

# Food Label Reference Guide

Watch out for the red areas. Don't get fooled by forgetting to look at how many servings are in the package. The nutrition information is based on only 1 serving!



Pretzels	
Nutrition Facts	
Serving Size 28g (about 42 pretzels)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
% Daily Value*	
Total Fat	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%

\*Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Use the 5% and 20% rule.

Look for foods that are high in these green areas. That's the good stuff your body need!



5% is low and 20% is high for any of these nutrients.

Go higher in the Green areas

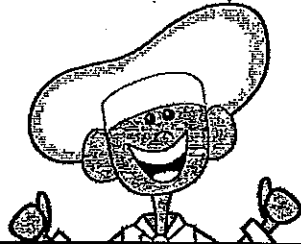
Stay lower in the red areas

# Chef Solus Food Label Guide



Food labels can seem confusing but if we break them up into blocks, you will see they are actually very easy to use! All the blocks work together to help you pick smart foods that will keep you healthy and feeling great!

Start at the top!



Start with the **Serving Size**. All the numbers are based on one serving size. The package might actually contain several servings. This is very important information that will help you with portion control.

The **Servings Per Container** tells you how many servings in that package. Some foods are low in calories and fat if you have only one serving. But if you eat more than one serving, then calories and fat can really add up! See how many servings this label shows - 2 servings!

**Calories** - this tells you how much energy you will get from one serving of this food. If you don't use up that energy, it gets stored as fat.

**Calories from Fat** - This tells you how much energy of that food comes from fat. Your heart likes foods lower in fat.

**Total Fat** is the amount of all the different kinds of fat in one serving. Your body needs some fat. Avoid foods high in saturated fats and look for zero trans fats. These fats are not good for your heart.

**Cholesterol and sodium (salt)** tells you how much of that nutrient is in one serving. Pick foods that are low in cholesterol and sodium. Look for 5% or less!

Nutrition Facts	
Serving size 1 cup (228g)	
Servings Per Container 2	
Amount per Serving	
Calories 250    Calories from Fat 110	
% Daily Value*	
<b>Total Fat</b> 15g	18%
Saturated Fat 3g	5%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	0%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 81g	2%
Dietary Fibers 0g	0%
Sugars 5g	
<b>Protein</b> 5g	

The **% (Percent) Daily Value (DV)** is a number on the label given in percentages. These percentages are the amount of a certain nutrient that a person will eat in one serving. (based on 2000 calorie diet)

**Fiber** - This tells you how much fiber is in one serving. Fiber helps your food move through your body easily. Foods with 4 grams or more is high in fiber and good for you!

**Sugars** is the total amount of natural sugar and added sugar that is in the one serving. Our body does not need too much sugar. Sugar can add a lot of calories that we don't need.

**Protein** is very important because it is the building blocks for all cells. Read carefully. High protein foods can be high in fat.



### Vitamin Section:

See if these foods are high in vitamins. Vitamins help your body stay healthy. 20% or more is high and makes your body very happy!

# 3 Steps in Using Food Label

## STEP 1:

Size Up Your Servings and Calories.

How much is a serving?  
Is it too little and you will probably eat more than one serving?

How much energy will you need to burn to use up those calories.



## STEP 2:

See What's in the Food.

Try to pick foods

lower in fat, cholesterol, sodium and sugar. Your body will thank you!

Look for foods higher in fiber, protein and vitamins!



## STEP 3:

Decide If This Is The Right Food For You!



### Pretzels

#### Nutrition Facts

Serving Size 28g (about 42 pretzels)  
Servings Per Container 15

#### Amount Per Serving

**Calories 110** Calories from Fat 10

% Daily Value\*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 10%

\*Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



**NUTRITION LABEL WORKSHEET**

**NAME** \_\_\_\_\_  
**BLOCK** \_\_\_\_\_

All packaged foods are required to display a standardized nutrition label. This nutrition label contains information about the caloric content, amount of fat, protein, carbohydrates, and other required nutrients.

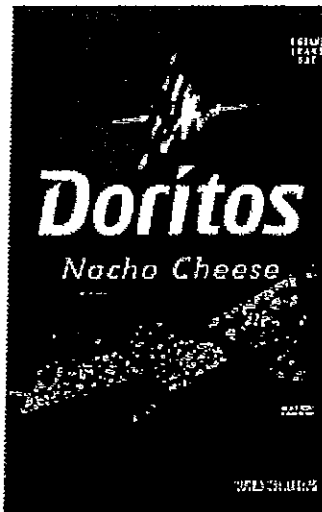
Examine the following nutrition labels and answer the questions.

