

Label Reading (Beverages)

Fruit Punch

Nutrition Facts	
3 servings per container	
Serving size	1 cup (240ml)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 1.5g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 20g Added Sugars	40%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 16mg	0%
Ingredients: Water, High Fructose Corn Syrup, Base (Citric Acid, Red #40, Caramel Color, Gum Arabic, Natural & Artificial Flavors, Glycerol Ester of Wood Rosin, Sodium Benzoate [Preservative]), Potassium Benzoate to Retain Freshness, Neotame. CONTAINS 0% JUICE.	

1

Look at **serving size** and number of servings. There may be more than one serving per container.

2

Check calories

3

Limit these nutrients.

4

Get enough of **all** of these nutrients.

Bottled Water

Nutrition Facts	
1 serving per container	
Serving size	1 Bottle
Amount per serving	
Calories	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Ingredients: Purified Water, Magnesium Sulfate, Potassium Chloride, Salt*† *ADDS A NEGLIGIBLE AMOUNT OF SODIUM † MINERALS ADDED FOR TASTE	

Formula

How to Calculate Number of Teaspoons of Sugar:

- Divide grams of Total Sugars by 4
(One teaspoon is equal to one sugar packet or one sugar cube.)

Beverage Label Reading Activity

Use the formula in the box above to answer the following questions:

1. Look at how many grams of Total Sugar are in one serving of Fruit Punch. Divide that number by 4. How many teaspoons of sugar are in one serving of Fruit Punch? _____
2. How many packets of sugar are found in one bottle of water? _____

Using the calorie and serving size information from the labels above, answer the following:

3. If I drink the entire container of Fruit Punch, how many calories would that be? _____

Compare the information on the labels above:

4. Which drink contains more Added Sugars? _____

Beverage Answer Key: (1) 5 (2) 0 (3) 270cal (4) Fruit Punch

Label Reading (Food)

Cheese Puffs

Nutrition Facts
8 servings per container
Serving size About 13 pieces (28g)

Amount per serving
Calories 160
% Daily Value*

Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 16g	6%
Dietary Fiber less than 1g	3%
Total Sugars 1g	
Includes 1g Added Sugars	3%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.4mg	2%
Potassium 60mg	0%

Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese, Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made from Corn], Natural and Artificial Flavors, Salt, Whey Protein Concentrate, Monosodium Glutamate, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), and salt.
CONTAINS MILK INGREDIENTS.

1
Look at **serving size** and number of servings. There may be more than one serving per container.

2
Check calories

3
Limit these nutrients.

4
Get enough of all of these nutrients.

Whole Grain Crackers

Nutrition Facts
9 servings per container
Serving size 6 crackers (28g)

Amount per serving
Calories 120
% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 116mg	2%

Ingredients: Whole grain wheat, canola oil, sea salt. **CONTAINS WHEAT.**

Quick Guide to %DV

- Percent Daily Value is the amount of a nutrient in one serving compared to recommendations for a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
- 5% or less is "low"
- 20% or more is "high"

Food Label Reading Activity

Using the calorie and serving size information from the labels above, answer the following:

1. If I ate 2 servings of Whole Grain Crackers, how many calories would I have eaten? _____
2. If I ate the whole bag of Cheese Puffs, how many servings would I have eaten? _____

Using the % Daily Value information from the labels above:

3. Which food product is "low" in Total Fat? _____
4. Which food product is "low" in Sodium? _____
5. Which food product is "low" in Dietary Fiber? _____

