

READ THE LABELS BELOW AND ANSWER THE FOLLOWING QUESTIONS!

Skim Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 8%	• Vitamin C 4%
Calcium 30%	• Iron 0% • Vitamin D 25%
* 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 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

1. How many calories of fat are in one serving of skim milk?

- 0 grams
- 5 grams
- 8 grams
- 12 grams

2. What percentage of your Recommended Daily Value of **carbohydrates** will you get in one serving of skim milk?

- 0%
- 4%
- 12%
- 100%

3. Skim milk is a high cholesterol food?

- Yes
- No

Pizza Label

Nutrition Facts	
Serving Size: 198 g (1 pizza)	
Servings per container: 2	
Amount Per Serving	
Calories 530	Cal from Fat 240
% Daily Value*	
Total Fat 27 g	42%
Saturated Fat 10 g	50%
Cholesterol 50 mg	17%
Sodium 1090 mg	45%
Total Carbohydrate 50 g	17%
Dietary Fiber 4 g	17%
Sugars 6 g	
Protein 24 g	
Vitamin A 35%	• Vitamin C 0%
Calcium 50%	• Iron 8%
*Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.	
Calories per gram	
Fat 9	• Carbohydrate 4 • Protein 4

4. What is serving size for the pizzas?

1 pizza (about 200 grams)

The label does not have this information.

2 pizza (about 500 grams)

5. How many calories from fat in one serving of pizza?

none

198

240

530

6. What percentage of Recommended Daily Value of **dietary fiber** will you get in one serving of pizza?

50%

42%

24%

17%

STRAWBERRY LABEL

Nutrition Facts

Serving Size: 8 medium berries (147g)

Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 240mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 1g	
Vitamin A 0%	• Vitamin C 160%
Calcium 2%	• Iron 4%
Folate 20%	

*Percent Daily Values are based on a 2,000-calorie diet.

7. How many milligrams of potassium are in one serving of strawberries?

0 mg

12 mg

45 mg

240 mg

8. How many calories in one serving of strawberries?

5

10

45

8

9. How many calories per day are the Recommended Daily Values based on?

800 calories/day

1000 calories/day

1200 calories/day

2000 calories/day

SPAGHETTI SAUCE LABEL

Nutrition facts	
Serving Size 1/2 cup (118g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	%
Cholesterol 0mg	0%
Sodium 330mg	%
Total Carbohydrate 4g	1%
Dietary Fiber less than 1gram	4%
Sugars 2g	
Protein 1g	
Vitamin A 8%	Vitamin C 15%
Calcium 2%	Iron 4%
*Percent Daily Values based on a 2,000 calorie diet.	

Ingredients: Imported Italian Tomatoes, Tomato Puree (water, Tomato Paste), Fresh Onions, Olive Oil, Fresh Garlic, Salt, Fresh Basil, Spices, Citric Acid

10. Which ingredient is there the most of in spaghetti sauce?

Tomato Puree(water, tomato paste)

Fresh Onions

Citric Acid

Imported Italian Tomatoes

11. How many grams of sugar in a serving of spaghetti sauce?

1 gram

1.5 grams

2 grams

4 grams

12. There is more "olive oil" than salt in this spaghetti sauce?

yes

no