

Name: _____

What Nutrition Facts Labels Tell You.

WORKSHEET



Nutrition Facts

8 servings per container
Serving size 2 whole crackers (31g)

Amount per serving
Calories 130

		% Daily Value*
Total Fat 3.5g		5%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 115mg		5%
Total Carbohydrate 24g		8%
Dietary Fiber 1g		4%
Total Sugars 9g		
Includes 8g Added Sugars		16%
Protein 2g		
Vitamin D 0mcg		0%
Calcium 7mg		1%
Iron 1mg		6%
Potassium 55mg		2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, SUGAR, CANOLA AND/OR SOYBEAN OIL WITH CITRIC ACID AND TBHQ ADDED TO PRESERVE FRESHNESS, CONTAINS 2% OR LESS OF: MOLASSES, HONEY, BAKING SODA AND/OR CALCIUM PHOSPHATE (LEAVENING), SALT, DEXTROSE, CINNAMON, SOY LECITHIN, NATURAL CINNAMON FLAVOR, SODIUM SULFITE.

CONTAINS: WHEAT, SOY.

Answer the following questions by reading the Nutrition Facts label for cinnamon graham crackers shown.

- How large is the serving size listed on the label?

- How many calories are in one whole graham cracker?

- If you eat three whole graham crackers, how many calories are you taking in?

- What is the main ingredient in this cracker?

- How many whole graham crackers would a person on a 2,000 calorie diet need to eat to obtain 100% of the Daily Value (DV) for fiber? Would this be a healthy way to get 100% of your DV?

6. How many grams of added sugar are in one serving of the graham crackers?

7. Ingredients are listed by weight with the ingredient having the most listed first. Is there more whole grain flour or sugar in these crackers?

8. Food packages can make claims based on the nutrients the food contains.

What claims can the graham cracker package make about fat? Use the table below to help determine the answer.

Fat Free	Less than 0.5 grams fat
0 Trans Fats	Less than 0.5 grams trans fat
Low Fat	3 grams or less fat
Cholesterol Free	Less than 2 milligrams of cholesterol and 2 grams or less saturated fat

9. People with food allergies can identify if a food contains potential allergens by reading the ingredients list. What allergens do the graham crackers contain?

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CONTAINS: WHEAT, SOY.

Answer the following questions by reading the Nutrition Facts label for cinnamon graham crackers shown.

- How large is the serving size listed on the label?
2 full crackers (31g)
- How many calories are in one whole graham cracker?
65 calories
- If you eat three whole graham crackers, how many calories are you taking in?
195 calories
- What is the main ingredient in this cracker?
Enriched flour
- How many whole graham crackers would a person on a 2,000 calorie diet need to eat to obtain 100% of the Daily Value (DV) for fiber? Would this be a healthy way to get 100% of your DV?
50 full graham cracker sheets (0.5 grams of fiber in 1 graham cracker sheet, recommended Daily Value is 25 grams of fiber); This would not be a healthy way to get your fiber since you would be consuming about 3,250 calories with few other nutrients. It would be better to get fiber from high fiber foods like fruits, vegetables, beans, and whole grains.

6. How many grams of added sugar are in one serving of the graham crackers?

8 grams

7. Ingredients are listed by weight with the ingredient having the most listed first. Is there more whole grain flour or sugar in these crackers?

Whole grain flour

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0 Trans Fat and Cholesterol Free

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What allergens do the graham crackers contain?

Wheat (gluten) and soy
