

## Sample Food Labels - Works with Food Label Worksheets



<b>Nutrition Facts</b>			
Serving size 1 cup (228g)			
Servings Per Container 2			
Amount per Serving			
Calories 250		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b>	12g	<b>18%</b>	
Saturated Fat	3g	<b>15%</b>	
<i>Trans</i> Fat	3g		
<b>Cholesterol</b>	30mg	<b>10%</b>	
<b>Sodium</b>	470mg	<b>20%</b>	
<b>Total Carbohydrate</b>	31g	<b>10%</b>	
Dietary Fibers	0g	<b>0%</b>	
Sugars	5g		
<b>Protein</b>	5g		
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Vitamin A		<b>4%</b>	
Vitamin C		<b>2%</b>	
Calcium		<b>4%</b>	
* 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

<b>Nutrition Facts</b>			
Serving size 29g			
Servings Per Container about 18			
Amount per Serving			
Calories 140		Calories from Fat 60	
% Daily Value*			
<b>Total Fat</b>	7g	<b>11%</b>	
Saturated Fat	2g	<b>10%</b>	
<i>Trans</i> Fat	0g		
<b>Cholesterol</b>	0mg	<b>0%</b>	
<b>Sodium</b>	105mg	<b>4%</b>	
<b>Total Carbohydrate</b>	21g	<b>7%</b>	
Dietary Fibers	1g	<b>3%</b>	
Sugars	21g		
<b>Protein</b>	1g		
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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