



Reading Food Labels

Answer Key:

1. Serving size, Calories per serving, Amount of Protein, Fat, Carbohydrates, Sodium, Fiber per serving, and Percent Daily Values.
2. The serving size gives you information on how much to eat to get the calories and nutrients listed on the label.
3. 460 calories
4. 8 grams.
5. 64 grams of fat, which equals 2560 calories. This isn't healthy. Eating like this on a regular basis could cause health complications like high blood pressure or heart disease or diabetes.