Read Before You Eat

Grades 3-5

Health/Nutrition

Objectives

Students learn to understand the nutrition labels on different foods and be prepared to make healthier food choices.

Vocabulary

calorie—the amount of energy needed to raise the temperature of one kilogram of water one degree Celsius, commonly used to describe the amount of energy available in food
carbohydrate—a nutrient made up of carbon, hydrogen and oxygen (such as sugar, starch, or cellulose) found in plant-based foods
cholesterol—a waxy, fat-like substance that's found in all the cells in the body
fat—a concentrated source of energy; an oily substance from animal or plant products used in cooking
mineral—an inorganic substance (like calcium or iron) needed by the body for good health
nutrient—a substance that is essential for growth of plants and animals
nutrition—the process of providing or getting the food necessary for health and growth.
protein—an essential part of the human diet that helps form muscle, collagen and hair; supplied by foods in the diet such as meat, milk, eggs, nuts and beans,
serving—the amount of food usually consumed at one time.
sodium—a mineral that helps regulate water balance in the body and maintain blood pressure
vitamin—organic substances needed for growth and development that must come from food because they cannot be made by the body

Background

Your body needs the right combination of **nutrients** to work properly and grow. Since 1994, **Nutrition** Facts labels have been required on all packaged foods. In 2014, the format changed slightly to place an emphasis on **serving** size (to reflect the amount people usually eat) and to make the **calorie** section easier to read at a glance. Fresh food that is not prepackaged (like bulk fruits and vegetables) often has a nutrition facts label posted on the grocery store shelf near the food.

Nutrition Facts labels have a standardized format and must include the following information:

- Total Fat
  - →Saturated Fat
  - →Trans Fat
- Cholesterol
- Sodium
- Total Carbohydrate
  - →Dietary Fiber
  - →Total Sugars
  - →Added Sugars
- Protein
  - →Vitamin D
  - →Calcium
  - →Iron
  - →Potassium
  - Ingredient list

Background (cont)
Most nutrients are measured in grams or milligrams. Percentages on the label show how much one serving of the food provides of the total amount of that nutrient is needed in a day. These numbers are based on eating 2,000 calories in a day.

The nutrition label always lists a serving size. This is the amount of food—1/2 cup of cereal, two cookies, five pretzels—on which the nutrition information is based. The current label format does a good job of basing serving size on the amount of that food people usually eat. The nutrition label tells you how many nutrients are in the amount of food listed as one serving. This part of the label also helps you understand how much you are eating. For example, if you eat a sandwich with two slices of bread, you are actually getting two servings of bread, since one slice of bread is considered a serving.

The label also tells you how many servings are contained in that package of food. If there are 15 servings in a box of cookies, and each serving is two cookies, then you have enough for all 30 students in your class to have one cookie each.

A calorie is a unit of energy, a way of expressing how much energy you would get by eating a certain food. The number of calories in a single serving of the food is listed in large, bold type. People pay attention to calories because if you eat more calories than your body uses, you will gain weight.

The total **fat** is the number of fat grams contained in one serving of the food. Fat is an important nutrient that your body uses for growth and development, but you don't want to eat too much. Saturated fat and trans fat, are listed separately beneath total fat on the label..

Cholesterol is an important building block in cell walls and is important in the way the body converts food into energy. However, too much cholesterol can cause fatty deposits in the blood vessels. These deposits can decrease the vessel's elasticity and contribute to high blood pressure and heart disease.

Most of the **sodium** in our diets comes from salt - either from the shaker on the table or what is added to food during preparation or processing. Sodium also occurs naturally in some foods. In packaged food, salt acts as a preservative and as a flavor enhancer. It also is a necessary catalyst in chemical reactions that occur in baked goods. Some sodium is necessary to regulate blood pressure. However, too much can cause cells in the body to swell, because sodium causes the cells to hold on to too much water.

Total **carbohydrate** is the number that tells you how many carbohydrate grams are in one serving of food. Carbohydrates are your body's primary source of energy. This total is broken down into grams of dietary fiber and sugar.

