

All packaged foods are required to display a standardized nutrition label. This nutrition label contains information about the caloric content, amount of fat, protein, carbohydrates, and other required nutrients.

Examine the following nutrition labels and answer the questions.

1. How many calories would you take in if you ate the whole box of crackers in one sitting? \_\_\_\_\_

2. If you ate 2 servings of crackers, how many grams of carbohydrates would you get? \_\_\_\_\_

3. If each gram of carbohydrates provides 4 calories, how many calories would you take in by eating 2 servings of crackers? \_\_\_\_\_

4. If fat provides 9 calories per gram, how many calories would you get by eating 2 servings? \_\_\_\_\_

<b>Nutrition Facts</b>	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 70mg	3%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
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

<b>Chicken Noodle Soup</b>	
<b>Nutrition Facts</b>	
Serving Size 1/2 cup (120 ml) condensed soup	
Servings Per Container about 2.5	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 890gm	37%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 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: 2000 2500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400m 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

5. If you were to eat the entire can of soup, how much sodium would you consume? \_\_\_\_\_

6. If the recommended amount of sodium for someone with high blood pressure is 1500 mg/day, how much more than the recommended amount is present in this entire can?  
\_\_\_\_\_

7. How many servings of soup would I need to consume 20% of my daily requirement of fiber? \_\_\_\_\_

8. How many calories would that be? \_\_\_\_\_



**Ingredients:** Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, and/or Sunflower Oil), Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Maltodextrin, Wheat Flour, Whey, Monosodium Glutamate, Buttermilk Solids, Romano Cheese from Cow's Milk (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Soybean and Cottonseed Oil, Corn Flour, Disodium Phosphate, Lactose, Natural and Artificial Flavor, Dextrose, Tomato Powder, Spices, Lactic Acid, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Citric Acid, Sugar, Garlic Powder, Red and Green Bell Pepper Powder, Sodium Caseinate, Disodium Inosinate, Disodium Guanylate, Nonfat Milk Solids, Whey Protein Isolate, and Corn Syrup Solids.  
**CONTAINS MILK AND WHEAT INGREDIENTS.**

### Nutrition Facts

Serving Size 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 70
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>7%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
Vitamin E 4%	Thiamin 4%
Vitamin B6 4%	Phosphorus 6%
* 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

\*\*\* This serving size is 1 ounce. An average bag of Doritos contains 16 ounces of chips, for a total of 16 servings per bag.\*\*\*

9. How many calories would you consume if you ate the whole 16oz bag? \_\_\_\_\_
10. How many carbohydrates would you consume if you ate the whole bag? \_\_\_\_\_
11. What percentage is this of your daily intake of carbohydrates? \_\_\_\_\_
12. How much fat would you get from eating 5 servings of Doritos? \_\_\_\_\_
13. How much saturated fat would you get if you ate the whole bag? \_\_\_\_\_

\*\*\* Assume the same sized bag – 16 servings per bag...\*\*\*

14. How much saturated fat would you get from eating the whole bag of Baked Doritos?  
 \_\_\_\_\_

15. How many carbohydrates would you get if you ate the entire bag?  
 \_\_\_\_\_

16. How much less fat would there be in eating an entire bag of Baked vs. Regular chips? \_\_\_\_\_

18. What major nutrient increases per serving when comparing Baked vs. Regular chips?  
 \_\_\_\_\_



**Ingredients:** Whole Corn, Corn Oil, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Buttermilk Solids, Whey Protein Concentrate, Whey, Tomato Powder, Monosodium Glutamate, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Onion Powder, Wheat Flour, Natural and Artificial Flavor, Partially Hydrogenated Soybean and Cottonseed Oil, Artificial Color (Including Yellow 6 Lake, Yellow 5 Lake, Yellow 6, Red 40 Lake), Sugar, Garlic Powder, Disodium Phosphate, Dextrose, Parmesan Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Spice, Citric Acid, Lactic Acid, Disodium Inosinate, and Disodium Guanylate.  
**CONTAINS MILK AND WHEAT INGREDIENTS.**

### Nutrition Facts

Serving Size 1 oz.	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 2%
Vitamin E 2%	Thiamin 4%
Niacin 2%	Vitamin B6 6%
Phosphorus 6%	Zinc 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

Oreos

Servings per container: 15

**Serving Size:** 3 cookies • 33g

**Amount Per Serving**

<b>Calories</b> 160	Calories from Fat 63	
		% DV
<b>Total Fat</b> 7g		11%
Saturated Fat 1.5g		8%
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 220mg		9%
<b>Total Carbohydrate</b> 23g		8%
Dietary Fiber 1g		4%

19. How many calories would one cookie contain? \_\_\_\_\_

20. How much fat would there be in one cookie? \_\_\_\_\_

21. How much fat would you take in if you ate 1/2 of the bag?  
\_\_\_\_\_

22. What percent of your daily intake of sodium would you eat if you had 6 cookies?  
\_\_\_\_\_

23. How many grams of carbohydrates would you take in if you split this shake with a friend? \_\_\_\_\_

24. How much of your daily intake of cholesterol does this shake provide?  
\_\_\_\_\_

25. Out of the total carbohydrates, what percentage comes from sugars?  
\_\_\_\_\_

26. What is the percentage of calories from fat? \_\_\_\_\_

McDonalds Triple Thick Shake, 32 fl oz

**Nutrition Facts**

Serving Size: 888 (ml)

**Amount per Serving**

**Calories** 1110      Calories from Fat 240

	% Daily Value *
<b>Total Fat</b> 26g	40%
Saturated Fat 16g	80%
Trans Fat 2g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 370mg	15%
<b>Total Carbohydrate</b> 193g	64%
Dietary Fiber 0g	0%
Sugars 145g	
<b>Protein</b> 25g	50%

## Whopper Sandwich

### Nutrition Facts

Serving Size: 1 sandwich / 270g

#### Amount per Serving

<b>Calories</b>	Calories from Fat
670	351

#### % Daily Value \*

<b>Total Fat 39g</b>	<b>60%</b>
Saturated Fat 11g	<b>55%</b>
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 850mg</b>	<b>35%</b>
<b>Total Carbohydrate 51g</b>	<b>17%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
<b>Protein 27g</b>	<b>54%</b>
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Vitamin A	<b>10%</b>
Vitamin C	<b>15%</b>
Calcium	<b>6%</b>
Iron	<b>25%</b>

## Big Mac

### Nutrition Facts

Serving Size: 7 4/5 oz (219.0 g)

#### Amount per Serving

<b>Calories</b>	Calories from Fat
560	270

#### % Daily Value \*

<b>Total Fat 30g</b>	<b>46%</b>
Saturated Fat 10g	<b>50%</b>
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 1010mg</b>	<b>42%</b>
<b>Total Carbohydrate 47g</b>	<b>16%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 8g	
<b>Protein 25g</b>	<b>50%</b>
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Vitamin A	<b>8%</b>
Vitamin C	<b>2%</b>
Calcium	<b>25%</b>
Iron	<b>25%</b>

27. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/day diet)

Calories: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Protein: \_\_\_\_\_

Fiber: \_\_\_\_\_

Carbohydrates: \_\_\_\_\_

28. Calculate the percentage of your daily intake for the following nutrients: (based on a 2000 calorie/day diet)

Calories: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Protein: \_\_\_\_\_

Fiber: \_\_\_\_\_

Carbohydrates: \_\_\_\_\_