# READ THE LABELS BELOW AND ANSWER THE FOLLOWING QUESTIONS!

Skim N Serving Size Servings Pe	soff 8 e		)
Amount Per Se Calories 80		ories from	n Fat 0
Total Fat 0	)		0%
Saturated	Fat 0g		0%
Cholestero	less th	an 5mg	1%
Sodium 13	0mg		5%
Total Carbo	hydrat	e 12g	4%
Dietary F	iber 0g		0%
Sugars 1	1g		
Protein 8g			
Vitamin A 8%	•	Vitam	in C 4%
Calcium 30%	Iron 0%	<ul> <li>Vitamir</li> </ul>	D 25%
* Percent Daily \ calorie diet. Yo	ur daily val	es may be	higher
or lower depen	ding on you Calories:	r calorie n 2,000	eeds. 2.500
Total Fat	Less than		80g
Sat Fat	Less than		250
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra Dietary Fiber		300g 25g	375g 30g

\_\_Yes

\_\_No

1. How many calories of fat are in one serving of skim milk?
0 grams
5grams
8 grams
12 grams
2. What percentage of your Recommended Daily Value of <b>carbohydrates</b> will you get in one serving of skim milk?
0%
4%
12%
100%
3. Skim milk is a high cholesterol food?

#### Pizza Label

Nutrition Facts Serving Size: 198 g (1 pizza)	
Servings per container: 2	
Amount Per Serving Calories 530 Cal from Fat	240
% Daily V	alue*
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 Calcium 50% • Iron *Percent Daily Values are based on 2,000 calories diet. Your daily values may be higher or lower depending o	B% a ues
your calories needs.  Calories per gram  Fat 9 • Carbohydrate 4 • Prot	ein 4

4. What is serving size for the pizzas?

\_\_ 1 pizza (about 200 grams)

\_\_The label does not have this information.
\_\_2 pizza(about 500grams)

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

6. What percentage of Recommended Daily Value of **dietary fiber** will you get in one serving of pizza?
\_\_50%
\_\_42%
\_\_24%

\_\_198

\_\_240

\_\_530

#### **STRAWBERRY LABEL**

### **Nutrition Facts**

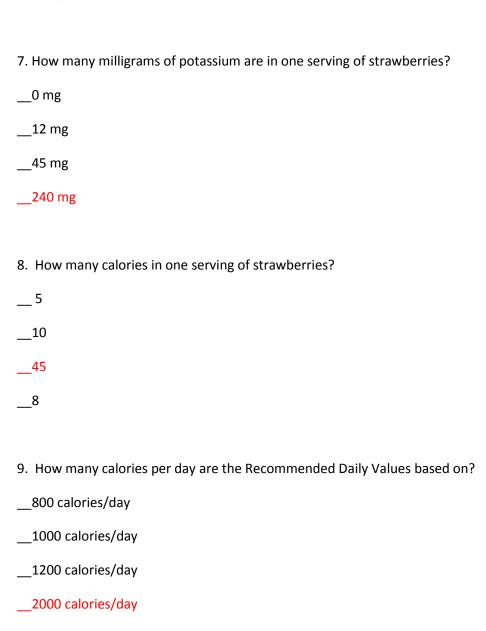
Serving Size: 8 n	nedium berrie	s (147g)
Amount Per Serving		
Calories 45	Calories fro	m Fat 0
	% Da	ally Value*
Total Fat Og		0%
Saturated Fat	0g	0%
Cholesterol Omg	£	0%
Sodium Omg		0%
Potassium 240mg		7%
Total Carbohydra	ate 12g	4%
Dietary Fiber	4g	16%

Protein 1g		
Vitamin A 0%	•	Vitamin C 160%
Calcium 2%	•	Iron 4%

Sugars 8g

Folate 20%

<sup>\*</sup>Percent Daily Values are based on a 2,000-calorie diet.



## **SPAGHETTI SAUCE LABEL**

Amount Per So	rvina	and the	_
	Calorie	es from F	at 15
	% E	aily Va	lue'
Total Fat 1	.5g		2%
Saturated Fa	at 0g		0%
Trans Fat 0g			%
Cholesterol	0mg		0%
Sodium 33	Omg		%
<b>Total Carbo</b>	hydrate	4g	1%
Dietary Fibe	r less than	1gram	4%
Sugars 2g		100	
Protein 1g			
Vitamin A 8%		Vitamin C	159
Calcium 2%		fre	on 4%

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

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