

Sample Food Labels - Works with Food Label Worksheets



Nutrition Facts

Serving size 20g
Servings Per Container 12

Amount per Serving

Calories 100 Calories from Fat 45

% Daily Value*

Total Fat	5g		8%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	13g		4%
Dietary Fibers	0g		0%
Sugars	10g		
Protein	1g		

Vitamin A 0%	Calcium 2%
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	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	

Nutrition Facts

Serving size 28g
Servings Per Container about 6

Amount per Serving

Calories 170 Calories from Fat 130

% Daily Value*

Total Fat	15g		23%
Saturated Fat	1g		5%
Trans Fat	0g		
Monounsaturated Fat	9g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	6g		2%
Dietary Fibers	3g		12%
Sugars	2g		
Protein	6g		

Vitamin A 0%	Calcium 6%
Vitamin C 0%	Iron 6%

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		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	