

## Sample Food Labels - Works with Food Label Worksheets



<b>Nutrition Facts</b>	
Serving size 2 oz. (56g)	
Servings Per Container Varied	
Amount per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat .5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fibers 0	<b>0%</b>
Sugars 0g	
<b>Protein</b> 14g	
Calcium 0%	Iron 2%
Not a significant source of vitamin A, and vitamin C.	
*Percent Daily Values are based on a 2,000 calorie diet.	

<b>Nutrition Facts</b>	
Serving size 2 oz. (40g)	
Servings Per Container 8	
Amount per Serving	
Calories 128	Calories from Fat 36
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>.5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 300mg	<b>100%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fibers 0	<b>0%</b>
Sugars 5g	
<b>Protein</b> 3g	
Calcium 2%	Iron 5%
Not a significant source of vitamin A, and vitamin C.	
*Percent Daily Values are based on a 2,000 calorie diet.	