Test Your Food Label Knowledge!

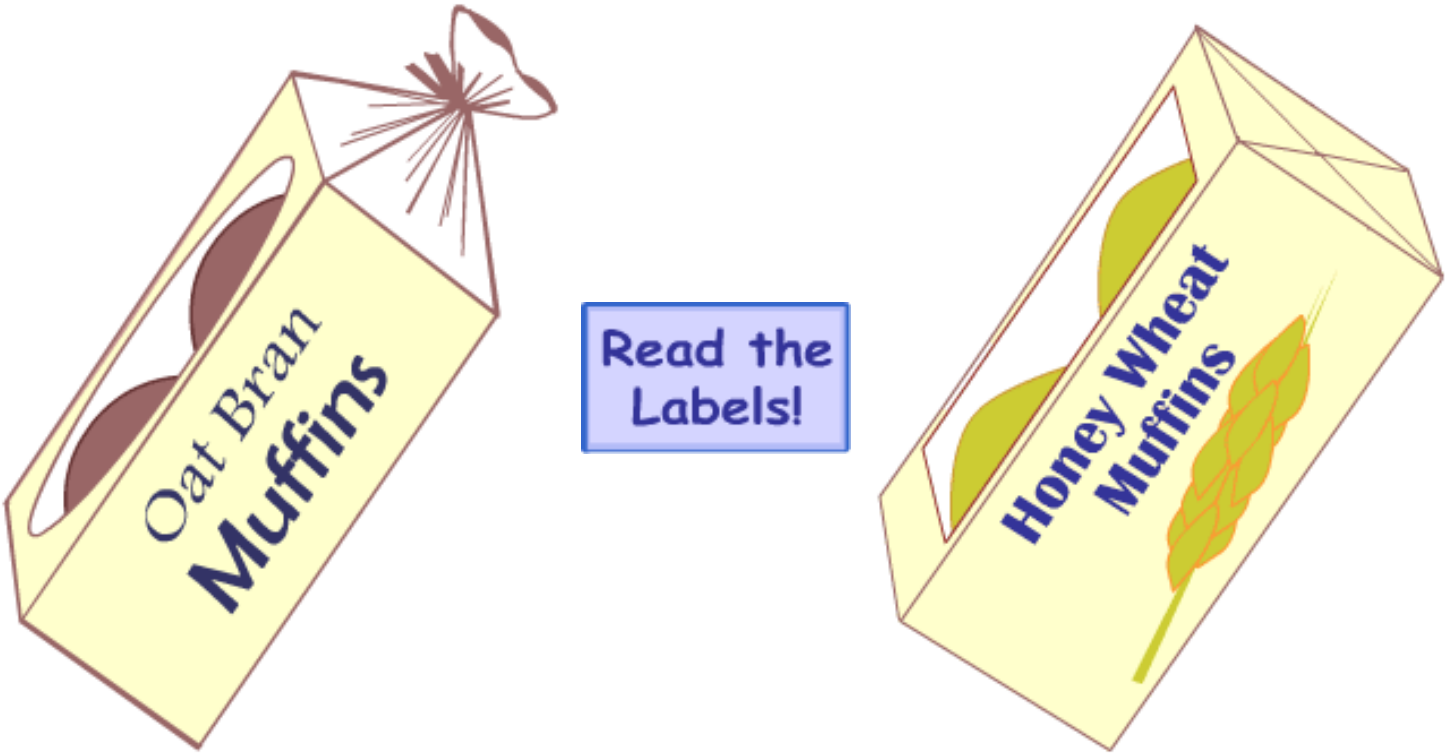
Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 1

Increasing fiber in your diet is very important to you.

Which of these muffins would you choose to maximize your fiber intake:

The **oat bran** muffins **OR** the **honey wheat** muffins?



Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 1

Increasing fiber in your diet is very important to you.

Which of these muffins would you choose to maximize your fiber intake:

The **oat bran** muffins **OR** the **honey wheat** muffins?

