

Name: _____

Date: _____

Reading Food Labels

Directions: Read the food labels. Fill in the charts.

| Name of food: | Yes or No |
|--------------------------------|-----------|
| This food has a lot of protein | |
| This food has a lot of fiber | |
| This food has a lot of salt | |
| This food has a lot of calcium | |
| This food has a lot of sugar | |
| This food has ____ calories | |

| Name of food: | Yes or No |
|--------------------------------|-----------|
| This food has a lot of protein | |
| This food has a lot of fiber | |
| This food has a lot of salt | |
| This food has a lot of calcium | |
| This food has a lot of sugar | |
| This food has ____ calories | |

| Name of food: | Yes or No |
|--------------------------------|-----------|
| This food has a lot of protein | |
| This food has a lot of fiber | |
| This food has a lot of salt | |
| This food has a lot of calcium | |
| This food has a lot of sugar | |
| This food has ____ calories | |

| Name of food: | Yes or No |
|--------------------------------|-----------|
| This food has a lot of protein | |
| This food has a lot of fiber | |
| This food has a lot of salt | |
| This food has a lot of calcium | |
| This food has a lot of sugar | |
| This food has ____ calories | |

| Nutrition Facts | | | |
|--|-----------|-------------------|------------------|
| Serving Size 2 tbsp 32g (32g) | | | |
| Servings Per Container 8 | | | |
| Amount Per Serving | | | |
| Calories | 188 | Calories from Fat | 134 |
| % Daily Value* | | | |
| Total Fat | 16g | | 25% |
| Saturated Fat | 3g | | 13% |
| Trans Fat | | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 156mg | | 6% |
| Total Carbohydrate | 7g | | 2% |
| Dietary Fiber | 3g | | 10% |
| Sugars | 3g | | |
| Protein | 8g | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 1% | Iron | 3% |
| *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 |
| Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| NutritionData.com | | | |

Peanut Butter A

| Nutrition Facts | | | |
|--|-----------|-------------------|------------------|
| Serving Size 2 tbsp 32g (32g) | | | |
| Servings Per Container 8 | | | |
| Amount Per Serving | | | |
| Calories | 188 | Calories from Fat | 135 |
| % Daily Value* | | | |
| Total Fat | 16g | | 25% |
| Saturated Fat | 3g | | 16% |
| Trans Fat | | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 5mg | | 0% |
| Total Carbohydrate | 6g | | 2% |
| Dietary Fiber | 2g | | 8% |
| Sugars | 3g | | |
| Protein | 8g | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 1% | Iron | 3% |
| *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 |
| Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| NutritionData.com | | | |

Peanut Butter B

1. Your doctor said, "Eat foods with less salt." Which peanut butter should you choose?
2. Your doctor said, "Eat foods with more fiber. Which peanut butter should you choose?"
3. Your doctor said, "Be careful about cholesterol." Can you eat peanut butter?

| Nutrition Facts | | | |
|--|-----------|----------------------|---------|
| Serving Size 1 slice, large 32g (32g) | | | |
| Servings Per Container 16 | | | |
| Amount Per Serving | | | |
| Calories | 80 | Calories from Fat 10 | |
| % Daily Value* | | | |
| Total Fat | 1g | | 2% |
| Saturated Fat | 0g | | 1% |
| Trans Fat | | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 156mg | | 6% |
| Total Carbohydrate | 15g | | 5% |
| Dietary Fiber | 2g | | 8% |
| Sugars | 3g | | |
| Protein 3g | | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 3% | Iron | 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 |
| Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat | 9 | Carbohydrate | 4 |
| | | Protein | 4 |
| NutritionData.com | | | |

Bread A

| Nutrition Facts | | | |
|--|-----------|---------------------|---------|
| Serving Size 1 slice, large 30g (30g) | | | |
| Servings Per Container 17 | | | |
| Amount Per Serving | | | |
| Calories | 80 | Calories from Fat 9 | |
| % Daily Value* | | | |
| Total Fat | 1g | | 2% |
| Saturated Fat | 0g | | 1% |
| Trans Fat | | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 204mg | | 9% |
| Total Carbohydrate | 15g | | 5% |
| Dietary Fiber | 1g | | 3% |
| Sugars | 1g | | |
| Protein 2g | | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 5% | Iron | 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 |
| Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat | 9 | Carbohydrate | 4 |
| | | Protein | 4 |
| NutritionData.com | | | |

