

Sample Food Labels - Works with Food Label Worksheets



Nutrition Facts			
Serving size 70g			
Servings Per Container about 2			
	2.5 Oz (About 1/2 box, Makes About 1 Cup) As Package	2.5 Oz (About 1/2 box, Makes About 1 cup) As Prepared	
Amount Per Serving			
Calories	260	300	
Calories from Fat	25		
	%DV*	%DV*	
Total Fat 3g	5%	18%	
Saturated Fat 1.5g	8%	15%	
<i>Trans</i> Fat 0g			
Cholesterol 10mg	3%	10%	
Sodium 510mg	21%	20%	
Total Carbohydrate 48g	16%	10%	
Dietary Fibers 1g	4%	0%	
Sugars 7g			
Protein 10g			
Vitamin A	0%	6%	
Vitamin C	0%	0%	
Calcium	30%	40%	
Iron	10%	10%	
* 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
Sat 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

Nutrition Facts			
Serving size 28g			
Servings Per Container about 1			
Amount per Serving			
Calories 160		Calories from Fat 110	
% Daily Value*			
Total Fat 13g			20%
Saturated Fat 2g			10%
Cholesterol 0mg			0%
Sodium 110mg			5%
Total Carbohydrate 7g			2%
Dietary Fibers 2g			8%
Sugars 4g			
Protein 1g			
Vitamin A 0%		Calcium 2%	
Vitamin C 0%		Iron 6%	
* 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
Sat 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