Dietary Fiber is part of the Nutrition Facts label because many people need to increase the fiber in their diets and this labeling helps them make smart choices.

Total Sugars includes sugar that occurs naturally in foods (like the raisins in Raisin Bran cereal) and sugar that is added during preparation or processing. Added sugars include sugars from syrups, honey, and concentrated fruit or vegetable juices. Studies show it is difficult to meet nutrient needs, while staying within calorie limits, if you consume more than 10% of your total daily calories from sugar.

Background (cont)
Your body needs **protein** to build and repair essential parts of the body, such as muscles, blood, and organs. Protein is often measured in grams. Many packaged foods will be fairly low in protein, because

While there are a number of vitamins and **minerals** that are needed for good nutrition and health, only **Vitamin** D, Calcium, Iron and Potassium are required on the label. Calcium and Vitamin D work together to promote bone growth and repair. Potassium is needed for bone and muscle strength and plays a role in regulating blood pressure and heart rate. The body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to all parts of the body, and myoglobin, a protein that provides oxygen to muscles.

To help figure out whether a food is a good source of a nutrient, the Percent Daily Value is listed for each nutrient. For some nutrients, like dietary fiber, calcium, vitamin D, iron and potassium, a higher number (at least 10%) is better. For other nutrients, like fats and sugars, a lower number (less than 10%) is desirable because these nutrients provide calories, without vitamins, minerals or protein. The footnote at the bottom of the nutrition labels has changed to better explain the meaning of %DV. The %DV helps people understand the nutrition information in the context of a total daily diet.

The ingredient panel tells us what is in the food we are eating. Manufacturers of processed foods have to list all the ingredients used in the food. This list is very important for people who have food allergies and for those who have food restrictions for religious reasons, but we should all be aware of what is in the food we eat.

The first ingredient on the list will be the main ingredient. On most products, you want the first ingredient to be something other than sugar or fat. On a jar of jelly, the first ingredient listed may be fructose or sugar. If that is first on the list, you know there is more sugar in the jelly than anything else. The next ingredient on the list will probably be some kind of fruit. That means after sugar, there is more fruit than anything else.

Additional Reading

Junior Master Gardener, *Learn, Grow, Eat and Go!*, Texas A&M Agrilife, 2015.
Holcomb, Rodney, Osburn, Meagan, and Willoughby, *Nutrition Facts Panel Changes: Combating an Old Problem with a New Look*, OSU Extension Fact Sheet FAPC-199, March, 2016
Miller, Edward, *The Monster Health Book: A Guide to Eating Healthy, Being Active and Feeling Great for Monsters & Kids*, Holiday House, 2008.
Reilly, Kathleen, and Samuel Carbaugh, *Food: 25 Amazing Projects: Investigate the History and Science of What We Eat (Build It Yourself Series)*, Nomad, 2010.

Websites

http://kidshealth.org/kid/stay_healthy/food/labels.html
https://www.fda.gov/downloads/food/labelingnutrition/ucm511646.pdf
https://extension.okstate.edu/fact-sheets/nutrition-facts-panel-changes-combating-an-old-problem-with-a-new-look.html
https://4h.okstate.edu/projects/nutrition-health-wellness/site-files/docs/get-fit-4-life-pdfs/whats-up-with-the-label.pdf
https://jmgkids.us/curriculum/health-nutrition-from-the-garden/
https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#intro

REV 12/2020

Activity 1: Nutrition Facts, (Health) 2-3 50 minute class periods

Students will read background and understand how to answer discussion questions.

Oklahoma Academic Standards

Activity 1: Nutrition Facts (Health)

2.5.1 Health	Describe how the family influences personal health practices and behaviors.
2.5.5 Health	Explain how media influences thoughts, feelings, and health behaviors.
3.5.1 Health	Identify characteristics of valid health information, products and services (e.g., reliable, dependable, appropriate, accurate or trustworthy)
5.5.5 Health	Choose a healthy option when making a decision.

