

## Unit 4 Lesson 3 Reading Food Labels

Read and compare the information on the labels and answer questions.

<b>Whole Milk</b>	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 5g	25%
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 125mg</b>	<b>5%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein 8g</b>	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

<b>Skim Milk</b>	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol less than 5mg</b>	<b>1%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein 8g</b>	
Vitamin A 8%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Which has more calories? **Whole milk**

Which has more total fat? **Whole milk**

Which has more cholesterol? **Whole milk**

Which has less sodium? **Whole milk**

What is the serving size of each? **8 ounces**

How many servings are in a container of whole milk? **2** skim milk? **2**

How many calories are in a serving of whole milk? **150** skim milk? **80**

How many calories are in the container of whole milk? **300** skim milk? **160**

What percent of your daily value of calcium will be met by drinking an 8 ounce glass of whole milk? **30%** skim milk? **30%**

Read and compare the information on the labels and answer questions.

<b>Vegetable Oil</b>	
Serving Size 1 Tbsp (14g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 120
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	22%
Saturated Fat 2g	10%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0g	0%
<b>Total Carbohydrate</b> 0g	0%
<b>Protein</b> 0g	0%
Not a significant source of fiber, sugars, vitamin C, calcium, iron, thiamin, riboflavin, and niacin.	
*Percent Daily Values are based on a 2,000 calorie diet	

<b>Butter</b>	
Serving Size 1 Tbsp (15g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 102	Calories from Fat 102
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	18%
Saturated Fat 6g	30%
<b>Cholesterol</b> 30mg	9%
<b>Sodium</b> 117mg	6%
<b>Total Carbohydrate</b>	0%
<b>Protein</b> 0g	0%
Vitamin A 9%	
Not a significant source of fiber, sugars, vitamin C, calcium, iron, thiamin, riboflavin, and niacin.	
*Percent Daily Values are based on a 2,000 calorie diet	

Which has more calories? **Vegetable oil**

Which has more total fat? **Vegetable oil**

Which has more cholesterol? **Butter**

Which has less sodium? **Vegetable oil**

What is the serving size of each? **1 tablespoon**

Which has less saturated fat? **Vegetable oil**

How many calories are in a serving of butter? **102** Oil? **120**

How many grams of sodium are in the butter? **0** Oil? **117 milligrams**

Which has the most calories? **Vegetable oil**

Read and compare the information on the labels and answer questions.

Tortilla Chips			
Serving Size 1 oz. (28g/about 18 chips)			
Servings Per Container 11			
Amount Per Serving			
<b>Calories 150</b> Calories from Fat 60			
% Daily Value*			
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 1g			<b>5%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 135mg			<b>6%</b>
<b>Total Carbohydrate</b> 22g			<b>7%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 3g			
<b>Protein</b> 3g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

Baked Tortilla Chips			
Serving Size 1 oz. (28g/About 9 chips)			
Servings Per Container 8			
Amount Per Serving			
Calories 110		Calories from Fat 5	
		% Daily Value*	
Total Fat 1g			1%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 200mg			6%
Total Carbohydrate 24g			6%
Dietary Fiber 2g			6%
Sugars 0g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 4%	•	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

Which has more calories? **Tortilla chips**

Which has more total fat? **Tortilla chips**

Which has less protein? **Baked Tortilla chips**

Which has more sodium? **Tortilla chips**

What is the serving size of each? **1 ounce**

Which has less saturated fat? **Tortilla chips**

How many calories are in a serving of baked tortilla chips? **110**

Which has less carbohydrates? **Tortilla chips**

How many grams of fiber are in the tortilla chips? **2 grams**