

use to answer ?'s on back!

# UNDERSTANDING FOOD LABELS (DN-35)

## GRAIN GRUNGIES CEREAL

**NUTRITION INFORMATION PER SERVING**  
 SERVING SIZE.....1.3 OUNCE (3/4 CUP)  
 SERVINGS PER PACKAGE.....11

CALORIES	130
PROTEIN	3 g
CARBOHYDRATE	28 g
FAT	2 g
CHOLESTEROL	0 mg
SODIUM	210 mg
POTASSIUM	100 mg

### PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)

PROTEIN	4 %
VITAMIN A	25 %
VITAMIN C	25 %
THIAMIN	25 %
RIBOFLAVIN	25 %
NIACIN	25 %
CALCIUM	20 %
IRON	25 %
VITAMIN D	10 %
VITAMIN B 6	25 %
FOLIC ACID	25 %
PHOSPHORUS	15 %
MAGNESIUM	6 %
ZINC	4 %
COPPER	6 %

### CARBOHYDRATE INFORMATION

DIETARY FIBER	2 g
COMPLEX CARBOHYDRATE	18 g

**INGREDIENTS:** CORN MEAL, WHEAT BRAN, SUGAR, WHOLE GRAIN BARLEY, WHOLE GRAIN ROLLED OATS, RICE, BROWN SUGAR, ALMONDS, RAISINS, WALNUTS, SALT, DRIED APPLES, ARTIFICIAL AND NATURAL FLAVORS.

**Serving size:** There are no standard serving sizes. All the information is based on the serving size. In order to compare products make sure the serving sizes are the same.

**Calories:** These come from protein, carbohydrates and fats. It is now believed that more calories should come from carbohydrates and fewer from fats.

**Protein:** (in grams per serving) 1 gram of protein is equal to 4 calories. *4cal/g*

**Carbohydrates:** (in grams) Some labels give a breakdown by type of carbohydrate: Complex Fiber and Sucrose or Other Sugars. 1 gram carbohydrate = 4 calories and 4 grams sucrose = 1 teaspoon of table sugar. *4cal/g*

**Fats:** (in grams) 1 gram fat = 9 calories. Five grams of fat is equal to 1 teaspoon of oil, butter, or margarine. *9cal/g*

**Cholesterol:** This listing is required only if the manufacturer makes a cholesterol claim. Some high-cholesterol foods, like meat, eggs, and cheese, often have no labels. And some foods that boast of "no cholesterol" may be high in saturated fat, which can raise the blood cholesterol more than cholesterol from food.

**Sodium:** (in milligrams) Experts recommend we limit this to 3000 milligrams per day. One teaspoon of salt has 2,300 mg of sodium.

**U.S. Recommended Daily Allowances:** Labels must include RDAs for protein, at least five vitamins, and two minerals (calcium and iron).

**Fiber:** Cereals, vegetables, fruits and nuts contain fiber. Foods with 3 grams or more are good fiber sources.

**Ingredients listing:** This shows contents of the product in order of amount by weight. *1st listed is most*

FOR Test:

know how to read a label !!

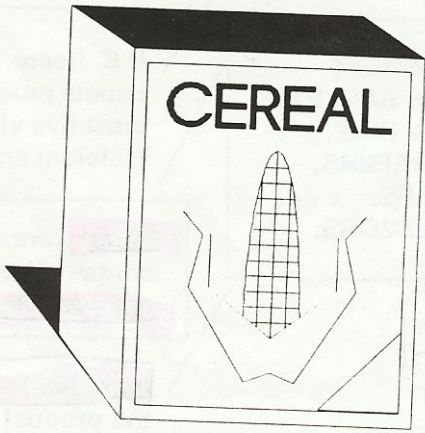
Name \_\_\_\_\_ Date \_\_\_\_\_

\* know entire pg!!

# LABEL ABLE (DN-34)

DIRECTIONS: Refer to the Understanding Food Labels worksheet and answer the following questions:

1. How many total ounces of Grain Grungies Cereal are in a box? 14.3 ounces
2. How many calories in a serving of Grain Grungies Cereal come from protein? 12 calories
3. How many calories come from carbohydrates? 112 calories
4. How many calories come from fat? 18 calories
5. Name the four minerals that Grain Grungies Cereal lists in the U.S. RDA:  
Phosphorus                      Iron  
Magnesium                      Calcium  
Zinc  
Copper
6. Is Grain Grungies Cereal considered a good fiber source? No
7. Why or why not? It doesn't have 3 or more grams
8. What ingredient in Grain Grungies Cereal is present in the largest amount? Corn Meal
9. How do you know that? It is listed 1st in ingredients



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