Materials:

- Activity 1 Worksheet 1 "**Discussion Questions"**
- Activity 1 Reading Page 1 "**Nutrition Facts"**
- Activity 1 Worksheet 2 "**Nutrition Facts"**
- Activity 1 Reading Page 2 "**Food Packaging Claims"**
- Activity 1 Worksheet 3 "**Food Packaging Claims"**
- Food packaging with Nutrition Facts label - include healthy and less healthy foods. Include some packages with health or marketing claims
- If food packaging is not available, use the **Sample Food Labels** at the end of the lesson
- Activity 1 Worksheet 4 "**Food Label Analysis"**
- Activity 1 Worksheet 5 **"Presentation Outline"**

Procedures

1. Read and discuss the background information. Use Worksheet 1 "**Discussion Questions"** to check student understanding either as class discussion or have students complete worksheet.
2. Read and discuss Reading Page 1 "**Nutrition Facts"** with students and have them put the information in their own words on Worksheet 2 "**Nutrition Facts."**
3. Bring examples of foods with nutrition claims on the package. Use Reading Page 2 "**Food Packaging Claims"** to help students tell the difference between fact based claims and marketing claims. Have students complete Worksheet 3 "**Food Packaging Claims."**
4. Divide students into groups and give each group a nutrition facts label to analyze using Worksheet 4 "**Food Label Analysis."**
5. Try to have at least one product that is high in fat, one that has a lot of added sugar, one that is high in fiber, etc. As an alternative, use the **Sample Food Labels** (all are cereals) for this activity.
6. Have each group give a presentation about their product and justify how it could fit into a healthy diet. They can use Worksheet 5 **"Presentation Outline"** to organize their ideas. Emphasize that even foods that are high in fat, sugar and sodium can be consumed occasionally.

Read Before You Eat

Activity 1 Worksheet 1: Discussion Questions

Name: _____ Date: _____

1. How are most nutrients measured?

   _____

   _____

2. What is a calorie?

   _____

   _____

3. How many calories should school-age children eat in a day?

   _____

4. Why is serving size important?

   _____

   _____

5. What can happen if you eat more calories than you use in metabolism and physical activity?

   _____

   _____

6. Why are Vitamin D, Calcium, Iron and Potassium listed on labels?

   _____

   _____

7. What does % DV stand for?

   _____

   _____

   _____

Read Before You Eat

Activity 1 Worksheet 1: Discussion Questions

ANSWER KEY

Name: _____ Date: _____

1. How are most nutrients measured?
   Most nutrients are measured in grams or milligrams. Percentages on the label show how much the food provides of the total amount needed in a day.

2. What is a calorie?
   The amount of energy in the food.

3. How many calories should school-age children eat in a day?
   2,000 calories in a day are the amount most school-age kids need.

4. Why is serving size important?
   It is the amount of food on which the nutrition information is based. Serving sizes also helps you understand how much you are eating.

5. What can happen if you eat more calories than you use in metabolism and physical activity?
   People pay attention to calories because if they eat more calories than their body uses, they might gain weight.

6. Why are Vitamin D, Calcium, Iron and Potassium listed on labels?
   Americans often do not eat the recommended amounts of these nutrients, so they are required on food labels to help people make good food choices.

7. What does %DV stand for?
   Percentages on food labels are based on recommended daily values %DV. The daily values are reference amounts of nutrients to consume, or not to exceed, and are used to calculate the %DV based on a 2,000 a day diet.

