FOOD LABELS

STUDENT WORKSHEET

Remember that an important recommendation, Example: especially for Americans, is to keep the percent of calories from fat less than or equal to 30%.

REFRIED BEANS

Nutrition Facts
Serving Size: cup (128g)
Servings Per Container: about 3.5
Amount Per Serving
Calories: 120
Calories from Fat: 20%
Total Fat: 2g (3%)
Saturated Fat: 0.5g (3%)
Cholesterol: 0mg (0%)
Sodium: 560mg (23%)
Total Carbohydrate: 23g (8%)
Dietary Fiber: 6g (24%)
Sugars: 1g
Protein: 7g

1. How much is one serving of beans? _____
2. How many calories are in one serving of beans? _____
3. How many calories from fat are in one serving of beans? _____
4. Find the percent of calories from fat in these beans. _____
5. How many calories are in one cup of beans? _____

PEANUT BUTTER SANDWICH CRACKERS

Nutrition Facts
Serving Size: 1 package (38g)
Servings Per Container: 8
Calories: 190
Calories from Fat: 80%
Total Carbohydrate: 22g (7%)
Dietary Fiber: less than 1g (3%)
Sugars: 4g
Protein: 6g

6. What is the serving size of the peanut butter sandwich crackers? _____
7. How many calories are in one serving of crackers? _____
8. How many calories from fat are in one serving of crackers? _____
9. Find the percent of calories from fat in the crackers. _____
10. If there are six crackers per package, how many calories in one cracker? _____