

Examining Food Labels

Food 1 _____

Serving Size _____

Serving Per Container _____

Calories _____

Total Fat _____ grams

Dietary Fiber _____ grams

Sugars _____ grams

Protein _____ grams

Vitamins and/or Minerals (most to least)

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

First 3 Ingredients

1. _____

2. _____

3. _____

Examining Food Labels

Food 2 _____

Serving Size _____

Serving Per Container _____

Calories _____

Total Fat _____ grams

Dietary Fiber _____ grams

Sugars _____ grams

Protein _____ grams

Vitamins and/or Minerals (most to least)

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

First 3 Ingredients

1. _____

2. _____

3. _____