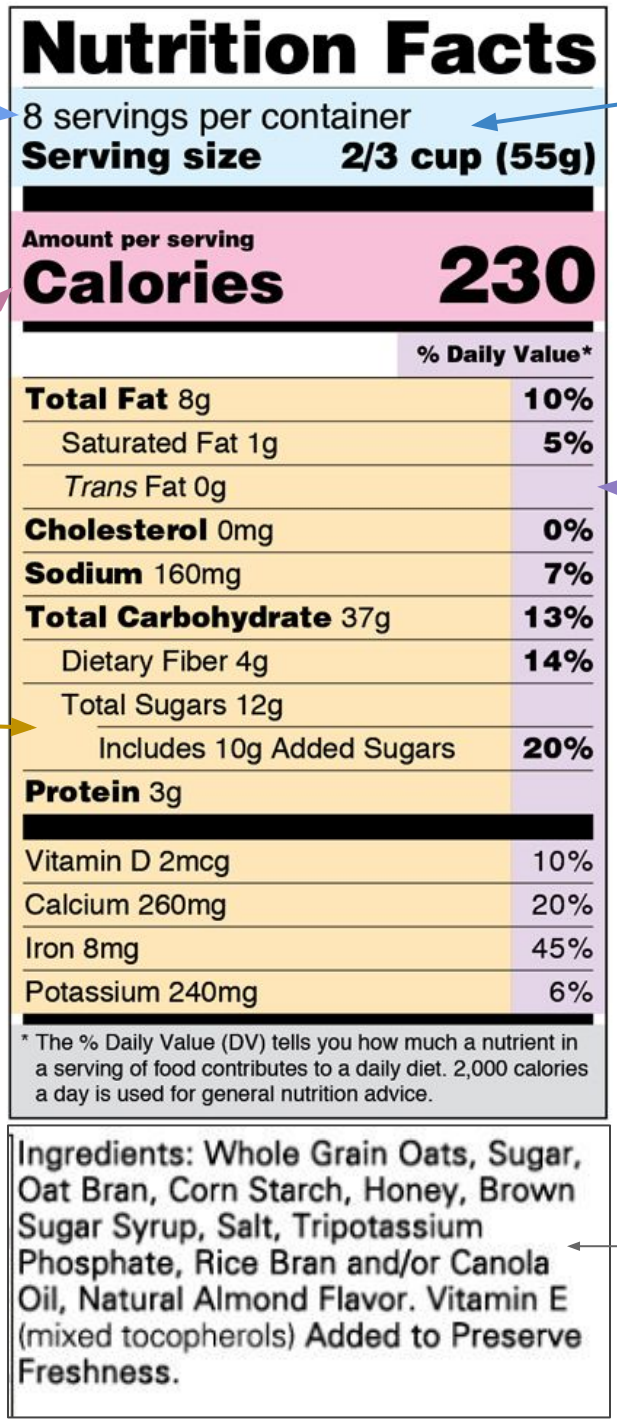
The **Nutrition Facts** label is found on packaged foods and beverages. These labels are also on some fresh foods. The label gives a lot of information to help us make good food choices.

Servings per container shows the total number of servings in the package. It is common for a package to have more than one serving.

Calories are the total amount of energy in a serving of food. This includes calories from fat, carbohydrates, protein and alcohol.

Nutrients that *must* be listed on a Nutrition Facts label include:
→Total Fat
→Saturated Fat
→Trans Fat
→Cholesterol
→Sodium
→Total Carbohydrate
→Dietary Fiber
→Total Sugars
→Added Sugars
→Protein
→Vitamin D
→Calcium
→Iron
→Potassium

Nutrients to get more of:
★ Dietary Fiber
★ Vitamin D
★ Calcium
★ Iron
★ Potassium



Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* 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.

Ingredients: Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran and/or Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Serving Size is the amount of food that is usually eaten at one time. It is not a recommendation of how much to eat. It is shown in a common measurement (like cups or tablespoons). It also has the amount in grams.

% Daily Value shows how much of each nutrient in one serving goes toward a total daily diet. This is based on 2,000 calories per day.

As a general guide:
• 5% DV or less is low
• 20% DV or more is high

The food this label shows would be *low* in Saturated Fat and Cholesterol. It would be *high* in Sugars.

The **Ingredient List** shows each ingredient in a food by its common name. Ingredients are listed in order by weight. The ingredient that weighs the most is listed first. The ingredient that weighs the least is listed last.

