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