Name: Date:

Food Label Activity Sheet

Directions:

1. In the left column, write the name of the food group in which the food belongs.
2. To the right of each food, fill in the nutrient information for one serving by reading the Nutrition Facts Label.
3. Using your Point Card, circle which nutrients will give the food points. Add the total number of points for each food.

			% Daily Value							
Food Group	**Name of Food**	**Calories**	**Total Fat %**	**Dietary Fiber %**	**Protein % or g**	**Vitamin A %**	**Vitamin C %**	**Calcium %**	**Iron %**	**Total Points**
Grains	Whole wheat bread	100	3%	11%	5g	0%	0%	6%	6%	4
	Raisin-bran cereal									
	Chocolate doughnuts									
	Frozen strawberries									
	Fruit juice									
	Baby carrots									
	Low-fat yogurt									
	Canned tuna									