

Sample Food Labels - Works with Food Label Worksheets



Nutrition Facts			
Serving size 16g			
Servings Per Container about 28			
Amount per Serving			
Calories 80		Calories from Fat 40	
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	135mg		6%
Total Carbohydrate	10g		3%
Dietary Fibers	0g		0%
Sugars	1g		
Protein	1g		
Vitamin A	0%	Calcium	2%
Vitamin C	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
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 30g			
Servings Per Container about 12			
Amount per Serving			
Calories 130		Calories from Fat 45	
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	1g		5%
Cholesterol	0mg		0%
Sodium	360mg		15%
Total Carbohydrate	21g		7%
Dietary Fibers	1g		4%
Sugars	2g		
Protein	2g		
Vitamin A	0%	Calcium	0%
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