

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

Nutrition Facts		
4 servings per container		
Serving size		1/2 cup (55g)
Calories		
		230
<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	

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

SNACK

Whole Grain Crackers

Simple food label practice

Nutrition Facts		
6 servings per container		
Serving size		12 crackers (30g)
Calories		
		130
<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	

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

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?

Reading Food Labels - Level 3 Answer Key

Use serving sizes to solve real-life food choices

Use this page to check the answers.

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Trail Mix Bites

Simple food label practice

Nutrition Facts

4 servings per container
Serving size 1/2 cup (55g)

Calories **230**

	% Daily Value*	
Total Fat	12g	15%
Sodium	95mg	4%
Total Carbohydrate	27g	10%
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Whole Grain Crackers

Simple food label practice

Nutrition Facts

6 servings per container
Serving size 12 crackers (30g)

Calories **130**

	% Daily Value*	
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	

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

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 servings

2 How many calories are in 1 cup of trail mix?
460 calories

3 How many grams of added sugar are in 1 cup of trail mix?
16g

4 You eat 24 crackers. How many servings is that?
2 servings

5 How much sodium is in 24 crackers?
420mg

6 Which snack has the lower % Daily Value for total fat?
Whole Grain Crackers

7 Which snack would you choose for less added sugar per serving? Why?
Whole Grain Crackers; it has 1g added sugar per serving.