Nutrition Label Worksheet

Name of product: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_

Servings per container: \_\_\_\_\_\_\_\_ Calories per serving: \_\_\_\_\_\_\_\_\_\_\_

Fat in grams: \_\_\_\_\_\_\_\_ Fat in Calories: \_\_\_\_\_\_\_\_\_

Carbohydrates in grams: \_\_\_\_\_\_\_\_\_ Carbohydrates in Calories: \_\_\_\_\_\_\_\_\_

Protein in grams: \_\_\_\_\_\_\_\_\_\_ Protein in Calories: \_\_\_\_\_\_\_\_\_

**Add Calories from fats, carbohydrates, and proteins. Does this equal the total amount of Calories per serving? If not, why do you think that is?**

Sodium per serving: \_\_\_\_\_\_\_\_\_\_\_ Dietary Fiber per serving: \_\_\_\_\_\_\_\_\_\_\_\_

Sugar per serving: \_\_\_\_\_\_\_\_\_

**If you were to consume the entire product, what would your Caloric intake be?**

Fat: \_\_\_\_\_\_\_\_ Carbohydrates: \_\_\_\_\_\_\_\_ Protein: \_\_\_\_\_\_\_\_\_ Total: \_\_\_\_\_\_\_\_

**After analyzing this product, is it more or less healthy than you thought, and will it alter your consumption of the product? Why or why not?**