

FOOD LABELS

STUDENT WORKSHEET

Remember that an important recommendation, Example:
especially for Americans, is to keep the percent
of calories from fat less than or equal to 30%.

REFRIED BEANS

Nutrition Facts

Serving Size cup (128g)
Servings Per Container about 3.5
Amount Per Serving
Calories 120 **Calories from Fat** 20
% Daily Value*
Total Fat 2g **3%**
Saturated Fat 0.5g **3%**
Cholesterol 0mg **0%**
Sodium 560mg **23%**
Total Carbohydrate 23g **8%**
Dietary Fiber 6g **24%**
Sugars 1g
Protein 7g

1. How much is one serving of beans? _____
2. How many calories are in one serving of beans? _____
3. How many calories from fat are in one serving of beans? _____
4. Find the percent of calories from fat in these beans. _____
5. How many calories are in one cup of beans? _____

PEANUT BUTTER SANDWICH CRACKERS

Nutrition Facts

Serving Size 1 package (38g)
Servings Per Container 8
Calories 190
Calories from Fat 80
Amount/Serving **% DV***
Total Carbohydrate 22g **7%**
Dietary Fiber less than 1g **3%**
Sugars 4g
Protein 6g
Amount/Serving **% DV***
Total Fat 9g **14%**
Saturated Fat 2g **10%**
Cholesterol less than 5mg **1%**
Sodium 420mg **18%**
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%

6. What is the serving size of the peanut butter sandwich crackers? _____
7. How many calories are in one serving of crackers? _____
8. How many calories from fat are in one serving of crackers? _____
9. Find the percent of calories from fat in the crackers. _____
10. If there are six crackers per package, how many calories in one cracker? _____