

# Food Labels

Name \_\_\_\_\_

Date: \_\_\_\_\_

Fill in the nutrition labels for the type of food listed. Please write the name of the product in the blank. Be sure to include the vitamins.

Beverage \_\_\_\_\_

Cereal \_\_\_\_\_

<b>Nutrition Facts</b>	
Serving Size Servings Per Container	
Amount Per Serving	
<b>Calories</b>	Calories from Fat
% Daily Value*	
<b>Total Fat</b>	
Saturated Fat	
Trans Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
<b>Protein</b>	
Vitamin	
*Percent Daily Values are based on a 2,000 calorie diet.	

<b>Nutrition Facts</b>	
Serving Size Servings Per Container	
Amount Per Serving	
<b>Calories</b>	Calories from Fat
% Daily Value*	
<b>Total Fat</b>	
Saturated Fat	
Trans Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
<b>Protein</b>	
Vitamin	
*Percent Daily Values are based on a 2,000 calorie diet.	

Dairy Product \_\_\_\_\_

Canned Food \_\_\_\_\_

<b>Nutrition Facts</b>	
Serving Size	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b>	Calories from Fat
<b>% Daily Value*</b>	
<b>Total Fat</b>	
Saturated Fat	
Trans Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
<b>Protein</b>	
<b>Vitamin</b>	

\*Percent Daily Values are based on a 2,000 calorie diet.

<b>Nutrition Facts</b>	
Serving Size	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b>	Calories from Fat
<b>% Daily Value*</b>	
<b>Total Fat</b>	
Saturated Fat	
Trans Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
<b>Protein</b>	
<b>Vitamin</b>	

\*Percent Daily Values are based on a 2,000 calorie diet.