

READING A NEW FOOD LABEL

Resource ["How to Read the New Food Label"](#)

Step 1: Cut out the sections of the food label and use the above resource (#01 section) to help you glue it together in the correct order. Begin gluing under the nutrition facts heading.

Step 2: Read the #02 section of the above resource to learn more about calories and serving. Locate the calories and serving information on your food label and highlight them in ORANGE.

Step 3: Read the #03 section of the above resource to learn more about heart health. Locate the section this information is referring to on your food label and highlight it in BLUE.

Step 4: Locate the nutrients on your food label and highlight them YELLOW. These include: Protein, Vitamin D, Calcium, Iron and Potassium.

Step 5: Read the #04 section of the above resource to learn more about fiber versus sugar. Locate fiber on your food label and highlight it GREEN. Locate added sugar on your food label and highlight it PINK.



Use the highlighted food label to help you answer the following questions.

1. What is the number of servings per container? _____ If you were to eat the entire package in one sitting, how many calories would you consume? _____

2. What percentage is that of the average 2000 calorie intake? Take your calorie answer from question #1 and divide it by 2000. Show your math and remember to convert your decimal answer to a percentage.

- How would this caloric consumption affect your food/calorie intake for the rest of the day if you ate this amount for breakfast?
- How would this caloric consumption affect your food/calorie intake for the day if you ate this at your evening meal? Assume you've eaten 2000 calories already.

3. Heart healthy daily value percentages are interpreted as LOW if the daily value is 5% or less and HIGH if the daily value is 20% or more. (If the percent falls between the two numbers, decide if it is closer to the lower or higher percent and then label as mid to low or mid to high.) Trans fat should be zero. Look at your label and fill in the chart with the following information.

	Percentage of Daily Value	LOW, Mid to Low or HIGH, Mid to High
Total Fat		
Saturated Fat		
Cholesterol		
Trans fat		
Sodium		

- Based on the numbers, is this a heart healthy food? Why or why not?



4. For a nutrient to be considered a GOOD source, it must contain 10%-15%. For a nutrient to be considered an EXCELLENT source, it must contain 20% or more. Anything below 10% is LOW. Remember these figures are based on the serving size. Look at the nutrient section of your food label and fill in the chart with the following information.

NUTRIENT	Daily Value %	LOW, GOOD, EXCELLENT
Dietary Fiber		
Vitamin D		
Calcium		
Iron		
Potassium		

- Based on the chart is this a nutrient dense food? Explain why or why not.

5. A healthy diet should include *no more than 10% calories from added sugars*. According to the label, does this food fit that criteria? Explain why or why not.

6. What was the most surprising thing you learned about reading food labels?

7. How can this information help you make healthier food choices?



Cut these out.

12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g

% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0g
0%	Cholesterol 0mg
7%	Sodium 160mg

	Protein 3g
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10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

8 servings per container

Serving size

2/3 cup (55g)



Amount per 2/3 cup

Calories

230



Nutrition Facts

For use with Step 1.

Nutrition Facts

8 servings per container

Serving size

2/3 cup (55g)

Amount per 2/3 cup

Calories

230

% DV*

12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
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