# 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

Sugars 1g	F-144.
Dietary Fiber 1g	4%
Total Carbohydrate 21g	7 %
Sodium 440mg 🛖 🚎 👢	18 %
Cholesterol Omg	<b>∌0%</b>
Trans Fat Og	编部
M. Saturated FatiOg・コールド	0%
Total Fat	1%
The Francisco Commence	2007.0
% Daily	Value*
Calories 1 0 - Calories for	m.Est.10

Protein 3g

Vitamin A 0% • Vitamin C 10%
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 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 fells you how many servings in that package. Some foods are low in calones and fat if you have only one serving. But if you eat more than one serving; than calones and fat can really add up). See how many servings this label shows.

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Calories from trate
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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\*

Total Fat 15g	18%
Saturated Fat 3g	5%
Trans Fat 3g	
Cholesterol 30mg	0%
Sodium 470mg	20%
Total Carbohydrate 81g	2%
Dietary Fibers 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4% Calcium 20% Vitamin C 2% Iron 4% 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 liber 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 kamount of natural sugar and added sugar and added sugar that is sugar and added sugar that is sugar and a sound had a sound a sou

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!

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# 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 is in the Food, Try to pick foods
lower in late cholesterol, socium and sugar, Your body will thank you!

Look for foeds higher in

fiber, protein and

vitamins!

Trans Fat 0g
Cholesterol 0mg
Sodium 440mg
Total Carbohydrate 21g
Dietary Fiber 1g
Sugars 1g
Protein 3g
Vitamin A 0% • Vitamin C
Calcium 0% • Iron

**Pretzels** 

Nutrition Facts

% Daily Value\*

0 %

18 %

4%

Serving Size 28g (about 42

Servings Per Container 15

Amount Per Serving
Calories 110 C

pretzeľs)

Total Fat 1g Saturated Fat 0g

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



STEP 3:

Decide If This Is The Right Food For You!





Visit <a href="https://www.ChefSolus.com">www.ChefSolus.com</a> for <a href="printable worksheets for kids">printable worksheets for kids</a>, nutrition education games, puzzles, activities and more! Copyright © Nourish Interactive, All Rights Reserved

### **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.

1.	How many	calories	would you	take in i	if you ate	the whole
box	x of cracker	s in one	sitting?			

- 2. If you ate 2 servings of crackers, how many grams of carbohydrates would you get?
- 3. If each gram of carbohydrates provides 4 calories, how many calories would you take in by eating 2 servings of crackers?
- 4. If fat provides 9 calories per gram, how many calories would you get by eating 2 servings?

Nutrition Fac Serving Size 2 crackers (14 g Servings Per Container About	}
Assount Per Senina	
Calories 60 Calories from F	a+ 4#
% Daily	
Total Fat 1.5g	2%
Saturated Fat Og	9%
Trans Fat Cg	
Cholesterol Omg	0%
Şədium 70mg	396
Total Carbohydrate 10g	3%
Dietary Fiber Leas than 1g	3%
Sugars Og	.237
Protein 2g	
Vitamin A 0% • Vitamin C	0%
Calcium 0% * Iron 2%	
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Total Fast Less tran 1700 85 Sal Fast Less tran 200 25	j j just jūng jūng

C	Chicken Noodle Soup			
Nul	tritic	n Fa	acts	}
Serving Siz Servings P	e 1/2 cup ( er Containe	120 ml) con r about 2,5	densed s	оцр
AmountPe	\$erving			
Calories	60	Calorles f	rom Fat	15
		%	Daily Va	lue'
Total Fat	1.5q			2%
Saturate		ia		3%
Trans F	et Oa			
Choleste		9		
Sodium	890gm	-	- :	37%
Total Car		Bg.		3%
Dietary F				4%
Sugars	1q			
Protein	3g	•		_
, rotelli	Ug.			
Vitamin A	4%	Calcium		0%
Vitamin C	0%	fron		2%
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	Calones	2000	2500	
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Set Fet	Less then	20g	250	
Choksterol	Less than	300mg	300mp	
Sedium	Leas then	2.400m	2400mg	1
Total Carpoliya		300g	375g	- 1
Dietary Floer	•	25g	30g	

5.	If you were to eat the entire can of soup, how	v muc	h
soc	ium would you consume?	•	

- 6. 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?
- 7. How many servings of soup would I need to consume 20% of my daily requirement of fiber?
- 8. How many calories would that be?



