

# Reading Food Labels - Level 1

Find important information on a food label

Look at the cereal label. Circle or write each answer.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

CEREAL

**Sunny  
Oats  
Cereal**

Simple food label  
practice

## Nutrition Facts

About 8 servings per container

Serving size 1 cup (40g)

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**Calories** **160**

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|                       | % Daily Value* |     |
|-----------------------|----------------|-----|
| Total Fat             | 2g             | 3%  |
| Sodium                | 190mg          | 8%  |
| Total Carbohydrate    | 33g            | 12% |
| Dietary Fiber         | 4g             | 14% |
| Total Sugars          | 9g             |     |
| Includes Added Sugars | 7g             | 14% |
| Protein               | 5g             |     |

\*Percent Daily Value tells how much a nutrient in one serving contributes to a daily diet.

**Helpful tip:** Start with serving size. Then look down the label for each nutrient.

1 What is the serving size?

\_\_\_\_\_

2 How many calories are in one serving?

\_\_\_\_\_

3 How many grams of protein are in one serving?

\_\_\_\_\_

4 Circle the amount of sodium: 90mg 190mg 290mg

\_\_\_\_\_

5 Does one serving have more fiber or total fat?

\_\_\_\_\_

6 How many grams of added sugar are in one serving?

\_\_\_\_\_