

# 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?

\_\_\_\_\_

# Reading Food Labels - Level 1 Answer Key

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Use this page to check the answers.

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

1 What is the serving size?  
1 cup (40g)

2 How many calories are in one serving?  
160

3 How many grams of protein are in one serving?  
5g

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

5 Does one serving have more fiber or total fat?  
Fiber

6 How many grams of added sugar are in one serving?  
7g