



The Science of Nutrition Laboratory Science 70

Reading Labels

Reading food labels will help you become a better consumer. Some of the information on food labels is mandatory (required by law) and some is voluntary (written as a courtesy to the consumer).

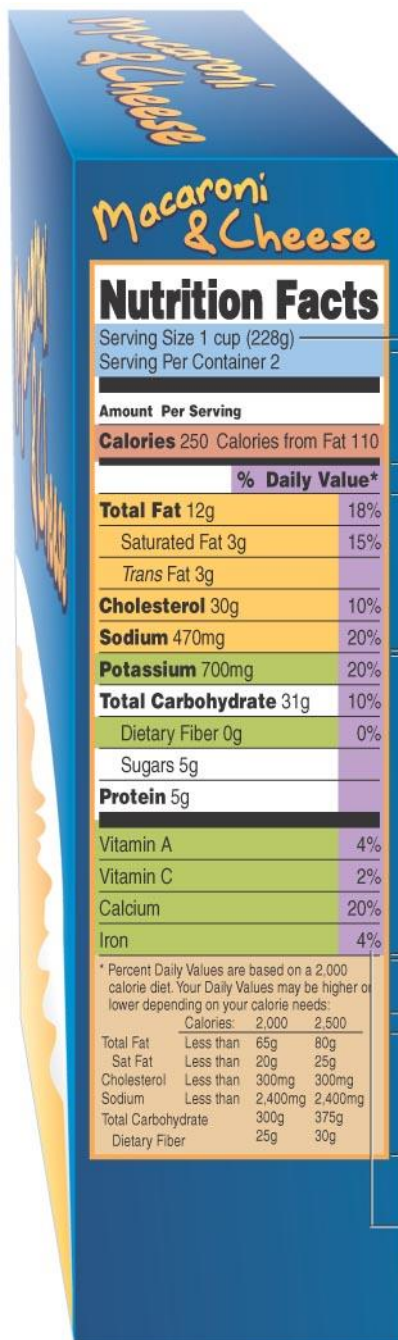
Mandatory information includes

- The name of the product
- The style of the product (type of liquid, size of pieces, etc.)
- The net weight of the contents (this does not include the weight of the container)
- The name, address, and zip code of the company
- Any special information that affects people with health problems
- Presence of artificial color, flavor, or preservatives
- A list of ingredients in order of weight in the package: the ingredient of the heaviest amount is listed first.
- Nutrition information, including the number of calories and the number of calories from fat

Voluntary information includes

- The brand name
- A picture of the food
- The number of servings per package
- Recipes and serving suggestions
- Freshness dates

Using a food label, draw a circle around each kind of the above information you are able to find on the label.



a Serving sizes are standardized, making comparison shopping easier.

b Calories per serving are listed as well as the number of servings in the box.

c This section contains nutrients that should be limited in your diet.

d This section contains dietary components and nutrients most individuals need more of in their diets.

e Daily Values (DV) are general reference values.

f The footnotes provide a summary of the DV for a 2,000 calorie and 2,500 calorie diet.

g The % DV can tell you if a food is high or low in a nutrient of dietary substance.

Part 1:

Using another food label or package provided by the instructor, answer the following questions.

1. What is the name of the product? _____
2. The net weight of this product is _____
3. What company produces this product? _____
4. What is its address? _____
5. What are the first three ingredients listed? _____
6. Where is the U.P.C. code on the label? _____
7. What is the expiration date or code on your product? _____
8. How much of this product makes one serving? _____
9. Nutritional information (per serving)

Calories _____
Protein _____

Total carbohydrates _____

Total fat (grams) _____

Saturated fat (grams) _____

Cholesterol (grams) _____

Sodium (mg) _____
10. Look at the Percent of Daily Values. Are most of the nutrients less than 2%?
Yes _____ No _____

11. From reading the nutritional information, would you consider this convenience food to be nutritious?
Yes_____ No _____ Explain your answer _____

12. Three items of voluntary information on this label are _____,
_____ and _____.

13. Why do you think the government makes laws regulating food labels?

Part 2:

Use the labels or packages of two similar products. Label one product as A and one as B. Answer the following questions.

Product A name _____

Product B name _____

1. How many calories are in a serving of product A? _____
How many calories are in a serving of product B? _____

2. What is the serving size of product A ? _____
What is the serving size of product B ? _____

3. How many of the calories in product A come from fat? _____
How many of the calories in product B come from fat? _____

4. List the vitamins product A contains. _____
List the vitamins product B contains. _____

5. How much sodium per serving does product A contain? _____
How much sodium per serving does product B contain? _____

6. How much protein per serving does product A contain? _____
How much protein per serving does product B contain? _____

7. How much fat per serving does product A contain? _____
How much fat per serving does product B contain? _____

8. How much cholesterol per serving does product A contain? _____
How much cholesterol per serving does product B contain? _____

9. What is the total number of carbohydrates in product A? _____
What is the total number of carbohydrates in product B? _____

10. List any minerals in product A? _____
List any minerals in product B? _____

11. Which of the two products is the most nutritious?

12. Why? _____

overhead

How's Your Nutrition Intuition?

Match each food to its nutrition label. Write the letter of the appropriate nutritional label A-L next to the food product.

<u>Labels</u>	<u>Foods</u>
---------------	--------------

- | | |
|-----------|-------------------------------------|
| 1. _____ | Pringles potato chips |
| 2. _____ | Fritos |
| 3. _____ | Pretzels |
| 4. _____ | Wavy Lays potato chips |
| 5. _____ | On-Cor Gravy and Salisbury Steaks |
| 6. _____ | RF Macaroni pasta (dry) |
| 7. _____ | Mountain Trail Mix |
| 8. _____ | Hershey's Miniatures chocolates |
| 9. _____ | Life Savers Crème Savers hard candy |
| 10. _____ | Fig Newtons |
| 11. _____ | Spam |
| 12. _____ | Bumble Bee Albacore Tuna in water |

Key

How's Your Nutrition Intuition?

