



# Fit & Lean in 2014

## 3.4: Food Label Worksheet

Just looking at a Nutrition Facts label doesn't always tell us what we're actually eating. All amounts listed on the label are for one serving - but what if you eat two - or even the whole package! A few simple calculations will help you figure out how many calories or grams of fat are in the servings that you actually consume.

Compare three food labels and fill in the information below. Then determine which item you would choose and be prepared to explain why that would be the healthiest choice.

### Food Label #1:

Serving Size on label: \_\_\_\_\_

Calories/serving: \_\_\_\_\_

Total fat grams/serving: \_\_\_\_\_

Total saturated fat grams/serving: \_\_\_\_\_

Total fiber grams/serving: \_\_\_\_\_

Total protein grams/serving: \_\_\_\_\_

Total sugar grams/serving: \_\_\_\_\_

Total sodium milligrams/serving: \_\_\_\_\_

What nutrient has the highest DV%: \_\_\_\_\_

### Food Label #2:

Serving Size on label: \_\_\_\_\_

Calories/serving: \_\_\_\_\_

Total fat grams/serving: \_\_\_\_\_

Total saturated fat grams/serving: \_\_\_\_\_

Total fiber grams/serving: \_\_\_\_\_

Total protein grams/serving: \_\_\_\_\_

Total sugar grams/serving: \_\_\_\_\_

Total sodium milligrams/serving: \_\_\_\_\_

What nutrient has the highest DV%: \_\_\_\_\_

### Food Label #3:

Serving Size on label: \_\_\_\_\_

Calories/serving: \_\_\_\_\_

Total fat grams/serving: \_\_\_\_\_

Total saturated fat grams/serving: \_\_\_\_\_

Total fiber grams/serving: \_\_\_\_\_

Total protein grams/serving: \_\_\_\_\_

Total sugar grams/serving: \_\_\_\_\_

Total sodium milligrams/serving: \_\_\_\_\_

What nutrient has the highest DV%: \_\_\_\_\_

### Overall.....

Which is lowest in calories? \_\_\_\_\_

Which is highest in fiber? \_\_\_\_\_

Which is lowest in fat? \_\_\_\_\_

Which is lowest in sugar? \_\_\_\_\_

Which is highest in protein? \_\_\_\_\_

Which is lowest in sodium? \_\_\_\_\_

Overall, which label would you say is the healthiest option and why?  
\_\_\_\_\_

**THE BIG FIVE:** Fibre [at least 3-4g]; Fat [<5g saturated fat]; Sugar [<8g]; Protein [>5g]; Sodium [<300mg/serving]