Nutrition Facts

Serving Size 1 muffin
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 5g	

Vitamin A	4%	• Vitamin C	2%
Calcium	20%	• Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size 1 muffin
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 3g	**12%**
Sugars 5g	
Protein 5g	

Vitamin A	4%	• Vitamin C	2%
Calcium	20%	• Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 1

Increasing fiber in your diet is very important to you.

Which of these muffins would you choose to maximize your fiber intake:

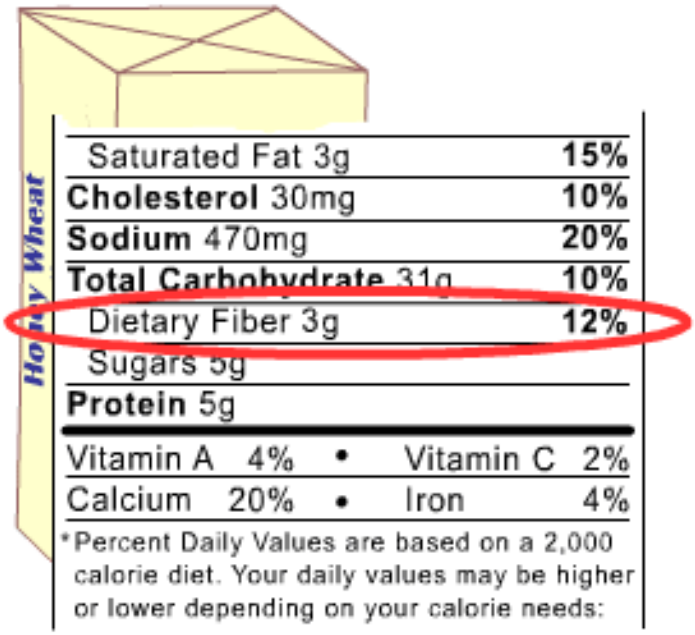
The **oat bran** muffins **OR** the **honey wheat** muffins?

Oops! Check the Label!!!

One honey wheat muffin has more fiber than one oat bran muffin!

Each oat bran muffin has only 2g of fiber (8% of the Daily Value).

Each honey wheat muffin has 3g of fiber (12% of the Daily Value).



Note: To compare fiber, look at the Nutrition Facts panel and compare the % Daily Value of Dietary Fiber on each package.

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 1

Increasing fiber in your diet is very important to you.

Which of these muffins would you choose to maximize your fiber intake:

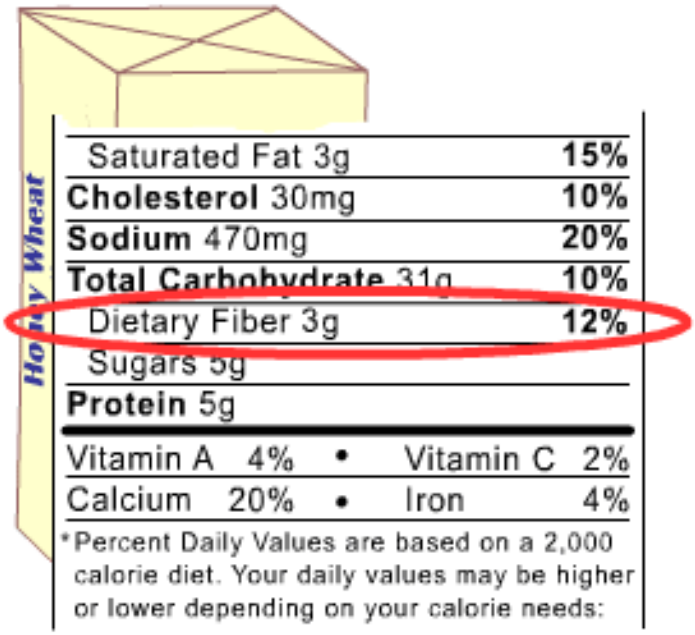
The **oat bran** muffins **OR** the **honey wheat** muffins?

You're Right!!!

