Food Label Activity Instructions

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 of one serving by reading the Nutrition Facts label.
3. Using the point information given, circle which nutrients will earn points. Add the total number of points for each.
   One point is assigned if food has the following:
   - 100 or fewer calories
   - 5% or less total fat
   - 5% or less sodium
   - 20% or more dietary fiber
   - 20% or more of any vitamins or minerals

			----------% Daily Value----------							
Food Group	**Food**	**Calories**	**Total Fat %**	**Sodium %**	**Dietary Fiber %**	**Vitamin A %**	**Vitamin C %**	**Calcium %**	**Iron %**	**Total Points**
Grains	Cheerios	100	3%	11%	10%	10%	10%	10%	45%	3
Dairy	Yogurt	170	2%	0%	1%	15%	0%	20%	0%	2