ie, low sugar, reduced sodium, etc)

Food item: _____

How many servings are in this package? _____

What is the measurement used for one serving? _____

Do you think that this is a standard portion size or an amount that most people would eat at one sitting?

How many calories are provided in one serving of this food? _____

What nutrient or health claims are listed on this food package?

List the criteria for each of these claims below:

How much total fat is in one serving of this product? _____

How much saturated fat is in one serving of this product? _____

What percentage of total fat is from saturated fat in this product? _____

How much trans fat is listed on the Nutrition Facts label? _____

If none, read the ingredient list carefully. Do you believe that this product truly contains absolutely no trans fat? Why?

How much cholesterol is in one serving of this food? _____

Reading over the ingredient list, what ingredient or ingredients do you think provides this cholesterol?

How much sugar is provided in one serving of this food? _____

A person eating a 2,000-calorie diet should consume no more than 50 grams (g) of added sugar/day. How many g of sugar are provided by this product? _____

Reading the ingredient list carefully, which ingredients do you think provide the sugar in this food?

How much fiber is in each serving of this food? _____

Is this broken down into soluble and insoluble fibers on the nutrition facts label? If so, list the amounts of each: soluble fiber _____ insoluble fiber _____

Most women require 25 g of fiber/day and men require 35 g/day. What percentage of your total requirement is provided by this food? _____

How much sodium does one serving of this food contain? _____

If you want to keep your total intake of sodium below 2,300 milligrams (mg)/ day, what percentage of your daily sodium allowance is found in this product? _____

How much protein is provided in one serving of this food? _____

Most people require 0.8-1.2 g of protein for each kilogram (kg) of body weight. To calculate your body weight in kg, divide your weight in pounds by 2.2. How much protein do you need each day using this calculation? _____

By weight, which three ingredients does this food provide the most of?

All foods must provide nutrition information for vitamin A, vitamin C, calcium, and iron. Does this food item provide information for any other vitamins and minerals?

Do you think that this is a healthful food choice? Explain your answer below:

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