Nutrients to get less of:
☹ Saturated Fat
☹ Sodium
☹ Added Sugars

U.S. FOOD & DRUG ADMINISTRATION
www.fda.gov/nutritioneducation

Adapted from: Interactive Nutrition Facts Label • March 2020 *What's On the Nutrition Facts Label*, US Food and Drug Administration

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Activity 1 Worksheet 2: Nutrition Facts

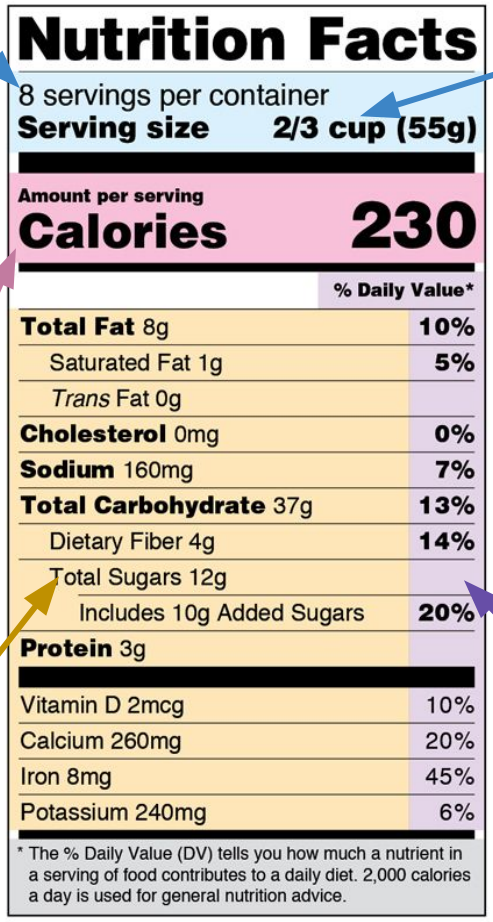
Name: _____ Date: _____

In your own words, write a description of each section of the Nutrition Facts label.

Servings per container

Calories

Nutrients



Ingredients: Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran and/or Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

The **Ingredient List**

Serving Size

% Daily Value

Read Before You Eat

Activity 1 Worksheet 2: Nutrition Facts

ANSWER KEY

Name: _____ Date: _____

In your own words, write a description of each section of the Nutrition Facts label.

Servings per container

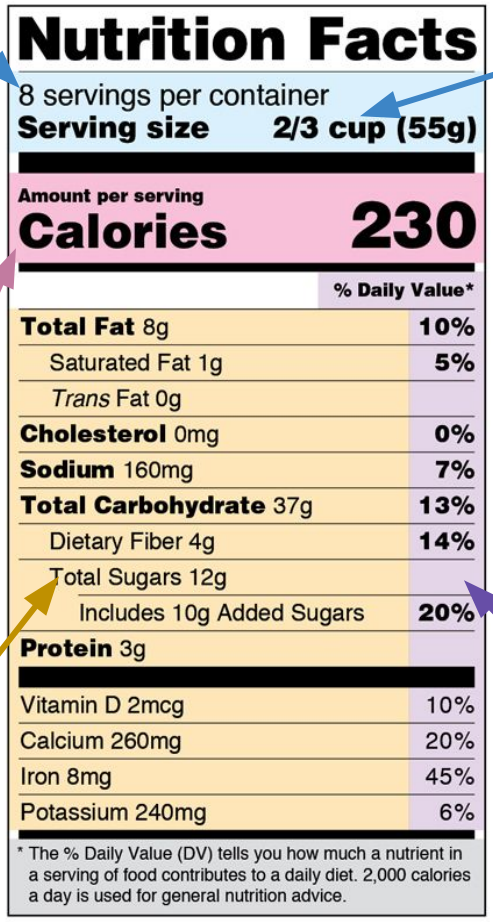
The number of servings in the whole package

Calories

The amount of food energy contained in one serving of the product.

Nutrients

The label must list total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, total sugars, added sugars, protein, vitamin D, calcium, iron and potassium.



Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
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* 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.

Ingredients: Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran and/or Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

The **Ingredient List**

The ingredient listed first is the main ingredient. As the list goes on, there is less and less of the ingredient.