Match each food to its nutrition label. Write the letter of the appropriate nutritional label A-L next to the food product.

Labels Foods

1. C Pringles potato chips
2. E Fritos
3. A Pretzels
4. G Wavy Lays potato chips
5. K On-Cor Gravy and Salisbury Steaks
6. D RF Macaroni pasta (dry)
7. H Mountain Trail Mix
8. J Hershey's Miniatures chocolates
9. I Life Savers Crème Savers hard candy
10. B Fig Newtons
11. F Spam
12. L Bumble Bee Albacore Tuna in water

A

Nutrition Facts

Serving Size (30g)
Servings Per Container about 19

Amount Per Serving

Calories 120 Calories from Fat 10

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 400mg 17%

Total Carbohydrate 23g 8%

Dietary Fiber less than 1g 4%

Sugars less than 1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

B

Nutrition Facts

Serving Size (31 g)
Servings Per Container About 15

Amount Per Serving

Calories 110 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1g 4%

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 20g 7%

Dietary Fiber 1g 6%

Sugars 13g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

C

NUTRITION FACTS/ DATOS DE NUTRICIÓN

Serving Size 1 Ounce/
Tamaño por Ración 1 Onza

Servings Per Container/
Raciones Por Envase aprox. 6

Amount Per Serving/Cantidad Por Ración

Calories/Calorías 150

Calories from Fat/Calorías de Grasa 90

% Daily Value*/% Valor Diario*

Total Fat/Grasa Total 10 g 15%

Saturated Fat/Grasa Saturada 1.5 g 8%

Cholesterol/Colesterol 0 mg 0%

Sodium/Sodio 180 mg 8%

Total Carbohydrate/

Total de Carbohidratos 15 g 5%

Protein/Proteína 2 g

Vitamin C/Vitamina C 6%

Not a significant source of dietary fiber, sugars, vitamin A, calcium, and iron./No es una fuente importante de fibra dietética, azúcares, vitamina A, calcio ni hierro.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

*Los Porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores, dependiendo de las calorías que usted necesite.

	Calories/Calorías:	2000	2500
Total Fat/Grasa Total	Less than/Menos de	65 g	80 g
Sat. Fat/Grasa Sat.	Less than/Menos de	20 g	25 g
Cholesterol/Colesterol	Less than/Menos de	300 mg	300 mg
Sodium/Sodio	Less than/Menos de	2400 mg	2400 mg
Total Carbohydrate/			
Total de Carbohidratos		300 g	375 g
Dietary Fiber/Fibra Dietética		25 g	30 g

Nutrition Facts

Serving Size: ¼ cup (56 g)
Servings Per Container: 3

Amount Per Serving

Calories 210 Calories from Fat 10

	% Daily Value*
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg**	0%
Total Carbohydrate 42 g	14%
Dietary Fiber 2 g	7%
Sugars 3 g	

Protein 7 g

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%
Thiamin 30%	•	Riboflavin 10%
Niacin 15%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 1oz (28g)
Servings Per Container About 3

Amount Per Serving

Calories 160 Calories from Fat 90

	% Daily Value*
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 0g	

Protein 2g

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serv. Size 2 oz. (56g)
Servings per container 6

Calories 170

Fat Cal. 140

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving %DV* Amount/serving %DV*

Total Fat 16g **25%** **Total Carb.** 0g **0%**

Sat. Fat 6g **30%** **Fiber** 0g **0%**

Cholest. 40mg **13%** **Sugars** 0g

Sodium 750mg **31%** **Protein** 7g

Vitamin A 0% • **Vitamin C** 0% • **Calcium** 0% • **Iron** 2%

G

Nutrition Facts

Serving Size 1 oz.
Servings Per Container About 12

Amount Per Serving

Calories 150 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3g **16%**

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

H

Nutrition Facts

Serving Size 1/4 Cup (30g)
Servings Per Container 45

Amount Per Serving

Calories 150 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 11g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat: 9 • Carbohydrate: 4 • Protein: 4

I

Nutrition Facts

Serving Size 1/2 Cup (5g)
Servings Per Container about 11

Amount Per Serving

Calories 70 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1.5g **7%**

Sodium 30mg **1%**

Total Carbohydrate 13g **4%**

Sugars 11g

Protein 0g

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size (43 g)
Servings Per Container about 9

Amount Per Serving

Calories 230 Calories from Fat 120

% Daily Value*

Total Fat 13 g 20%

Saturated Fat 7 g 35%

Cholesterol 5 mg 2%

Sodium 30 mg 1%

Total Carbohydrate 25g 8%

Dietary Fiber 1 g 4%

Sugars 22g

Protein 3 g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size (151 g)
Servings Per Container 6

Amount Per Serving

Calories 200 Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 6g 30%

Cholesterol 30mg 10%

Sodium 790mg 33%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Sugars 0g

Protein 10g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serv. Size (2.7oz./76g)

Calories 90
Fat Cal. 10

Amount/serving %DV* Amount/serving %DV*

Total Fat 1.0g 2% Total Carb. 0g 0%

Sat Fat 0g 0% Fiber 0g 0%

Cholest. 35mg 12% Sugars 0g

Sodium 350mg 15% Protein 20g 36%

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

Niacin 30% • Vitamin B-6 15% • Vitamin B-12 20% • Phosphorus 15%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4