One honey wheat muffin has more fiber than one oat bran muffin!

Each oat bran muffin has only 2g of fiber (8% of the Daily Value).

Each honey wheat muffin has 3g of fiber (12% of the Daily Value).



Note: To compare fiber, look at the Nutrition Facts panel and compare the % Daily Value of Dietary Fiber on each package.

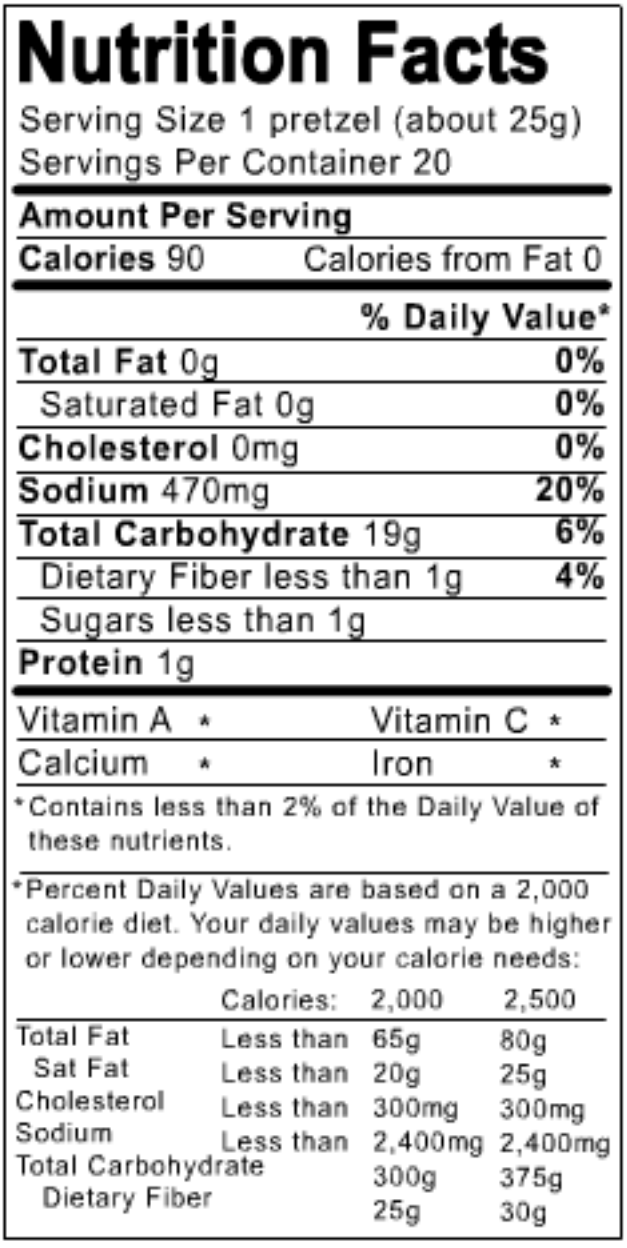
Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 2

True or False? These pretzels are low in sodium.

True False



Nutrition Facts

Serving Size 1 pretzel (about 25g)
Servings Per Container 20

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 470mg	**20%**
Total Carbohydrate 19g	**6%**
Dietary Fiber less than 1g	**4%**
Sugars less than 1g	
Protein 1g	

Vitamin A	*	Vitamin C	*
Calcium	*	Iron	*

*Contains less than 2% of the Daily Value of these nutrients.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 2

True or False? These pretzels are low in sodium.

Check Again! Use the % Daily Value as your guide for which foods are high or low in a nutrient.

Quick Guide to % Daily Value:

5% Daily Value or less is low.

20% Daily Value or more is high.

Nutrition Facts

Serving Size 1 pretzel (about 25g)
Servings Per Container 20

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 470mg	**20%**
Total Carbohydrate 19g	**6%**
Dietary Fiber less than 1g	**4%**
Sugars less than 1g	
Protein 1g	

Vitamin A	*	Vitamin C	*
Calcium	*	Iron	*

*Contains less than 2% of the Daily Value of these nutrients.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 2

True or False? These pretzels are low in sodium.