Serving Size

The amount of food usually eaten at one time. It is shown in common measure like cups or tablespoons, followed by grams.

% Daily Value

Based on 2,000 per day, the part or percentage of the nutrient in one serving of the product.

Use % DV to find foods that are low in fat, cholesterol, sodium and added sugars and high in dietary fiber, vitamins and minerals

The **Nutrition Facts** label has to be on packaged foods. There are often other health and nutrient contents on the packages.

- A *health claim* includes a food, component, or ingredient **and** a disease.
- A *nutrient content claim* describes the level of a nutrient in the product (free, high, low, etc.). It compares the level to another food using terms like more, reduced, or lite.

Health and nutrient content claims, are regulated by the U.S. Food and Drug Administration. In addition, there are marketing claims on the packaging. These are not regulated by any agency. Often the claim sounds better than it really is.

Fact-based Nutrient Content Claims

Claim	Means one serving contains:
Calorie free	Less than 5 calories
Low calorie	40 calories or less
Reduced calorie	At least 25% less calories than the regular product
Sugar free	Less than 0.5 grams and no ingredient that is a sugar (like agave, honey or sugar alcohols)
Reduced sugar	At least 25% less sugar than a regular product
No added sugar	No sugar or sugar-containing ingredient added
Fat free	Less than 0.5 grams fat and no ingredient that is a fat
Low fat	3 grams fat or less and no more than 30% of calories from fat
Reduced fat	At least 25% less fat than the regular product
Light (lite)	At least 50% less fat than regular product
Sodium or salt free	Less than 5 mg of sodium and no ingredient contains sodium
High Fiber	20% or more of the Daily Value (DV) for fiber

Marketing Claims

Claim	What it means
All Natural	Nothing artificial added
Multigrain	More than one type of grain in any amount
Antioxidants	Found naturally in whole foods but meaningless on packaged food
Good source	Food contains 10-19% of the DV for the nutrient
Artisan	Not regulated on labels
Free-Range	Undefined access to an outdoor area
Made with real fruit	Look at ingredient list. If fruit is not at the top of the list, probably meaningless
Organic	At least 95% of ingredients are organic
Pasture raised	No proof is required "Grass fed" is a more accurate indicator
Superfood	Not a regulated term
No artificial colors	Not required to be free of all artificial ingredients
Whole grain	Must say "100% whole grain" to mean something

*Words like "more", "fortified", "enriched", "added", "extra" or "plus" means the food has at least **10% more** of the Daily Value (DV) than the regular product. Wording may **only** be used for vitamins, minerals, protein, dietary fiber, and potassium.*

Source: Food Packaging Claims, American Heart Association, March 6, 2017
https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/food-packaging-claims

Read Before You Eat

Activity 1 Worksheet 3: Food Packaging Claims

Name: _____ Date: _____

After reading Food Packaging Claims, use the table below to decide whether the claim listed is a fact-based claim or a marketing claim. Remember that a fact-based claim is checked out by the U.S. Food and Drug Administration. Marketing claims *may* also be fact-based, but their main purpose is to make you *think* the product is healthy.

Claim	Fact-based Claim	Marketing Claim	What it means
All Natural			
Low calorie			
Sugar-free			
Made with real fruit			
Free-range			
Whole grain			
Light or “lite”			
High fiber			
Organic			
Superfood			
Reduced fat			
No artificial colors			
No added sugar			
Artisan			

Read Before You Eat

Activity 1 Worksheet 3: Food Packaging Claims

ANSWER KEY

Name: _____ Date: _____

After reading Food Packaging Claims, use the table below to decide whether the claim listed is a fact-based claim or a marketing claim. Remember that a fact-based claim is checked out by the U.S. Food and Drug Administration. Marketing claims *may* also be fact-based, but their main purpose is to make you *think* the product is healthy.

