

Nutrition Label Worksheet

Name: _____ Age: _____

Gender: _____

Instructions: This worksheet is designed to help you learn how to accurately read and understand nutrition labels using an individual product. This skill will assist you in making healthier food choices by identifying key nutrients, understanding portion sizes, and recognizing ingredients that may not align with your dietary goals.

Step 1: Choose a food product - Select a packaged food item from your pantry or grocery store. Write down the name of the product here:

Step 2: Identify serving size and servings per container - Look at the nutrition label and find the serving size. This is the amount of food typically consumed in one sitting. Indicate it below:

Note how many servings are in the entire package:

Step 3: Identify calories - Record the number of calories in one serving:

Identify the total number of calories in the package:

Total fat: _____ Saturated fat: _____

Trans fat: _____ Cholesterol: _____

Sodium: _____ Dietary fiber: _____

Total sugars: _____ Includes added sugars: _____

Protein: _____

List any vitamins and minerals that are highlighted on the label and their percentages based on your recommended daily value:

Ingredient 1:

Ingredient 2:

Ingredient 3:

Ingredient 4:

Ingredient 5:

Step 7: Reflection - Based on what you've learned from analyzing this label, how would this product fit into your diet? Consider your dietary goals and any nutrients you need to limit or increase.

Notes: