

ACTIVITY 4A: TEACHER HANDOUT

FOOD LABEL

Nutrition Facts			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90	Calories from Fat 30		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 300mg	13%		
Total Carbohydrate 13g	4%		
Dietary Fiber 3g	12%		
Sugars 3g			
Protein 3g			
Vitamin A 80%	Vitamin C 60%		
Calcium 4%	Iron 4%		
* 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
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

More nutrients may be listed on some labels.