Claim	Fact-based Claim	Marketing Claim	What it means
All Natural		X	Nothing artificial added
Low calorie	X		40 calories or less
Sugar-free	X		Less than 0.5g & no sweeteners
Made with real fruit		X	Unless fruit is 1st ingredient, probably nothing
Free-range		X	Animal has access to outdoors
Whole grain		X	Unless 100%, it means **some** whole grain is included
Light or "lite"	X		At least 50% less fat than regular product
High fiber	X		20% or more of DV for fiber
Organic		X	≥ 95% of ingredients are organic
Superfood		X	Nothing
Reduced fat	X		At least 25% less fat than regular product
No artificial colors		X	Free of artificial dyes, but may have other artificial ingredients
No added sugar	X		No sugar or sugar-containing ingredients
Artisan		X	Nothing

Read Before You Eat

Activity 1 Worksheet 4: Food Label Analysis

Name: _____ Date: _____

Copy the information from the Nutrition Facts label on your product to the blank label below and answer the questions.

Name of Food

_____

Nutrition Facts

servings per container

Serving size **cup (g)**

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	
Vitamin D mcg	%
Calcium mg	%
Iron mg	%
Potassium 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.

What are the first 3 ingredients listed?

1. _____
2. _____
3. _____

Look at the % Daily Value.

List nutrients that are *high*

_____

_____

List nutrients that are *low*

_____

_____

Is this a healthy food? _____

Why or or why not?

_____

_____

_____

_____

_____

Read Before You Eat

Activity 1 Worksheet 5: Presentation Outline

Name: _____ Date: _____

Name of Food

_____

Food Packaging Claims
(See Worksheet 3 for examples)

_____

_____

_____

_____

Food is high (20% or more DV) in:

_____

_____

_____

Top Ingredients

_____

_____

_____

_____

Food is a good (10-19% DV) source of:

_____

_____

_____

Food is low (5% or less DV) in:

_____

_____

Is this food OK to eat every day? _____ Why or Why not?

_____

_____

_____

Activity 2: Food Label Math, (Math) 1 50 minute class period

Students will utilize the background information provided and analyze nutrition label in reading page to solve the food label worksheet.

Oklahoma Academic Standards

Activity 2: Food Label Math (Math)

3.N.2.7	Recognize the relationship between multiplication and division to represent and solve real-world problems.
3.D.1.1	Summarize and construct a data set with multiple categories using a frequency table, line plot, pictograph, and/or bar graph with scaled intervals
4.D.1.1	Represent data on a frequency table or line plot marked with whole numbers and fractions using appropriate titles, labels, and units.
5.N.1.2	Divide multi-digit numbers, by one- and two-digit divisors, using efficient and generalizable procedures, based on knowledge of place value, including standard algorithms.
5.N.2.2	Represent, read and write decimals using place value to describe decimal numbers including fractional numbers as small as thousandths and whole numbers as large as millions.

Materials:

- Food packages for 4-6 similar products (cereal, cookies, breakfast bars, etc.) Try to find a variety of packaging types (bright colors, health/marketing claims, generic, brand-name, etc.).
- Activity 2 Worksheet 1 "**Best Packaging"**
- Activity 2 Worksheet 2 "**Cost per Serving"**
- **Crayons or colored pencils**

Procedures

1. Students will vote for the most appealing packages from the activity above and create a frequency table on Worksheet 1 "**Best Packaging."**
2. Write prices on packages if they are not marked..
3. Students will find "number of servings" on the nutrition labels
4. Divide students into groups and have them calculate cost per serving, using Worksheet 2 "**Cost per Serving."**
5. Using the same packages, have students figure how many packages they would need to buy for every student to have a serving. Explain that they have to buy whole packages.
6. Ask this question "If you wanted to eat this product every day, how long would it last?"

Read Before You Eat

Activity 2 Worksheet 1: Best Packaging

Name: _____ Date: _____

Make tally marks in the space below to keep track of class votes for favorite packaging.

Product 1	Product 2	Product 3	Product 4	Product 5	Product 6

Plot the results in the frequency table below by using a different color for each product to show the number of votes each product received.