Bread B

- _____ has more protein.
- _____ has more fiber.
- Bread A and Bread B have the same _____.

| Nutrition Facts | | | |
|--|-----------|-------------------|------------------|
| Serving Size 1 cup 195g (195g) | | | |
| Amount Per Serving | | | |
| Calories | 216 | Calories from Fat | 15 |
| % Daily Value* | | | |
| Total Fat | 2g | | 3% |
| Saturated Fat | 0g | | 2% |
| Trans Fat | | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 10mg | | 0% |
| Total Carbohydrate | 45g | | 15% |
| Dietary Fiber | 4g | | 14% |
| Sugars | 1g | | |
| Protein | 5g | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 2% | Iron | 5% |
| *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 |
| Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| NutritionData.com | | | |

Brown Rice

| Nutrition Facts | | | |
|--|-----------|-------------------|------------------|
| Serving Size 1 cup 158g (158g) | | | |
| Amount Per Serving | | | |
| Calories | 205 | Calories from Fat | 4 |
| % Daily Value* | | | |
| Total Fat | 0g | | 1% |
| Saturated Fat | 0g | | 1% |
| Trans Fat | | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 2mg | | 0% |
| Total Carbohydrate | 45g | | 15% |
| Dietary Fiber | 1g | | 3% |
| Sugars | 0g | | |
| Protein | 4g | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 2% | Iron | 11% |
| *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 |
| Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| NutritionData.com | | | |

White Rice

1. Your doctor said, "Eat more fiber." Which rice should you eat?
2. Your doctor said, "Be careful about salt." Can you eat rice?
3. Does rice have a lot of fat?

| Nutrition Facts | | | |
|--|-----------|-------------------|-------------|
| Serving Size 1 can 178g (178g) | | | |
| Servings Per Container 1 | | | |
| Amount Per Serving | | | |
| Calories | 331 | Calories from Fat | 129 |
| % Daily Value* | | | |
| Total Fat | 14g | | 22% |
| Saturated Fat | 3g | | 15% |
| Trans Fat | | | |
| Cholesterol | 55mg | | 18% |
| Sodium | 89mg | | 4% |
| Total Carbohydrate | 0g | | 0% |
| Dietary Fiber | 0g | | 0% |
| Sugars | 0g | | |
| Protein | 47g | | |
| Vitamin A | 3% | Vitamin C | 0% |
| Calcium | 1% | Iron | 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 |
| Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| NutritionData.com | | | |

Tuna fish A (canned in oil)

| Nutrition Facts | | | |
|--|-----------|-------------------|-------------|
| Serving Size 1 can 172g (172g) | | | |
| Servings Per Container 1 | | | |
| Amount Per Serving | | | |
| Calories | 220 | Calories from Fat | 46 |
| % Daily Value* | | | |
| Total Fat | 5g | | 8% |
| Saturated Fat | 1g | | 7% |
| Trans Fat | | | |
| Cholesterol | 72mg | | 24% |
| Sodium | 648mg | | 27% |
| Total Carbohydrate | 0g | | 0% |
| Dietary Fiber | 0g | | 0% |
| Sugars | 0g | | |
| Protein | 41g | | |
| Vitamin A | 1% | Vitamin C | 0% |
| Calcium | 2% | Iron | 9% |
| *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 |
| Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| NutritionData.com | | | |

Tuna fish B (canned in water)

1. You want to lose weight. Which tuna fish should you choose?
2. Does tuna fish have a lot of fiber?
3. Which tuna fish has more fat?

