

Name _____

Class Period _____

Teacher _____

Nutrition 2: Food Label Worksheet

Food Item _____

Serving Size _____

Servings Per Container _____

Calories Per Serving _____

Fat _____ g

saturated _____ g unsaturated _____ g

Carbohydrate _____ g

sugars _____ g

Protein _____ g

What is first ingredient listed? _____

Vitamins? _____ Minerals? _____

Artificial/Natural preservatives or coloring agents? _____

SUMMARY: