

Nutrition Label Worksheet

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Age: 45

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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:

Organic Quinoa & Black Bean Microwaveable Pouch

Step 2: Identify Serving Size and Servings Per Container

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

1 cup (170g)

Note how many servings are in the entire package:

2

Step 3: Identify Calories

Record the number of calories in one serving:

240 cal

Identify the total number of calories in the package:

480

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	3.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	400 mg

Step 5: Beneficial Nutrients

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

Dietary Fiber

9 g

Total Sugars

2 g

Includes Added Sugars

0g

Protein

11 g

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

Iron (15% DV)

Potassium (10% DV)

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:

Organic Quinoa - I've heard this is good for you. It's supposed to have a lot of protein, which I guess is good since I'm trying to get more of that without eating meat.

Ingredient 2:

Organic Black Beans - I know beans are healthy and all. They're supposed to be good for your heart and have lots of fiber, which helps, especially since I'm watching my blood sugar.

Ingredient 3:

Organic Tomato Powder - Not really sure what this does, but I think tomatoes are good for you? Maybe it's for flavor or something.

Ingredient 4:

Sea Salt - I know I should watch how much salt I eat, especially with my blood pressure. But it's probably not a lot in here, right?

Ingredient 5:

Organic Garlic Powder - Garlic's supposed to be healthy, I think. It makes things taste good, so that's a plus in my book.

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.

Looking at this label, I think this food is pretty good for me. It doesn't have a lot of sugar, which is something I'm trying to cut down on because of my diabetes. The protein and fiber seem like they're good for losing weight, which is one of my goals. I do need to watch the salt, but overall, it seems like a smart choice. Maybe I

Healthcare Professional's Additional Notes and Recommendations

Richard has made a good choice with this product, given his health conditions. I recommend incorporating such nutrient-dense foods regularly while also keeping an eye on sodium intake. Further, increasing water intake and combining this meal with a serving of non-starchy vegetables can enhance dietary fiber and nutrient intake, supporting John's weight loss and diabetes management goals more effectively.