

NUTRITION LABEL WORKSHEET

NAME _____
BLOCK _____

All packaged foods are required to display a standardized nutrition label. This nutrition label contains information about the caloric content, amount of fat, protein, carbohydrates, and other required nutrients.

Examine the following nutrition labels and answer the questions.

1. How many calories would you take in if you ate the whole box of crackers in one sitting? $21 \times 60 = 1260 \text{ cal}$

2. If you ate 2 servings of crackers, how many grams of carbohydrates would you get? $2 \times 10 = 20\text{g}$

3. If each gram of carbohydrates provides 4 calories, how many calories would you take in by eating 2 servings of crackers? $20 \times 4 = 80\text{g}$

4. If fat provides 9 calories per gram, how many calories would you get by eating 2 servings? $1.5 \times 2 = 3\text{g} \times 9\text{cal/g} = 27\text{cal}$

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Chicken Noodle Soup	
Nutrition Facts	
Serving Size 1/2 cup (120 ml) condensed soup	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	
Sodium 890gm	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2000 2500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400m 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

5. If you were to eat the entire can of soup, how much sodium would you consume? $890 \times 2.5 = 2225\text{mg}$

6. If the recommended amount of sodium for someone with high blood pressure is 1500 mg/day, how much more than the recommended amount is present in this entire can?
 $2225 - 1500 = 725\text{mg}$

7. How many servings of soup would I need to consume 20% of my daily requirement of fiber? $4\% \text{ in } 1 \text{ serving so } 20\%/4 = 5 \text{ servings}$

8. How many calories would that be? $5 \times 60 = 300 \text{ cal}$

Oreos

Servings per container: 15

Serving Size: 3 cookies • 33g

Amount Per Serving

Calories 160	Calories from Fat 63	% DV
Total Fat 7g		11%
Saturated Fat 1.5g		8%
Cholesterol 0mg		0%
Sodium 220mg		9%
Total Carbohydrate 23g		8%
Dietary Fiber 1g		4%

9. How many calories would one

Servings per container: 15

cookie contain? $\frac{160\text{cal}}{3} = 53\text{ cal per cookie}$

10. How much fat would there be

in one cookie? 2.33g

11. How much fat would you take

in if you ate $\frac{1}{2}$ of the bag?

$7.5\text{ servings} \times 7\text{g} = 52.5\text{g}$

12. What percent of your daily

intake of sodium would you eat if

you had 6 cookies?

18%

13. How many grams of carbohydrates

would you take in if you split this

shake with a friend?

96.5 g

14. How much of your daily intake of

cholesterol does this shake provide?

33%

15. Out of the total carbohydrates, what

percentage comes from sugars?

$\frac{145}{193} \times 100 = 75\%$

16. What is the percentage of calories

from fat? 22%

McDonalds Triple Thick Shake, 32 fl oz

Nutrition Facts

Serving Size: 888 (ml)

Amount per Serving

Calories 1110 Calories from Fat 240

	% Daily Value *
Total Fat 26g	40%
Saturated Fat 16g	80%
Trans Fat 2g	
Cholesterol 100mg	33%
Sodium 370mg	15%
Total Carbohydrate 193g	64%
Dietary Fiber 0g	0%
Sugars 145g	
Protein 25g	50%

Whopper Sandwich

Nutrition Facts

Serving Size: 1 sandwich / 270g

Amount per Serving

Calories	Calories from Fat
670	351

% Daily Value *

Total Fat 39g	60%
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Saturated Fat 11g	55%
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Cholesterol 90mg	30%
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Sodium 850mg	35%
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Total Carbohydrate 51g	17%
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Dietary Fiber 3g	12%
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Sugars 6g	
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Protein 27g	54%
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Vitamin A	10%
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Vitamin C	15%
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Calcium	6%
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Iron	25%
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17. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/day diet)

Calories: $\frac{690}{2000} \times 100 = 33.5\%$

$$33.5\% = 0.335$$

Total Fat: $60 \times 0.335 = 20.1\%$

Saturated Fat: 18.4%

Protein: 18.1%

Fiber: 4%

Carbohydrates: 5.7%

Big Mac Nutrition Facts

Serving Size: 7 4/5 oz (219.0 g)

Amount per Serving

Calories	Calories from Fat
560	270

% Daily Value *

Total Fat 30g	46%
Saturated Fat 10g	50%
Cholesterol 80mg	27%
Sodium 1010mg	42%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 25g	50%

Vitamin A	8%
Vitamin C	2%
Calcium	25%
Iron	25%

18. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/day diet)

Calories: 28%

Total Fat: 12.9%

Saturated Fat: 14%

Protein: 14%

Fiber: 3.4%

Carbohydrates: 4.5%

18. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/day diet)