

Name:

Date:

## Reading Nutritional Labels

\_\_\_\_\_ (Product)

Serving Size:

Serving Per Containers:

Calories:

Fat:

DV% in Fat:

Sodium:

DV% in Sodium:

Carbohydrates:

Dietary Fiber:

Sugar:

Protein:

How many ingredients does this product contain?

List the first 5 ingredients:

Would you recommend this food a healthy option? Explain your answer-be specific.

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**REFLECT-----**

1. Why it is important to understand how to read nutritional labels?
2. If you have 5 servings, how do you calculate the nutritional totals?
3. What does Daily Value mean?