- How many calories would you take in if you ate the whole box of crackers in one sitting? \_\_\_\_\_
- If you ate 2 servings of crackers, how many grams of carbohydrates would you get? \_\_\_\_\_
- If each gram of carbohydrates provides 4 calories, how many calories would you take in by eating 2 servings of crackers? \_\_\_\_\_
- If fat provides 9 calories per gram, how many calories would you get by eating 2 servings? \_\_\_\_\_

<b>Nutrition Facts</b>	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a diet of 2,000 calories a day. 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	30g 375g
Dietary Fiber	25g 30g

<b>Chicken Noodle Soup</b>	
<b>Nutrition Facts</b>	
Serving Size 1/2 cup (120 ml) condensed soup	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	
Sodium 890gm	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 0%	Iron 2%
*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2000 2500	
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	30g 375g
Dietary Fiber	25g 30g

- If you were to eat the entire can of soup, how much sodium would you consume? \_\_\_\_\_
- If the recommended amount of sodium for someone with high blood pressure is 1500 mg/day, how much more than the recommended amount is present in this entire can? \_\_\_\_\_
- How many servings of soup would I need to consume 20% of my daily requirement of fiber? \_\_\_\_\_
- How many calories would that be? \_\_\_\_\_



**Ingredients:** Whole Corn, Vegetable Oil (Contains One or More of the Following: Canola, Soybean, and/or Sunflower Oil), Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Maltodextrin, Wheat Flour, Whey, Monosodium Glutamate, Buttermilk Solids, Romano Cheese from Cow's Milk (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Soybean and Cottonseed Oil, Corn Flour, Disodium Phosphate, Lactose, Natural and Artificial Flavor, Dextrose, Yamsa Powder, Spices, Lactic Acid, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Citric Acid, Sugar, Barley Powder, Red and Green Bell Pepper Powder, Sodium Caseinate, Disodium Inosinate, Disodium Octylate, Monosodium Glutamate, Whey Protein Isolate, and Gum Syrup Solids.  
**CONTAINS MILK AND WHEAT INGREDIENTS.**

### Nutrition Facts

Serving Size 1

Amount Per Serving

<b>Calories</b> 140	<b>Calories from Fat</b> 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>7%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 1g	
<b>Protein</b> 2g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%
<b>Calcium</b> 2%	<b>Iron</b> 2%
<b>Vitamin E</b> 4%	<b>Thiamin</b> 4%
<b>Vitamin B6</b> 4%	<b>Phosphorus</b> 6%

\* Percent Daily Values are based on a diet of 2,000 calories a day. 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	2,600mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

\*\*\* This serving size is 1 ounce. An average bag of Doritos contains 16 ounces of chips, for a total of 16 servings per bag.\*\*\*

- How many calories would you consume if you ate the whole 16oz bag? \_\_\_\_\_
- How many carbohydrates would you consume if you ate the whole bag? \_\_\_\_\_
- What percentage is this of your daily intake of carbohydrates? \_\_\_\_\_
- How much fat would you get from eating 5 servings of Doritos? \_\_\_\_\_
- How much saturated fat would you get if you ate the whole bag? \_\_\_\_\_

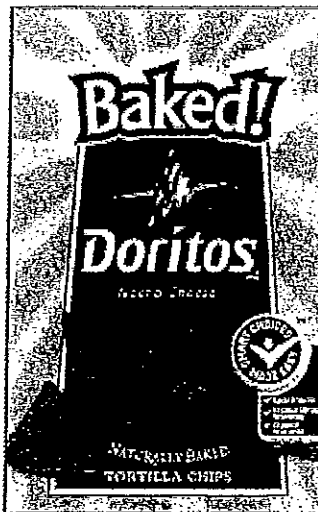
\*\*\*Assume the same sized bag – 16 servings per bag...\*\*\*

14. How much saturated fat would you get from eating the whole bag of Baked Doritos?  
\_\_\_\_\_

15. How many carbohydrates would you get if you ate the entire bag?  
\_\_\_\_\_

16. How much less fat would there be in eating an entire bag of Baked vs. Regular chips? \_\_\_\_\_

18. What major nutrient increases per serving when comparing Baked vs. Regular chips?  
\_\_\_\_\_



**Ingredients:** Whole Corn, Corn Oil, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Buttermilk Solids, Whey Protein Concentrate, Whey, Yamsa Powder, Monosodium Glutamate, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Wheat Flour, Natural and Artificial Flavor, Partially Hydrogenated Soybean and Cottonseed Oil, Artificial Color (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Red 40 Lake), Sugar, Garlic Powder, Disodium Phosphate, Dextrose, Parmesan Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Spice, Citric Acid, Lactic Acid, Disodium Inosinate, and Disodium Octylate.  
**CONTAINS MILK AND WHEAT INGREDIENTS.**

### Nutrition Facts

Serving Size 1 oz.

