

## Food Labels

**Directions** Read the information on these two labels. Then answer the questions.

**EXAMPLE**

How many servings are in one container of the granola bars? 8

Granola Bars	
Orchard Blend	
Nutrition Facts	
Serving Size: 1 bar (28g)	
Servings Per Container 8	
Amount Per Serving	
Calories	110
Calories from Fat	15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	5%
Sugars 8g	
Protein 2g	
Iron	2%
Thiamin	2%
Not a significant source of vitamin A, vitamin C, and calcium.	
*Percent daily values are based on a 2,000 calorie diet. Your daily values might be higher or lower depending on your calorie needs.	
	Calories 2000 2500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<b>INGREDIENTS:</b> ROLLED OATS, CORN SYRUP, CRISP RICE (RICE FLOUR, RICE BRAN, MALT), BROWN SUGAR, RAISINS, HIGH FRUCTOSE CORN SYRUP, SUN-FLOWER OIL, SUGAR, MALTODEXTRIN, *APPLES (COLOR PRESERVED BY SODIUM SULFITE), GLYCERIN, HONEY, FRUCTOSE, **CORN SYRUP, CRANBERRIES, APPLE JUICE CONCENTRATE, BROWN SUGAR SYRUP, NONFAT MILK, SALT, NATURAL FLAVOR, BAKING SODA, SOY LECITHIN, ALMOND PIECES, SPICE.	
*DRIED	

Chicken Broth		
Nutrition Facts	As Soup	In Recipes
Serving Size:	1 cup (240mL)	½ cup (120mL)
Servings Per Container	About 2	About 3.5
Amount Per Serving		
Calories	15	10
% Daily Value*		
Total Fat 0g+, 0g++	0%	0%
Sodium 560mg, 280mg	23%	12%
Total Carb. 1g, Less Than 1g	0%	0%
Sugars 1g, Less Than 1g		
Protein 3g, 1g		
Not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.		
+Amount in Soup      ++ Amount in Recipes		
*Percent Daily Values are based on a 2,000 calorie diet		
<b>INGREDIENTS:</b> CHICKEN BROTH, SALT, CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST), DEXTROSE, CORN SYRUP SOLIDS AND SPICE EXTRACT.		

- What is the main ingredient in the granola bars?  
\_\_\_\_\_
- What is the second ingredient in the chicken broth?  
\_\_\_\_\_
- Which food has more sodium per serving—the granola bars or the chicken broth as soup? \_\_\_\_\_
- Which food has less fat per serving? \_\_\_\_\_
- Which food has more carbohydrates per serving? \_\_\_\_\_
- Which food contains less than 4% of the Daily Value of iron per serving? \_\_\_\_\_
- Which food has more calories per serving? \_\_\_\_\_
- Which items under Nutrition Facts are measured in milligrams? \_\_\_\_\_
- How is the serving size of the chicken broth measured? \_\_\_\_\_
- How is the serving size of the granola bars measured? \_\_\_\_\_