

Session 6 – Nutrition Labels

Sample Label:

Reading Food Labels Tortilla Chips



Nutrition Facts	
Serving Size 1oz (28 gm/About 9 pieces) Servings Per Container About 4	
Amount Per Serving	
Calories 160	Calories from fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 2.5g	13%
Cholesterol 0 mg	0%
Sodium 290 mg	12%
Total Carbohydrate 15 g	5%
Dietary Fiber less than 1 g	0%
Sugars 1 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

1. Start here (gray) → Amount Per Serving

2. Limit these nutrients (violet) → Cholesterol, Sodium, Sugars

3. Quick guide to % DV
5% or less is low, 20% or more is high (yellow)

4. Get enough of these nutrients (green) → Dietary Fiber, Protein, Vitamin A, Calcium, Vitamin C, Iron

5. (purple) → Ingredients: White corn, partially hydrogenated soybean oil and/or canola oil and salt.

← **Vitamins** (Vitamin A, C)
← **Minerals** (Calcium, Iron)

Activity:

Cut out 3 labels to bring in at the next session for review.

