

Name _____
Period _____ Date _____

Nutrition Label Homework Assignment

Choose a food label from home and answer the following questions.
You need to attach your food label to this page.

1. How many calories per serving? _____

2. How many servings per container? _____

3. How many calories per container? _____

4. How many grams (per serving) of the following?

Fat _____

Carbohydrates _____

Protein _____

5. What is the % Daily Value (%DV) of the following?

Total Fat _____

Saturated Fat _____

Cholesterol _____

Sodium _____

Fiber _____