

Nutrition Label Worksheet

Name: _____ Age: _____

Gender: _____ Date: _____

Instructions: This worksheet is designed to help you learn how to accurately read and understand nutrition labels using an individual product. This skill will assist you in making healthier food choices by identifying key nutrients, understanding portion sizes, and recognizing ingredients that may not align with your dietary goals.

Step 1: Choose a food product

Select a packaged food item from your pantry or grocery store. Write down the name of the product here:

Step 2: Identify serving size and servings per container

Look at the nutrition label and find the **servicing size**. This is the amount of food typically consumed in one sitting. Indicate it below:

Note how many servings are in the entire package:

Step 3: Identify calories

Record the number of calories in one serving:

Identify the total number of calories in the package:

Step 4: Nutrients to limit

List the amount per serving of the following nutrients that are recommended to be limited in a healthy diet.

Total fat:

Saturated fat:

Trans fat:

Cholesterol:

Sodium:

Step 5: Beneficial nutrients

Record the amount per serving of the following nutrients that are encouraged in a healthy diet:

Dietary fiber:

Total sugars:

Includes added sugars:

Protein:

List any vitamins and minerals that are highlighted on the label and their percentages based on your recommended daily value:

Step 6: Ingredients list

Ingredients are listed by quantity, from highest to lowest. This gives you insight into the main components of the product.

Briefly describe the first five ingredients listed on the label:

Ingredient 1:

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Ingredient 2:

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Ingredient 3:

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Ingredient 4:

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Ingredient 5:

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Step 7: Reflection

Based on what you've learned from analyzing this label, how would this product fit into your diet? Consider your dietary goals and any nutrients you need to limit or increase.

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Notes

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