Ingradiants: Whole Corn, Vegriable Oil (Certains the or More of the Polocing: Core, Suplean, and/or Sunferences), Sar, Charles Dresse (behaved Ankl. Sec, Engman). Mailtanfearlin, Whest Flage, Whey, Mannachisen Glarands, Safermik Bollet, Resemen Chrest from Cow's Milk (Part Stein Book's Milk, Chrone Buttures, Bait, Engman), Whey Pratish Conservate, Robert From Fowder, Farfully (Mydongsubed Soylean and Coffenierd Oil, Lorn Flore, Bendium Presschiet, Luthes, Marine and Adificial Harry, Ductures, Normal Fowder, Spans, Lantic Acad. Attitude Color (Leading Vellawie, Yanton S, Hed 10), Cilife Acid, Sungs, Hastife Powder, Red and Geren Bail Phipper Fowder, Solution Consistent, Discolum Invasivate, Breadlum Discolum, Solution Consistent, Solido, Whey Frotest Institute, and Dam Sprop Salks. landia, and Com Syrup Scills. Contains milk and wheat in Ghediese B

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		% E	tajih Alihis,
Total Fat	3g		12%
Saturated			7%
Trans Fat			*****
Chalester			0%
Sodium 18		-	7%
Total Carb	<u> </u>	n. 17a	6%
Dietary Fil		ver i i di	6%
			970
Sugars 1g	<u> </u>		
Protein 2g			
Vitamin A 0%		154	min C 0%
		¥6(a	
Çaldum 2%			iron 2%
Vitamin E 49	<del>(</del> +		riamin 4%
Vitamin Be 4°	<del>%</del> •	Phosp	horus 6%
Faccel Delly V diol. Your dell depending on y	A AVENUE UI	ay be high	
Total Fat	Less Than	58g	331
Sal Fed	Less than	200	254
Cholosteral Sociana	Less finn Less tian	200mg 2400mc	200mg 2,400mg
Josai Carsohydi		200a	375g
Diametry Front		25g	357
Calades per gra	err. Janhalysiken	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.\*\*\*

9. How many calories would you
consume if you ate the whole 16oz
bag?

10. How many carbohydrates would you consume if you ate the whole bag?

11. What percentage is this of your daily intake of carbohydrates?

12. How much fat would you get from eating 5 servings of Doritos?

13. 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?



Ingradiants: Whole Gora, Corn Dil, Sait, Cheddar Cheese (Millt, Chresse Custures, Sait, Engyares), Buttermillt, Solida, Whey Protein Concentrate, Whey, foreste Powder, Koneseddium Eightander, Romano Cheese (Part Sains Caesa Mag. Zaoca Cultures, Sait, Enzymes), Onlan Pawder, Wheat Flour, Natural and Artificial Havor, Partially hydrogenized Sopphers and Octeaseed Dil, Artificate Color (Including Vellow & Lake, Yellow & Read 40 Lake), Segar, Carlic Physics, Bed., Chirc Add, Lacte Add, Discottum Ingested, and Discottum Descriptor. incentari, bug descripti (Alenyer). Containg melyaket inchesients.

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Diskuy Fiber 25g	0130

Oreos

Servings per container: 15

Serving Size: 3 cookies • 33g

Amount Per Serving	
Calories 160	Calories from Fat 63
	% DV
Total Fat 7g	1196
Saturated Fat 1.5g	8%
Cholesterol Omg	0%
Sodium 220mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
· · · · · · · · · · · · · · · · · · ·	

19.	How many calories would one
cook	ie contain?
20.	How much fat would there be
in or	e cookie?
21.	How much fat would you take
in if	you ate ½ of the bag?
22 1	What percent of your daily
44.	what percent of your daily
intak	e of sodium would you eat if
you h	ad 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)

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

#### Whopper Sandwich following nutrients: (based on a 2000 calorie/day diet) **Nutrition Facts** Serving Size: 1 sandwich / 270g Calories: \_ Amount per Serving Total Fat: **Calories** Calories from Fat 670 Saturated Fat: \_\_\_\_\_ % Daily Value \* **Total Fat 39g** Saturated Fat 11g 55% Protein: Cholesterol 90mg 30% Sodium 850mg 35% Total Carbohydrate 17% 51g Fiber: Dietary Fiber 3g 12% Sugars 6g Protein 27g 54% Carbohydrates: \_\_\_\_\_ Vitamin A 10% Vitamin C 15% Calcium 6% Iron 25% 28. Calculate the percentage of your daily intake for the Big Mac following nutrients: (based on a 2000 calorie/day diet) **Nutrition Facts** Serving Size: 7 4/5 oz (219.0 g) Calories: \_\_ Amount per Serving Total Fat: Calories . Calories from Fat 560 270 Saturated Fat: % Daily Value \* Total Fat 30g 46% Saturated Fat 10q 50% Protein: Cholesterol 80mg 27% Sodium 1010mg 42% **Total Carbohydrate** 16% Fiber: \_ Dietary Fiber 3g 12% Sugars 8g Protein 25g 50% Carbohydrates: Vitamin A 8% Vitamin C 2%

Calcium

Iron

25%

25%

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27. Calculate the percentage of your daily intake for the

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