



Fit & Lean in 2014

2.9: 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]