Frequency							
	15						
	12						
	9						
	6						
	3						
		Product 1	Product 2	Product 3	Product 4	Product 5	Product 6
Products							

Which product package was your favorite? _____

Why did you like it best? _____

_____

Which package gave the best description of the product (picture, nutrition claims, etc.)?

_____

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Activity 2 Worksheet 2: Cost per Serving

Name: _____ Date: _____

Product 1	Product 1	Product 3
Cost of item $_____	Cost of item $_____	Cost of item $_____
Serving per Container _____	Serving per Container _____	Serving per Container _____
Cost / # Servings = Cost per serving	Cost / # Servings = Cost per serving	Cost / # Servings = Cost per serving
_____ = _____	_____ = _____	_____ = _____
Cost per serving $_____	Cost per serving $_____	Cost per serving $_____

Which product has the lowest cost per serving? _____ Which Product has the highest cost per serving?_____

Read Before You Eat

Sample Nutrition Facts Labels

Cereal 1

Nutrition Facts

Serving size 1 1/4 cup (41g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 7g	9 %
Saturated Fat 6g	30 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 140mg	6 %
Total Carbohydrate 30g	11 %
Dietary Fiber less than 1g	2 %
Total Sugars 17g	
Incl. 17g Added Sugars	33 %
Protein 1g	
Vitamin D 0mcg	0 %
Calcium 120mg	8 %
Iron 5.4mg	30 %
Potassium 30mg	0 %
Thiamin	60 %
Niacin	10 %
Vitamin B_6	10 %
Folate 40mcg DFE (25mcg folic acid)	10 %
Pantothenic Acid	10 %
Phosphorus	2 %
Zinc	15 %

* 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.

Ingredients: Dextrose, Sugar, Corn Flour, Hydrogenated Vegetable Oil (Coconut and Palm Kernel Oils), Wheat Flour, Whole Grain Oat Flour, Corn Syrup, Salt, Canola Oil, Calcium Carbonate, Titanium Dioxide (color), Natural and Artificial Flavor, BHT added to preserve freshness.

Cereal 2

Nutrition Facts

About 7 servings per container
Serving size 1 Cup (40g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Soluble Fiber 2g	
Insoluble Fiber 1g	
Total Sugars 7g	
Incl. 7g Added Sugars	14%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 1mg	6%
Potassium 100mg	2%

* 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.

Ingredients: Whole Grain Brown Rice, Cane Sugar, Fructooligo-saccharides, Unsulfured Molasses, Sea Salt, Calcium Carbonate, Organic Honey, Tocopherols (antioxidants to maintain freshness), Natural Flavor.

Cereal 3

Nutrition Facts

About 10 servings per container
Serving size 1 Cup (40g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Soluble Fiber 2g	
Insoluble Fiber 3g	
Total Sugars 7g	
Incl. 7g Added Sugars	14%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 170mg	4%

* 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.

Ingredients: Whole Grain Oats, Whole Grain Wheat Flour, Corn Flour, Cane Sugar, Unsulfured Molasses, Oat Fiber, Salt, Baking Soda, Vitamin C (Ascorbic Acid), Tocopherols (Antioxidants To Maintain Freshness).

Cereal 4

Nutrition Facts

Serving size 1 cup (42g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 37g	13%
Dietary Fiber <1g	2%
Total Sugars 18g	
Includes 18g Added Sugars	37%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 5.4mg	30%
Potassium 60mg	2%
Thiamin	70%
Folate 40mcg DFE (25mcg folic acid)	10%
Pantothenic Acid	10%
Phosphorus	0%
Zinc	10%

* 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.

Ingredients: Rice, Sugar, Cocoa (processed with alkali), Canola Oil, Salt, Caramel Color, Natural Flavor, Rosemary Extract (antioxidant).

Cereal 5

Nutrition Facts

Serving size 1 cup (60g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 48g	17%
Dietary Fiber 8g	29%
Soluble Fiber 2g	
Insoluble Fiber 5g	
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 3.1mg	15%
Potassium 300mg	6%

* 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.

Ingredients: Whole Grain Wheat, Raisins, Barley Malt, Salt.