

your name: _____ day and time of class: _____

Quiz/Assignment Three

Food Label Assignment (40 points)

The goal of this take home assignment is to make you more familiar with how to read a food label for accuracy, and help you make better food choices.

Remove a food label from a common food that you eat at home and evaluate its nutritional value by filling in the blanks provided below and doing the math. **(no drinks, gum or candy)**

- 1) Name of product: _____
- 2) Serving size: _____
- 3) Number of servings per container-package: _____
- 4) Calories per serving: _____
- 5) Total grams of fat per serving: _____
- 6) Amount of unsaturated fat per serving: _____
- 7) Amount of saturated fat per serving: _____
- 8) Amount of trans fat per serving: _____
- 9) Amount of sodium (salt) per serving: _____
- 10) Amount of sugar per serving: _____
- 11) Grams of protein per serving: _____
- 12) Grams of carbohydrates per serving: _____
- 13) Number of calories from proteins: _____ x 4 = _____
1 gram of protein = 4 calories
- 14) Number of calories from carbs: _____ x 4 = _____
1 gram of carbs = 4 calories
- 15) Number of calories from fat: _____ x 9 = _____
1 gram of fat = 9 calories



If you were to eat the entire product (*container or package*), how many calories would you have consumed? (*Multiply total calories from lines 13-14-15 by the number of servings per container-package, line 3*)

Number of calories from proteins in entire container/package: _____

Number of calories from carbs in entire container/package: _____

Number of calories from fat in entire container/package: _____

Total calories if you were to eat all servings in the container or package: _____

Will this assignment alter your consumption of this product, and why or why not?
