Nutrition Label Worksheet

Using a food of your choice, complete the following information. Attach pertinent parts of the package to this worksheet.....minimum should be the Nutrition Facts and ingredient list.

name of product

serving size number of servings

main ingredient in product

Is the product fortified or enriched? See notes for definitions. If so, with what nutrients?

Common label terms...... check your text for their definitions. Is there an indication that these are used on your label? What nutrients are they referring to?

“high” in any nutrients? If so, which ones?

“good source” of any nutrients? If so, which ones?

“reduced” in Calories or any nutrients? Again, if so, which ones?

“free” in fat, saturated fat, trans fat, sodium, cholesterol or Calories? Once more, which ones?

Are there any of the acceptable health claims made regarding the product? Describe. Again, check your text for those which are allowed by the FDA.

There are three important forms of carbohydrates, two which are listed on labels - sugar (simple, energy source) and fiber (complex, not digested); the third is starch (complex, energy source). How many grams of each are found in this product?
With your label, find the following information about the macronutrients.

grams of carbohydrate (less dietary fiber) per serving  __________

grams of protein per serving  __________

grams of fat per serving  __________

Each of these nutrients supply energy. Calculate the Caloric content from each nutrient, then determine the total Calories per serving.

__________ grams of carbohydrate  x  4 Calories/gram  =  __________ Carb Calories

__________ grams of protein  x  4 Calories/gram  =  __________ Protein Calories

__________ grams of fat  x  9 Calories/gram  =  __________ Fat Calories

__________ Total Calories

How does this match up with the total number of Calories per serving listed on the nutrition label?

Now calculate the percent of Calories coming from each of the energy nutrients for a serving of this food. Use the Calories from the above calculations. Note that the sum of the percentages from carbohydrates, protein and fat should add up to approximately 100%.

__________ Carb Calories  x  100  =  __________% of Calories from carbs

__________ Protein Calories  x  100  =  __________% of Calories from protein

__________ Fat Calories  x  100  =  __________% of Calories from fat

By the way, is this food Kosher?

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