

STUDENT WORKSHEET

ACTIVITY 3: CREATING A NUTRITION FACTS LABEL

Name _____ Date _____ Class/Hour _____

Smoothie Name _____

Ingredients: Base _____ Volume _____ Added Sugars _____
 (if any, see page 27)

Fruit _____ Volume _____
 Sweetener/flavoring (if any) _____ Volume _____ Added Sugars _____
 (if any, see page 27)

A Nutrition Calculator Values for Combined Ingredients from
www.verywellfit.com/recipe-nutritionanalyzer-4157076

_____ serving per container
 Serving size _____
 Calories/serving _____
 Total Fat _____g
 Saturated Fat _____g
 Cholesterol _____mg
 Sodium _____mg
 Total
 Carbohydrates _____g
 Dietary Fiber _____g
 Total Sugars _____g
 Protein _____g
 Vitamin D _____mcg
 Calcium _____mg
 Iron _____mg
 Potassium _____mg

Assume 0g *Trans* Fat
 Added Sugars/Serving _____g

B Label from Label-Making Tool at
www.onlinelabels.com/tools/nutrition-label-generator

Nutrition Facts

_____ servings per container
 Serving size _____

Amount per serving

Calories

% Daily Value *

Total Fat _____ g _____%

Saturated Fat _____ g _____%

Trans Fat _____ g

Cholesterol _____ mg _____%

Sodium _____ mg _____%

Total Carbohydrate _____ g _____%

Dietary Fiber _____ g _____%

Total Sugars _____ g

Includes _____g Added Sugars _____%

Protein _____ g

Vit.D _____mcg _____% • Calcium _____ mg _____%

Iron _____mg _____% • Potas. _____ mg _____%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Check Rounding Rules for These Select Nutrients

	Vit. D	Calcium	Iron	Potas.	Added Sugars
Daily Value	20 mcg	1,300 mg	18 mg	4,700 mg	50 gm
Rounded Amount for Label	Express to nearest 0.1 mcg	Express to nearest 10 mg	Express to nearest 0.1 mg	Express to nearest 10 mg	< 0.5 g express as 0 < 1 g express as "Contains less than 1 g" or "less than 1 g" > 1 g express to nearest 1 g
Un-rounded %DV	%DV = (actual amount (g)/DV) X 100				
Rounded %DV for Label	≤10% level: express to the nearest 2% >10% to ≤ 50% level: express to nearest 5% >50% level: express to nearest 10%				Round to the nearest 1% Round down if ≤ 0.49% and up if ≥ 0.50%
Low %DV option for specific nutrients	If less than 2%, may be declared by a zero or by the use of an asterisk (or other symbol) that refers to another asterisk (or symbol) that is placed at the bottom of the table that is followed by the statement "Contains less than 2 percent of the Daily Value of this (these) nutrient (nutrients)." Use the Rounding Rules to revise the values for Added Sugars, Vitamin D, Calcium, Iron, and Potassium, if needed.				If less than 1%, may not be included on the Nutrition Facts label, but (in such cases) the statement "Not a significant source of added sugars" is required as a footnote below the table of nutrients.

- Is your recipe a good source for nutrients? If yes, which ones?

- Are there any nutrients in your recipe that should be limited? If yes, which one(s) and give the reasons for each one.

- Which nutrients in your recipe would you change to make it a healthier choice? Experiment with your recipe: change an ingredient and/or the amount of the ingredient in the recipe and explain how the nutrients change on the label.

