

Name: _____ Date: _____

Nutrition Label Scavenger Hunt

What has fewer than 200 calories in a serving?	What has more than 30% of the daily requirement of salt?	Name a food that has a serving size measured in cups.	Name a food that has 10% or more of your daily iron.
Find a food that has more than 8g of total fat in one serving.	What food has more than 10g of protein?	Find a food with less than 3g of fiber.	Name a food with more than .5g of sugar in one serving.
Find a food that would help you get some vitamin C.	Name a food that would be a special "sometimes" food.	Find a food that would give your body some calcium.	What food has more than 10 ingredients?

Out of the foods I saw today I think eating _____ would be a healthy choice.

_____ is a food I should not eat very often.

How to Read a Nutrition Label

Start Here

Check Serving Size

Check Calories

Limit These Nutrients

Get Enough of These Nutrients

Nutrition Facts			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90		Calories from Fat 30	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	300mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	3g		
Vitamin A	270%	Vitamin C	10%
Calcium	2%	Iron	4%
*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	30g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Quick Guide to % Daily Value

5% or less is low
20% or more is high

Footnotes