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1 cup 244g (244g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 146 | Calories from Fat 70 |
| % Daily Value* | |
| Total Fat 8g | 12% |
| Saturated Fat 5g | 23% |
| Trans Fat | |
| Cholesterol 24mg | 8% |
| Sodium 98mg | 4% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 13g | |
| Protein 8g | |
| Vitamin A 5% | Vitamin C 0% |
| Calcium 28% | Iron 0% |
| *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 |
| Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 | Carbohydrate 4 Protein 4 |
| NutritionData.com | |

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1 cup 245g (245g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 86 | Calories from Fat 4 |
| % Daily Value* | |
| Total Fat 0g | 1% |
| Saturated Fat 0g | 1% |
| Trans Fat | |
| Cholesterol 5mg | 2% |
| Sodium 127mg | 5% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 12g | |
| Protein 8g | |
| Vitamin A 0% | Vitamin C 4% |
| Calcium 30% | Iron 1% |
| *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 |
| Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 | Carbohydrate 4 Protein 4 |
| NutritionData.com | |

Whole Milk

Nonfat Milk (skim milk)

1. You want to lose weight. Which milk should you drink?

2. Non-fat milk and whole milk have the same _____
_____.

3. Which milk has more cholesterol?

| Nutrition Facts | | | |
|--|-----------|----------------------|-------------|
| Serving Size 1 patty yield from 1/4 lb raw meat | | | |
| Servings Per Container 4 | | | |
| Amount Per Serving | | | |
| Calories | 178 | Calories from Fat 87 | |
| % Daily Value* | | | |
| Total Fat | 10g | 15% | |
| Saturated Fat | 4g | 19% | |
| Trans Fat | 1g | | |
| Cholesterol | 70mg | 23% | |
| Sodium | 56mg | 2% | |
| Total Carbohydrate | 0g | 0% | |
| Dietary Fiber | 0g | 0% | |
| Sugars | 0g | | |
| Protein | 21g | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 1% | Iron | 12% |
| *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 |
| Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| NutritionData.com | | | |

Ground beef hamburger, 90% lean, broiled

| Nutrition Facts | | | |
|--|-----------|-----------------------|-------------|
| Serving Size 1 order 171g (171g) | | | |
| Servings Per Container 1 | | | |
| Amount Per Serving | | | |
| Calories | 420 | Calories from Fat 190 | |
| % Daily Value* | | | |
| Total Fat | 21g | 32% | |
| Saturated Fat | 8g | 40% | |
| Trans Fat | | | |
| Cholesterol | 70mg | 23% | |
| Sodium | 780mg | 32% | |
| Total Carbohydrate | 36g | 12% | |
| Dietary Fiber | 2g | 8% | |
| Sugars | 8g | | |
| Protein | 23g | | |
| Vitamin A | 0% | Vitamin C | 4% |
| Calcium | 20% | Iron | 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 |
| Fiber | | 25g | 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |
| NutritionData.com | | | |

McDonald's Quarter Pounder, no cheese

Which hamburger is healthier for you? Why? (Write 3 things)

Name _____

Date _____

Look at the chart. How much **vegetables** should you eat every day? _____

Vegetables

| | | |
|-------|-----------------|---------|
| Women | | |
| | 19–30 years old | 2½ cups |
| | 31–50 years old | 2½ cups |
| | 51+ years old | 2 cups |
| Men | | |
| | 19–30 years old | 3 cups |
| | 31–50 years old | 3 cups |
| | 51+ years old | 2½ cups |

Look at the chart. How much **whole grains** should you eat every day? _____

Whole grains

| | | |
|-------|-----------------|----------------------|
| Women | | |
| | 19–30 years old | 3 ounce equivalents |
| | 31–50 years old | 3 ounce equivalents |
| | 51+ years old | 3 ounce equivalents |
| Men | | |
| | 19–30 years old | 4 ounce equivalents |
| | 31–50 years old | 3½ ounce equivalents |
| | 51+ years old | 3 ounce equivalents |

Look at the chart. How much **fruit** should you eat every day?

