

Food Label Activity Sheet

1. In the left column, write the name of the food group in which the food belongs.
 2. To the right of each food, fill in the nutrient information for one serving by reading the Nutrition Facts label.
- Using the point information given, circle which nutrients will give the food points. Add the total number of points for each.

One point is assigned if food has the following:

- 200 or fewer calories
- 10% or more dietary fiber
- 10% or more of Vitamin A, C, and/or Calcium
- 5% or less saturated fat
- 10% (5 grams) or more protein
- 140 milligrams (mg) or less sodium

-----% Daily Value-----

Food Group	Name of Food	Calories	Saturated Fat %	Dietary Fiber %	Protein % or g	Vitamin A %	Vitamin C %	Calcium %	Sodium mg	Total Points
Grains	Cheerios	140	3%	14%	5g	10%	10%	10%	190mg	7
Dairy	Yogurt	170	2%	0%	10g	15%	0%	20%	65mg	6