

Sample Food Labels - Works with Food Label Worksheets



Nutrition Facts

Serving Size 16g

Servings per Container about 28

Amount Per Serving

Calories 80 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7 %

Saturated Fat 1g 5 %

Trans Fat 0g

Cholesterol 0mg 0 %

Sodium 135mg 6 %

Total Carbohydrate 10g 3 %

Dietary Fiber 0g 0 %

Sugars 1g

Protein 1g

Vitamin A 0 % Calcium 2 %

Vitamin C 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	
Cholest	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carb		300g	375g	
Fiber		25g	30g	

Nutrition Facts

Serving Size 30g

Servings per Container about 12

Amount Per Serving

Calories 130 Calories from Fat 45

% Daily Value*

Total Fat 5g 8 %

Saturated Fat 1g 5 %

Cholesterol 0mg 0 %

Sodium 360mg 15 %

Total Carbohydrate 21g 7 %

Dietary Fiber 1g 4 %

Sugars 2g

Protein 2g

Vitamin A 0 % Calcium 2 %

Vitamin C 0 % Iron 10 %

*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	
Cholest	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carb		300g	375g	
Fiber		25g	30g	