# 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
   - 5% or less saturated fat
   - 10% or more dietary fiber
   - 10% (5 grams) or more protein
   - 10% or more of Vitamin A, C, and/or Calcium
   - 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 |
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