



LABEL LITERACY

HANDOUT FOR *SMART SNACKS*, 348-235

For this activity, you are going to compare a number of different foods by reading Food Labels found on their packages.

Lets begin by writing down the name of one of your food products.

In which food group or food groups does it belong?

Lets practice finding nutrition information on food labels. Look at your package. Then, fill in the same information to the right on this food label. If you do not have a food package, the teacher may give you this information.

Nutrition Facts

Serving Size
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 10

% Daily Value*

Total Fat g %

Saturated Fat g %

Cholesterol mg %

Sodium mg %

Total Carbohydrate g %

Dietary Fiber g %

Sugars g

Protein g

Vitamin A % • Vitamin C %

Calcium % • Iron %

*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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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A762 If you have another food product, write down the name of it here.

no. 348-247

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In which food group or food groups does it belong?

Fill in the information below from the package as you did on the front page.

Nutrition Facts			
Serving Size			
Servings Per Container			
Amount Per Serving			
Calories 120		Calories from Fat 10	
		% Daily Value*	
Total Fat	g		%
Saturated Fat	g		%
Cholesterol	mg		%
Sodium	mg		%
Total Carbohydrate	g		%
Dietary Fiber	g		%
Sugars	g		
Protein	g		
Vitamin A	%	•	Vitamin C %
Calcium	%	•	Iron %
*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
Saturated 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
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Below are two popular snack items. Compare the two foods.

1 whole apple

Nutrition Facts	
Serving Size 1 apple (whole) (138g)	
Servings Per Container 1	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	10%
Sugars 14g	
Protein 0g	
Vitamin A 0%	Vitamin C 10%
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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

1 slice of apple pie

Nutrition Facts	
Serving Size 1 Lunchable (128g)	
Servings Per Container 1	
Amount Per Serving	
Calories 450	Calories from Fat 310
% Daily Value*	
Total Fat 34g	52%
Saturated Fat 15g	75%
Cholesterol 85mg	28%
Sodium 1620mg	68%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 18g	
Vitamin A 6%	Vitamin C 0%
Calcium 30%	Iron 15%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Write down which food is higher in:

Weight (in grams)	
Calories	
Fat	
Sugar	
Vitamin C	

Why are there differences between these two foods? _____

Which one is considered a healthier choice? _____

Below are two popular snack items. Compare the two foods.

1 Lunchable (Bologna & American)

Nutrition Facts	
Serving Size 1 Lunchable (128g)	
Servings Per Container 1	
Amount Per Serving	
Calories 450	Calories from Fat 310
% Daily Value*	
Total Fat 34g	52%
Saturated Fat 15g	75%
Cholesterol 85mg	28%
Sodium 1620mg	68%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 18g	
Vitamin A 6%	Vitamin C 0%
Calcium 30%	Iron 15%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

6 whole wheat crackers, 6 baby carrots, and peanut butter

Nutrition Facts	
Serving Size 1 snack (100g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 110
% Daily Value*	
Total Fat 13g	19%
Saturated Fat 2.5g	12%
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	18%
Sugars 5g	
Protein 7g	
Vitamin A 180%	Vitamin C 8%
Calcium 4%	Iron 8%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Write down which food is higher in:

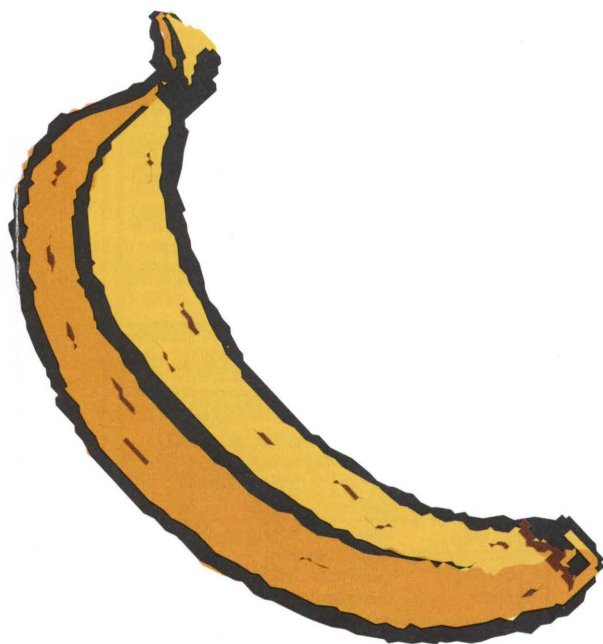
Weight (in grams)	
Calories	
Fat	
Sugar	
Vitamin A	

Why are there differences between these two foods? _____

Which one is considered a healthier choice? _____

Below is a popular food that doesn't come in a package, so does not have a food label. Compare one of the other products (like the ones you used on the first page) to this one.

1 whole banana



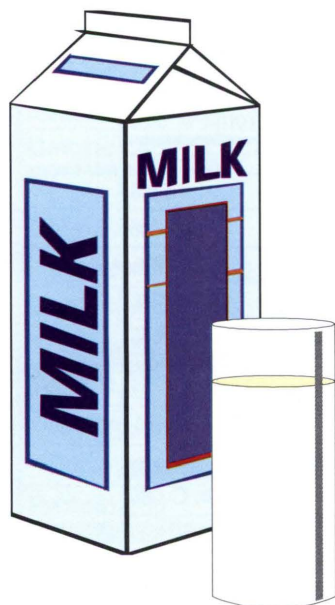
Nutrition Facts		
Serving Size 1 medium banana (114g)		
Servings Per Container 1		
Amount Per Serving		
Calories 100	Calories from Fat 5	
% Daily Value*		
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 27g		9%
Dietary Fiber 3g		11%
Sugars 21g		
Protein 1g		
Vitamin A 2%	•	Vitamin C 15%
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
Saturated 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
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Which one is a healthier snack choice? _____

Why? _____

Compare one of your drink products to this one.

1 cup (8 ounces) of low-fat milk



Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 15mg	5%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	
Vitamin A 10%	Vitamin C --%
Calcium 25%	Iron 0%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Write down which food is higher in:

Volume in ounces

Calories

Fat

Vitamin A

Vitamin C

Calcium

Which one is a healthier snack choice? _____

Why? _____