That's Right! Use the % Daily Value as your guide for which foods are high or low in a nutrient.

Quick Guide to % Daily Value:

5% Daily Value or less is low.

20% Daily Value or more is high.

Nutrition Facts

Serving Size 1 pretzel (about 25g)
Servings Per Container 20

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 470mg	**20%**
Total Carbohydrate 19g	**6%**
Dietary Fiber less than 1g	**4%**
Sugars less than 1g	
Protein 1g	

Vitamin A	*	Vitamin C	*
Calcium	*	Iron	*

*Contains less than 2% of the Daily Value of these nutrients.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 3

You love desserts but you're concerned about your calorie intake.
Which of these is lower in calories:

Half the container of low fat blueberry frozen yogurt **OR** the **whole container** of low fat cherry yogurt?

Turn the Packages!

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

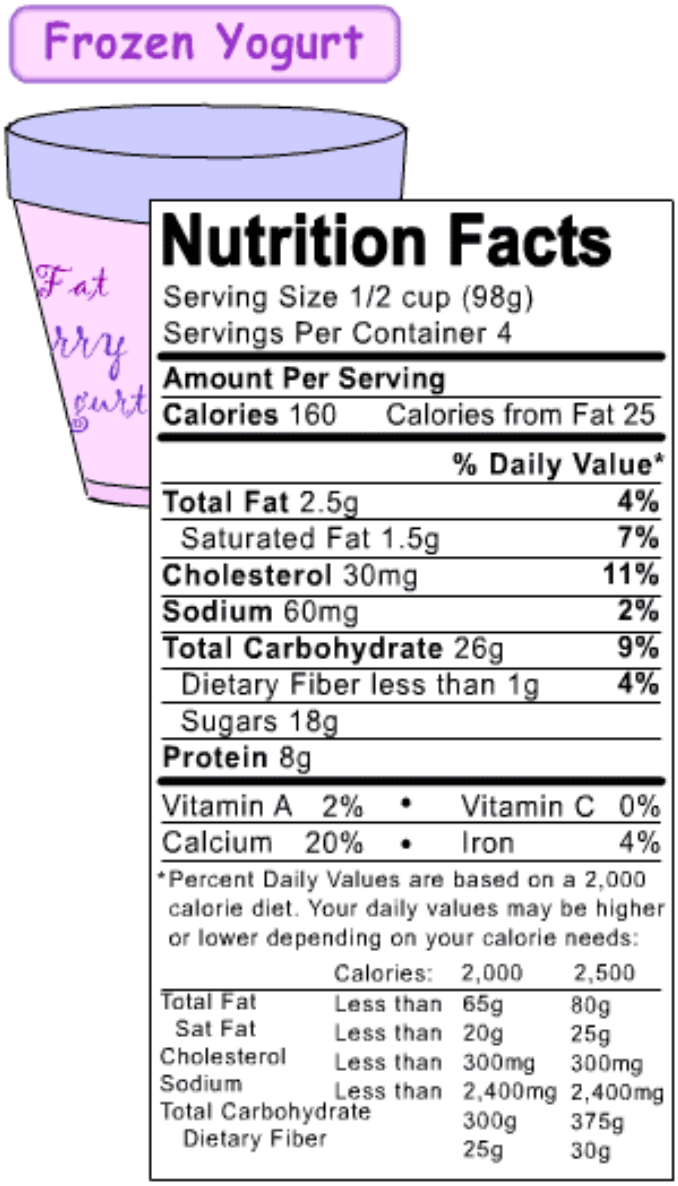
Question 3

You love desserts but you're concerned about your calorie intake.
Which of these is lower in calories:

Half the container of low fat blueberry frozen yogurt

OR

the **whole container** of low fat cherry yogurt?



