

Information on Food Labels

Directions Read the information on the food label. Then answer the questions.

Low-Fat Fruit Yogurt

Nutrition Facts

Serving Size 1 Container (227g)
Calories 210
Calories from Fat 30

Amount Per Serving	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 15mg	5%
Sodium 160mg	7%
Potassium 510mg	15%
Vitamin A 4%	Vitamin C 4%
Calcium 40%	Iron 0%

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

Amount Per Serving	% Daily Value*
Total Carbohydrate 36g	12%
Dietary Fiber 0g	
Sugars 34g	
Protein 10g	

INGREDIENTS: GRADE A MILK, SKIM MILK, SUGAR, NATURAL FRUIT FLAVOR WITH OTHER NATURAL FLAVORS, PECTIN, AND ACTIVE YOGURT CULTURES WITH L. ACIDOPHILUS.

EXAMPLE

How many calories are in three servings of the low-fat fruit yogurt? 630

1. How many servings of yogurt must you eat to get 100% of the Daily Value of these nutrients?

- A Carbohydrate _____
- B Vitamin A _____
- C Potassium _____
- D Fat _____
- E Calcium _____
- F Vitamin C _____
- G Iron _____

2. How many grams are in one container of yogurt? _____

3. How many grams of total fat are in two servings of yogurt? _____

4. What is the main ingredient in this yogurt? _____

5. This yogurt has six ingredients. List them.

