

Name _____ Date _____ Score _____

LET'S READ LABELS

Reading food labels will help you become a better consumer. Some of the information on food labels is mandatory (required by law) and some is voluntary (written as a courtesy to the consumer).

Mandatory information includes

- The name of the product
- The style of the product (type of liquid, size of pieces, etc.)
- The net weight of the contents (this does not include the weight of the container)
- The name, address, and zip code of the company
- Any special information that affects people with health problems
- Presence of artificial color, flavor, or preservatives
- A list of ingredients in order of weight in the package: the ingredient of the heaviest amount is listed first.
- Nutrition information, including the number of calories and the number of calories from fat

Voluntary information includes

- The brand name
- A picture of the food
- The number of servings per package
- Recipes and serving suggestions
- Freshness dates

Using a food label, draw a circle around each kind of the above information you are able to find on the label.

Using another food label or package provided by the teacher, answer the following questions.

1. What is the name of the product? _____
2. The net weight of this product is _____
3. What company produces this product? _____
4. What is its address? _____
5. What are the first three ingredients listed? _____
6. Where is the U.P.C. code on the label? _____
7. What is the expiration date or code on your product? _____
8. How much of this product makes one serving? _____
9. Nutritional information (per serving)

Calories _____	Saturated fat (grams) _____
Protein _____	Cholesterol (grams) _____
Total carbohydrates _____	Sodium (mg) _____
Total fat (grams) _____	
10. Look at the Percent of Daily Values. Are most of the nutrients less than 2%?
Yes _____ No _____
11. From reading the nutritional information, would you consider this convenience food to be nutritious? Yes _____ No _____ Explain your answer _____

12. Three items of voluntary information on this label are _____,
_____, and _____.
13. Why do you think the government makes laws regulating food labels?

Use the labels or packages of two similar products. Label one product as A and one as B.
Answer the following questions.

Product A name _____

Product B name _____

1. How many calories are in a serving of product A? _____
How many calories are in a serving of product B? _____
2. What is the serving size of product A ? _____
What is the serving size of product B ? _____
3. How many of the calories in product A come from fat? _____
How many of the calories in product B come from fat? _____
4. List the vitamins product A contains. _____
List the vitamins product B contains. _____
5. How much sodium per serving does product A contain? _____
How much sodium per serving does product B contain? _____
6. How much protein per serving does product A contain? _____
How much protein per serving does product B contain? _____
7. How much fat per serving does product A contain? _____
How much fat per serving does product B contain? _____
8. How much cholesterol per serving does product A contain? _____
How much cholesterol per serving does product B contain? _____
9. What is the total number of carbohydrates in product A? _____
What is the total number of carbohydrates in product B? _____
10. List any minerals in product A? _____
List any minerals in product B? _____
11. Which of the two products is the most nutritious? _____
Why? _____