EVERFI

Middle School

Name:

Date:

Understanding Nutrition Labels

Healthier Me: Middle School

Directions: Read the information on the nutrition label below and answer the questions.

Nutrition Labels provides detailed information about a food's nutrient content, such as the amount of fat, sugar, sodium and fiber it has.

Nutrition labels have the serving size, which is the amount of food in one serving. Serving sizes also help people understand how much they're eating.

Spaghetti

Nutrition Facts

Serving size 2oz.
Servings per container 8

Amount per serving	
Calories 200	
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	8%
Total Sugar 2g	
Protein 7g	
Vitamin D	0%
Calcium	0%
Iron	10%
Potassium 0mg	

Nutrition labels also tell you the number of the calories in a single serving. People pay attention to calories because if you eat more calories than your body uses, you will gain weight

Nutrition labels also include information about the amount of fat, cholesterol, sodium, protein, vitamins, calcium and iron in a food. These are usually measured in grams or milligrams.

Strawberries

Nutrition Facts

Serving size 1 cup sliced
Servings per container 4

Amount per serving	
Calories 52	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Total Sugar 3g	
Protein 1g	
Vitamin D	0%
Calcium	3%
Iron	4%
Potassium 0mg	

Grandpa Earl's Strawberry Jam

Nutrition Facts

Serving size 3 tablespoons
Servings per container 11

Amount per serving	
Calories 150	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
Total Sugar 12g	
Protein 0g	
Vitamin D	0%
Calcium	0%
Iron	0%
Potassium 0mg	

Which of these food items is healthier?

Why did you come to that conclusion?

How many tablespoons of jam are in the jar?

Directions: Find any food in your cabinet or fridge and fill out the nutrition label below. After you have filled out the label, answer the reflection questions below.

Nutrition Facts

Serving size

Servings per container

Amount per serving

Calories

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium 0mg

Total Carbohydrate

Dietary Fiber

Total Sugar

Protein

Vitamin D

Calcium

Iron

Potassium

What food item did you pick?

Would you say it is a healthy food? Why or why not?

Bonus - If you eat 2,000 calories a day, what percentage of your daily caloric intake is 1 serving of this food?