

Nutrition Labeling

Alternative assignment if additional labels are available

Using your food label, complete the following information.

1. Name of product you are evaluating: _____
2. Predominant ingredient by weight: _____
3. Serving Size: _____ Total number of servings per container: _____
4. Is this product fortified or enriched? YES NO

What do these terms mean?

Fortified:

Enriched:

5. Grams of Carbohydrates per serving: _____
Grams of Protein per serving: _____
Grams of Fat per serving: _____

6. Calculate the total calories per serving:
_____g of carbohydrate X 4 kcals/g = _____ kcals from carbohydrates
_____g of protein X 4 kcals/g = _____ kcals from protein
_____g of fat X 9 kcals/g = + _____ kcals from fat
_____ TOTAL kcals/ SERVING

7. Calculate the percentage of calories from each of the energy nutrients in a serving of the food. Use the numbers you found in question #7 for kcals from each of the nutrients and TOTAL kcals/SERVING.

(_____ kcals from carbohydrates ÷ _____ TOTAL kcals/ SERVING) 100= _____% kcals from carbohydrate

(_____ kcals from protein ÷ _____ TOTAL kcals/ SERVING) 100= _____% kcals from protein

(_____ kcals from fat ÷ _____ TOTAL kcals/ SERVING) 100= _____% kcals from fat