

All packaged foods are required to display a standardized nutrition label. This nutrition label contains information about the caloric content, amount of fat, protein, carbohydrates, and other required nutrients.

Examine the following nutrition labels and answer the questions.

1. How many calories would you take in if you ate the whole box of crackers in one sitting? _____
2. If you ate 2 servings of crackers, how many grams of carbohydrates would you get? _____
3. If each gram of carbohydrates provides 4 calories, how many calories would you take in by eating 2 servings of crackers? _____
4. If fat provides 9 calories per gram, how many calories would you get by eating 2 servings? _____

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 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
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Chicken Noodle Soup	
Nutrition Facts	
Serving Size 1/2 cup (120 ml) condensed soup	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	
Sodium 890gm	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Calcium 0%
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 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400m 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

5. If you were to eat the entire can of soup, how much sodium would you consume? _____
6. If the recommended amount of sodium for someone with high blood pressure is 1500 mg/ day, how much more than the recommended amount is present in this entire can? _____
7. How many servings of soup would I need to consume 20% of my daily requirement of fiber? _____
8. How many calories would that be? _____



Ingredients: Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, and/or Sunflower Oil), Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Maltodextrin, Wheat Flour, Whey, Monosodium Glutamate, Buttermilk Solids, Romano Cheese from Cow's Milk (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Soybean and Cottonseed Oil, Corn Flour, Disodium Phosphate, Lactose, Natural and Artificial Flavor, Dextrose, Tomato Powder, Spices, Lactic Acid, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Citric Acid, Sugar, Garlic Powder, Red and Green Bell Pepper Powder, Sodium Caseinate, Disodium Inosinate, Disodium Guanylate, Malted Milk Solids, Whey Protein Isolate, and Corn Syrup Solids.
CONTAINS MILK AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1

Amount Per Serving		Calories from Fat 70	
		% Daily Value*	
Calories	140		
Total Fat	8g		12%
Saturated Fat	1.5g		7%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		7%
Total Carbohydrate	17g		6%
Dietary Fiber	1g		6%
Sugars	1g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%
Vitamin E	4%	Thiamin	4%
Vitamin Bs	4%	Phosphorus	6%

* 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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

*** This serving size is 1 ounce. An average bag of Doritos contains 16 ounces of chips, for a total of 16 servings per bag.***

- How many calories would you consume if you ate the whole 16oz bag? _____
- How many carbohydrates would you consume if you ate the whole bag? _____
- What percentage is this of your daily intake of carbohydrates? _____
- How much fat would you get from eating 5 servings of Doritos? _____
- How much saturated fat would you get if you ate the whole bag? _____

Assume the same sized bag – 16 servings per bag...

14. How much saturated fat would you get from eating the whole bag of Baked Doritos?

15. How many carbohydrates would you get if you ate the entire bag?

16. How much less fat would there be in eating an entire bag of Baked vs. Regular chips? _____

18. What major nutrient increases per serving when comparing Baked vs. Regular chips?



Ingredients: Whole Corn, Corn Oil, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Buttermilk Solids, Whey Protein Concentrate, Whey, Tomato Powder, Monosodium Glutamate, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Wheat Flour, Natural and Artificial Flavor, Partially Hydrogenated Soybean and Cottonseed Oil, Artificial Color (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Red 40 Lake), Sugar, Garlic Powder, Disodium Phosphate, Dextrose, Parmesan Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Spices, Citric Acid, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.
CONTAINS MILK AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving		Calories from Fat 30	
		% Daily Value*	
Calories	120		
Total Fat	3.5g		6%
Saturated Fat	0.5g		3%
Polyunsaturated Fat	2g		
Monounsaturated Fat	1g		
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	220mg		9%
Total Carbohydrate	21g		7%
Dietary Fiber	2g		7%
Sugars	1g		
Protein	2g		
Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	2%
Vitamin E	2%	Thiamin	4%
Niacin	2%	Vitamin B6	6%
Phosphorus	6%	Zinc	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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Oreos

Servings per container: 15

Serving Size: 3 cookies • 33g

Amount Per Serving		
Calories	160	Calories from Fat 63
		% DV
Total Fat	7g	11%
Saturated Fat	1.5g	8%
Cholesterol	0mg	0%
Sodium	220mg	9%
Total Carbohydrate	23g	8%
Dietary Fiber	1g	4%

19. How many calories would one cookie contain? _____

20. How much fat would there be in one cookie? _____

21. How much fat would you take in if you ate ½ of the bag?

22. What percent of your daily intake of sodium would you eat if you had 6 cookies?

23. How many grams of carbohydrates would you take in if you split this shake with a friend? _____

24. How much of your daily intake of cholesterol does this shake provide?

25. Out of the total carbohydrates, what percentage comes from sugars?

26. What is the percentage of calories from fat? _____

McDonalds Triple Thick Shake, 32 fl oz

Nutrition Facts

Serving Size: 888 (ml)

Amount per Serving

Calories 1110 **Calories from Fat** 240

	% Daily Value *
Total Fat 26g	40%
Saturated Fat 16g	80%
Trans Fat 2g	
Cholesterol 100mg	33%
Sodium 370mg	15%
Total Carbohydrate 193g	64%
Dietary Fiber 0g	0%
Sugars 145g	
Protein 25g	50%

Whopper Sandwich
Nutrition Facts

Serving Size: 1 sandwich / 270g

Amount per Serving

Calories	Calories from Fat
670	351

% Daily Value *	
Total Fat 39g	60%
Saturated Fat 11g	55%
Cholesterol 90mg	30%
Sodium 850mg	35%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 27g	54%

Vitamin A	10%
Vitamin C	15%
Calcium	6%
Iron	25%

27. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/ day diet)

Calories: _____

Total Fat: _____

Saturated Fat: _____

Protein: _____

Fiber: _____

Carbohydrates: _____

Big Mac
Nutrition Facts

Serving Size: 7 4/5 oz (219.0 g)

Amount per Serving

Calories	Calories from Fat
560	270

% Daily Value *	
Total Fat 30g	46%
Saturated Fat 10g	50%
Cholesterol 80mg	27%
Sodium 1010mg	42%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 25g	50%

Vitamin A	8%
Vitamin C	2%
Calcium	25%
Iron	25%

28. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/ day diet)

Calories: _____

Total Fat: _____

Saturated Fat: _____

Protein: _____

Fiber: _____

Carbohydrates: _____