

**Label Reading** - Choose a product. **Complete the table below.** Once you have completed the table, swap with someone who has completed their table and review their sheet. See if you agree with their analysis.

**Keep these Rules in mind.... NEVER EVER believe what is on the front!**

Always read the nutrition facts label

- o **Do you recognize all of the ingredients?** *No? Put it back.*
- o Is the serving size reasonable? *Can you personally agree with that?*
- o **calories from fat** = < 20% of calories (<15% if you have health issues/ want to lose weight)
- **convert fat (g) to fat cal** > Multiply the fat grams by 9 (Cal/g) then multiply by 100 to get %
- o **sodium ideal** - 1:1 ratio - (calories to sodium - mg)
- o limit **sugar** (AHA) (men 37.5 g, woman 25 g)
- o must list as **Whole Wheat** (NO to “enriched”)
- o **Protein:** (RDA) - 0.36 grams of protein per pound of body/day.



**Product Name**\_\_\_\_\_

| Serving size | Servings per container | Calories from Fat | Total Calories | Calories from Fat<br>----- x100 = % Fat<br>Total Calories | Is this less than 15% fat? (yes/no) | Ratio of calories to sodium (mg) | Is this 1:1 or less? (yes/no) | Grams of Sugar? | Is sugar 1 of the top three ingredients? (yes/no) | More than 1 form of sugar? (yes/no) | Grams of protein? | Ingredients you don't recognize? Chemicals? (yes/no) | Should I eat this product? (yes/no) |
|--------------|------------------------|-------------------|----------------|-----------------------------------------------------------|-------------------------------------|----------------------------------|-------------------------------|-----------------|---------------------------------------------------|-------------------------------------|-------------------|------------------------------------------------------|-------------------------------------|
|              |                        |                   |                |                                                           |                                     |                                  |                               |                 |                                                   |                                     |                   |                                                      |                                     |

Is the serving size reasonable? Explain\_\_\_\_\_

Is this product suitable for...? \_\_\_\_ children \_\_\_\_ athletes \_\_\_\_ losing weight? \_\_\_\_ No one

If this is a product you should eat, how often should you eat this?

\_\_\_\_\_ daily \_\_\_\_\_ 1x /wk \_\_\_\_\_ 1x /month \_\_\_\_\_ as a treat (1x/6 months)

If this is not a product you should eat....explain why\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_