

Food Labels

Match the following terms with the correct definition below:

Reduced Light (Lite) Low Calorie

Calorie Free Sodium Free Light in Sodium

Cholesterol Free Low Sodium Low Fat

Low Cholesterol Very Low Sodium Fat Free

- _____ The product has 25% or less of a nutrient or calorie than the regular or reference product.
- _____ Less than 5 calories
- _____ 40 calories or less
- _____ 1/3 fewer calories or 50% less fat.
- _____ Less than .5 gram fat
- _____ 3 grams or less fat
- _____ 35 milligrams or less sodium
- _____ 50% less sodium
- _____ 140 Milligrams or less sodium
- _____ Less than 50 milligrams sodium
- _____ Less than 2 milligrams cholesterol and 2 grams or less saturated fat
- _____ 20 milligrams or less cholesterol and 2 grams or less saturated fat.

Name _____

Period _____

Food Label: _____

Serving Size: _____ *Total Calories:* _____

Protein: _____ grams (*1 gram = 4 calories*)

Carbohydrate: _____ grams (*1 gram = 4 calories*)

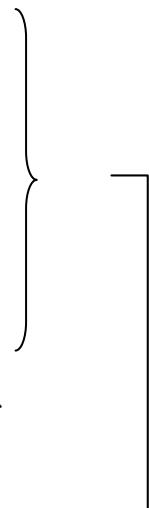
Fat: _____ grams (*1 gram = 9 calories*)

Of the total number of calories, how many are from protein, carbohydrates and fat?

(# Protein grams) _____ X **4** = _____ (Protein Cal.)

(# Carb grams) _____ X **4** = _____ (Carbohydrate Cal.)

(# Fat grams) _____ X **9** = _____ (Fat Cal.)



What percentage of the total calories is from protein, carbs and fats?

(Cal.)
↓

% of Protein = _____ / _____ X 100 = _____ %

% of Carbs = _____ / _____ X 100 = _____ %

% of Fat = _____ / _____ X 100 = _____ %

↑
(Total Cal. from top)