

## Instructions

Read the following information about food labels and answer the questions below.

### Understanding Food Labels

Food labels provide essential information about the nutritional value of food products. Below are the components often found on a food label:

- **Serving Size:** Indicates the amount that is typically consumed in one sitting.
- **Calories:** The total number of calories in one serving.
- **Nutrients:** Information on fats, carbohydrates, protein, vitamins, and minerals.
- **Daily Values:** Percentages that indicate how much a nutrient contributes to a daily diet based on a 2,000 calorie per day intake.

### Questions

1. Why is the serving size important when reading food labels?

2. If a food product has 250 calories per serving and you eat two servings, how many calories do you consume?

3. What does the % Daily Value tell you about a particular nutrient?

4. Name three nutrients you should look for on a food label and explain why they are important.

5. Imagine you are trying to choose a healthy snack. What information on the label would help you make your decision?

6. Choose a food item from your pantry or refrigerator and write down the serving size, calories, and one nutrient it contains.

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