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.

Nutrit Serving Size Servings Per C	tion Facts
activity of the control of the contr	
Amount Per Ser	ving
Calories	Calories from Fat
-	% Daily Value
Total Fat	
Saturated F	at
Trans Fat	9550
Cholesterol	
Sodium	
Total Carbo	hydrate
Dietary Fibe	er
Sugars	
Protein	
in a	3
Vitamin	

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erea.	l		

Nutrit Serving Size Servings Per C	ion Facts
Amount Per Ser	ving
Calories	Calories from Fat
	% Daily Value
Total Fat	
Saturated F	at
Trans Fat	W-0
Cholesterol	
Sodium	
Total Carbol	hydrate
Dietary Fibe	er
Sugars	
Protein	
Vitamin	
*Decrard Polity Value	s are based on a 2,000 calorie diet.

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

200	NII— —
Amount Per Ser	ving
Calories	Calories from Fat
	% Daily Value
Total Fat	
Saturated F	at
Trans Fat	307.0
Cholesterol	
Sodium	
Total Carbo	hydrate
Dietary Fibe	er
Sugars	50.
Protein	
in a	
Vitamin	