

# Reading Food Labels - Level 3

Use serving sizes to solve real-life food choices

Read both labels. Show your thinking for the serving questions.

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

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

SNACK

## Trail Mix Bites

Simple food label practice

<b>Nutrition Facts</b>		
4 servings per container		
Serving size		1/2 cup (55g)
<b>Calories</b>		
		<b>230</b>
<small>% Daily Value*</small>		
Total Fat	12g	15%
Sodium	95mg	4%
Total Carbohydrate	27g	10%
Dietary Fiber	4g	14%
Total Sugars	15g	
Includes Added Sugars	8g	16%
Protein	7g	
<small>*Percent Daily Value tells how much a nutrient in one serving contributes to a daily diet.</small>		

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## Whole Grain Crackers

Simple food label practice

<b>Nutrition Facts</b>		
6 servings per container		
Serving size		12 crackers (30g)
<b>Calories</b>		
		<b>130</b>
<small>% Daily Value*</small>		
Total Fat	4g	5%
Sodium	210mg	9%
Total Carbohydrate	22g	8%
Dietary Fiber	3g	11%
Total Sugars	2g	
Includes Added Sugars	1g	2%
Protein	3g	
<small>*Percent Daily Value tells how much a nutrient in one serving contributes to a daily diet.</small>		

**Helpful tip:** If you eat two servings, multiply each amount by 2.

**1** You eat 1 cup of trail mix. How many servings is that?  
\_\_\_\_\_

**2** How many calories are in 1 cup of trail mix?  
\_\_\_\_\_

**3** How many grams of added sugar are in 1 cup of trail mix?  
\_\_\_\_\_

**4** You eat 24 crackers. How many servings is that?  
\_\_\_\_\_

**5** How much sodium is in 24 crackers?  
\_\_\_\_\_

**6** Which snack has the lower % Daily Value for total fat?  
\_\_\_\_\_

**7** Which snack would you choose for less added sugar per serving? Why?  
\_\_\_\_\_