Fruit

| | | |
|-------|-----------------|---------|
| Women | | |
| | 19–30 years old | 2 cups |
| | 31–50 years old | 1½ cups |
| | 51+ years old | 1½ cups |
| Men | | |
| | 19–30 years old | 2 cups |
| | 31–50 years old | 2 cups |
| | 51+ years old | 2 cups |

Look at the chart. How much **meat and beans** should you eat every day? _____

Meat and Beans

| | | |
|-------|-----------------|----------------------|
| Women | | |
| | 19–30 years old | 5½ ounce equivalents |
| | 31–50 years old | 5 ounce equivalents |
| | 51+ years old | 5 ounce equivalents |
| Men | | |
| | 19–30 years old | 6½ ounce equivalents |
| | 31–50 years old | 6 ounce equivalents |
| | 51+ years old | 5½ ounce equivalents |

Look at the chart. How much **milk or calcium foods** should you eat every day? _____

Milk or Calcium Foods

| | | |
|-------|-----------------|--------|
| Women | | |
| | 19–30 years old | 3 cups |
| | 31–50 years old | 3 cups |
| | 51+ years old | 3 cups |
| Men | | |
| | 19–30 years old | 3 cups |
| | 31–50 years old | 3 cups |
| | 51+ years old | 3 cups |

Look at the chart. How much **Fat and Oils** should you eat every day? _____

Fat and Oils

| | | |
|-------|-----------------|-------------|
| Women | | |
| | 19–30 years old | 6 teaspoons |
| | 31–50 years old | 5 teaspoons |
| | 51+ years old | 5 teaspoons |
| Men | | |
| | 19–30 years old | 7 teaspoons |
| | 31–50 years old | 6 teaspoons |
| | 51+ years old | 6 teaspoons |

Calcium

Adults need 1,000 mg of calcium per day.

Milk has a lot of calcium. But some people do not drink milk or eat dairy foods. Here are other calcium foods. Do you eat these foods?

Circle the foods you eat. Talk about it with your teacher and classmates.

I often eat...

I sometimes eat...

| Food | Calcium (mg) |
|---|--------------|
| Soy beverage, calcium fortified, 1 cup | 368 |
| Sardines, Atlantic, in oil, drained, 3 oz | 325 |
| Tofu, firm, prepared with nigari, ½ cup | 253 |
| Pink salmon, canned, with bone, 3 oz | 181 |
| Collards, cooked from frozen, ½ cup | 178 |
| Spinach, cooked from frozen, ½ cup | 146 |
| Soybeans, green, cooked, ½ cup | 130 |
| White beans, canned, ½ cup | 96 |
| Kale, cooked from frozen, ½ cup | 90 |
| Okra, cooked from frozen, ½ cup | 88 |
| Beet greens, cooked from fresh, ½ cup | 82 |
| Bak-choi, Chinese cabbage, cooked from fresh, ½ cup | 79 |
| Dandelion greens, cooked from fresh, ½ cup | 74 |
| Dried figs, 10 figs | 269 |
| Calcium-fortified orange juice, 8 oz | 250 |
| Navel orange, 1 medium | 56 |
| Broccoli, cooked, 1 cup | 72 |
| Seaweed, dried (Agar), 1½ Tbsp | 75 |
| Seaweed, dried (Hijiki), 1 Tbsp | 80 |

Carla's Food Diary #2

| |
|---|
| Monday |
| Breakfast Coffee Donut <i>1 donut = 2 ounces</i> |
| Lunch Hamburger <i>4 ounces</i> French Fries <i>1 medium order from Burger King (3 ounces)</i> Diet Coke <i>1 cup</i> |
| Snack Apple <i>1 apple</i> |
| Dinner Fried Fish <i>4 ounces</i> White Rice <i>1/2 cup</i> Broccoli <i>1 cup cooked</i> Ice Cream <i>1 cup</i> |

Carla is 35 years old.

She needs _____ cups of milk or calcium foods every day. Did she have enough calcium on Monday?

She needs _____ cups of vegetables every day. Did she have enough vegetables on Monday?

She needs _____ ounces of protein foods (meat, fish, beans, nuts) every day. Did she have enough protein on Monday?

She needs _____ cups of fruit every day. Did she have enough fruit on Monday?

She needs _____ teaspoons of fats and oils. Did she have enough fats and oils on Monday?

Did Carla eat too much of any food?