

Label Reading Practice!!

Practice!

1. Find 1 or 2 foods in your house with a label.
2. What is the serving size?
3. Practice calculating the sodium content for multiple servings. If it's a single serving food item, just pretend you will eat 2 or 3 servings.

Serving size: _____

Portion size (servings I will eat): _____

Sodium in 1 serving: _____

Sodium in my portion: _____

Show your work:

Nutrition Facts

Serving	10 Serving per Container	
	Serving size	2/3 cup (60g)
Amount per serving		Calories
Calories		
% Daily Value*		
Total fat	Total fat 10gr	
	Saturated fat 5gr	
	Cholesterol 15gr	
Total carbohydrate	Sodium 10gr	15%
	Total carbohydrate 5gr	8%
	Dietary Fiber	20%
	Total Sugars 12gr	5%
Protein	Protein 8gr	
	Vitamin A 2mcg 12% • Calcium 120gr	5%
	Iron 8mg 30%	

*Percent Daily values are based on 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.