

Name _____

Directions: Circle the correct answer.

Nonfat Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 8% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
* 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

A

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
* 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

B

1. According to the two food labels, which food is lower in saturated fat?

Food label A

Food label B

Egg Substitute	
Serving Size 1/4 cup (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Potassium 60mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 6g	
Vitamin A 15% (100% as beta carotene)	
Calcium 2% • Iron 6% • Vitamin D 4%	
Thiamine 20% • Riboflavin 20%	
Vitamin B ₆ 6% • Vitamin B ₁₂ 30%	
Pantothenic Acid 15% • Zinc 4%	
Not a significant source of Vitamin C	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

A

Hard-Cooked Egg	
Serving Size 1 egg (50g)	
Amount Per Serving	
Calories 77	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Cholesterol 213mg	71%
Sodium 62mg	3%
Total Carbohydrate 1g	0%
Protein 6g	12%
Vitamin A	6%
Calcium	3%
Iron	3%
Thiamin	2%
Riboflavin	15%
Not a significant source of vitamin C and niacin. Values are not available for fiber and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet	

B

2. Which food label is lower in cholesterol?

Food label A

Food label B

Tortilla Chips	
Serving Size 1 oz. (28g/about 18 chips)	
Servings Per Container 11	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	8%
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
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

A

Baked Tortilla Chips	
Serving Size 1 oz. (28g/About 9 chips)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	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

B

3. Which food is lower in total fat?

Food label A

Food label B