Amount Per Serving

<b>Calories</b> 120	<b>Calories from Fat</b> 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>8%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 1g	
<b>Protein</b> 2g	
<b>Vitamin A</b> 2%	<b>Vitamin C</b> 0%
<b>Calcium</b> 4%	<b>Iron</b> 2%
<b>Vitamin E</b> 2%	<b>Thiamin</b> 4%
<b>Niacin</b> 2%	<b>Vitamin B6</b> 5%
<b>Phosphorus</b> 6%	<b>Zinc</b> 2%

\* Percent Daily Values are based on a diet of 2,000 calories a day. 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	2,600mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Oreos

Servings per container: 15

**Serving Size: 3 cookies • 33g**

**Amount Per Serving**

<b>Calories</b> 160	<b>Calories from Fat</b> 63	
		<b>% DV</b>
<b>Total Fat</b> 7g		11%
Saturated Fat 1.5g		8%
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 220mg		9%
<b>Total Carbohydrate</b> 23g		8%
Dietary Fiber 1g		4%

19. How many calories would one cookie contain? \_\_\_\_\_

20. How much fat would there be in one cookie? \_\_\_\_\_

21. How much fat would you take in if you ate 1/2 of the bag?  
\_\_\_\_\_

22. What percent of your daily intake of sodium would you eat if you had 6 cookies?  
\_\_\_\_\_

23. How many grams of carbohydrates would you take in if you split this shake with a friend? \_\_\_\_\_

24. How much of your daily intake of cholesterol does this shake provide?  
\_\_\_\_\_

25. Out of the total carbohydrates, what percentage comes from sugars?  
\_\_\_\_\_

26. What is the percentage of calories from fat? \_\_\_\_\_

McDonalds Triple Thick Shake, 32 fl oz

**Nutrition Facts**

Serving Size: 888 (ml)

**Amount per Serving**

<b>Calories</b> 1110	<b>Calories from Fat</b> 240	
		<b>% Daily Value *</b>
<b>Total Fat</b> 26g		40%
Saturated Fat 16g		80%
Trans Fat 2g		
<b>Cholesterol</b> 100mg		33%
<b>Sodium</b> 370mg		15%
<b>Total Carbohydrate</b> 193g		64%
Dietary Fiber 0g		0%
Sugars 145g		
<b>Protein</b> 25g		50%

**Whopper Sandwich**  
**Nutrition Facts**

Serving Size: 1 sandwich / 270g

**Amount per Serving**

**Calories** 670      **Calories from Fat** 351

**% Daily Value \***

**Total Fat** 39g      60%  
     Saturated Fat 11g      55%  
**Cholesterol** 90mg      30%  
**Sodium** 850mg      35%  
**Total Carbohydrate**      17%  
 51g  
     Dietary Fiber 3g      12%  
     Sugars 6g  
**Protein** 27g      54%

Vitamin A      10%  
 Vitamin C      15%  
 Calcium      6%  
 Iron      25%

27. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/day diet)

Calories: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Protein: \_\_\_\_\_

Fiber: \_\_\_\_\_

Carbohydrates: \_\_\_\_\_

**Big Mac**  
**Nutrition Facts**

Serving Size: 7 4/5 oz (219.0 g)

**Amount per Serving**

**Calories** 560      **Calories from Fat** 270

**% Daily Value \***

**Total Fat** 30g      46%  
     Saturated Fat 10g      50%  
**Cholesterol** 80mg      27%  
**Sodium** 1010mg      42%  
**Total Carbohydrate**      16%  
 47g  
     Dietary Fiber 3g      12%  
     Sugars 8g  
**Protein** 25g      50%

Vitamin A      8%  
 Vitamin C      2%  
 Calcium      25%  
 Iron      25%

28. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/day diet)

Calories: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Protein: \_\_\_\_\_

Fiber: \_\_\_\_\_

Carbohydrates: \_\_\_\_\_