Nutrition Facts

Serving Size 1/2 cup (98g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	**7%**
Cholesterol 30mg	**11%**
Sodium 60mg	**2%**
Total Carbohydrate 26g	**9%**
Dietary Fiber less than 1g	**4%**
Sugars 18g	
Protein 8g	

Vitamin A	2%	• Vitamin C	0%
Calcium	20%	• Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size 1 container (227g)
Servings Per Container 1

Amount Per Serving	
Calories 250	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	**8%**
Cholesterol 15mg	**5%**
Sodium 110mg	**5%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 0g	**0%**
Sugars 47g	
Protein 8g	

Vitamin A	0%	• Vitamin C	0%
Calcium	30%	• Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 3

You love desserts but you're concerned about your calorie intake.
Which of these is lower in calories:

Half the container of low fat blueberry frozen yogurt **OR** the **whole container** of low fat cherry yogurt?

Oops! Don't Guess, Read the Label!!!

The whole container of low fat cherry yogurt has fewer calories.

Blueberry Frozen Yogurt:
1/2 container = 2 servings
2 x 160 = 320 calories.

Cherry Yogurt:
1 container = 1 serving
1 x 250 = 250 calories.

Note: Compare what you actually eat with the amount listed on the label.

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 3

You love desserts but you're concerned about your calorie intake.
Which of these is lower in calories:

Half the container of low fat blueberry frozen yogurt **OR** the **whole container** of low fat cherry yogurt?

You are Correct!!!

The whole container of low fat cherry yogurt has fewer calories.

Blueberry Frozen Yogurt:
1/2 container = 2 servings
2 x 160 = 320 calories.

Cherry Yogurt:
1 container = 1 serving
1 x 250 = 250 calories.

Note: Compare what you actually eat with the amount listed on the label.

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 4

You're concerned about your calcium intake.
Which has more calcium:

Half the container of low fat blueberry frozen yogurt **OR** the **whole container** of low fat cherry yogurt?

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

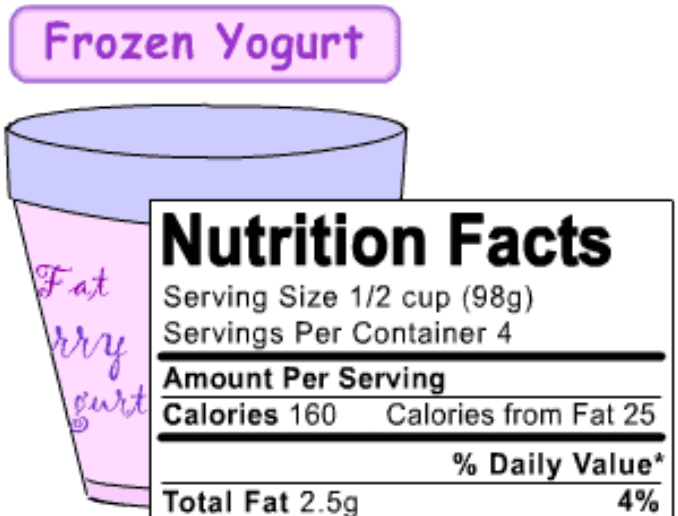
Question 4

You're concerned about your calcium intake.
Which has more calcium:

Half the container of low fat blueberry frozen yogurt

OR

the **whole container** of low fat cherry yogurt?



Nutrition Facts

Serving Size 1/2 cup (98g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	**7%**
Cholesterol 30mg	**11%**
Sodium 60mg	**2%**
Total Carbohydrate 26g	**9%**
Dietary Fiber less than 1g	**4%**
Sugars 18g	
Protein 8g	

Vitamin A	2%	• Vitamin C	0%
Calcium	20%	• Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size 1 container (227g)
Servings Per Container 1

Amount Per Serving	
Calories 250	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	**8%**
Cholesterol 15mg	**5%**
Sodium 110mg	**5%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 0g	**0%**
Sugars 47g	
Protein 8g	

Vitamin A	0%	• Vitamin C	0%
Calcium	30%	• Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 4

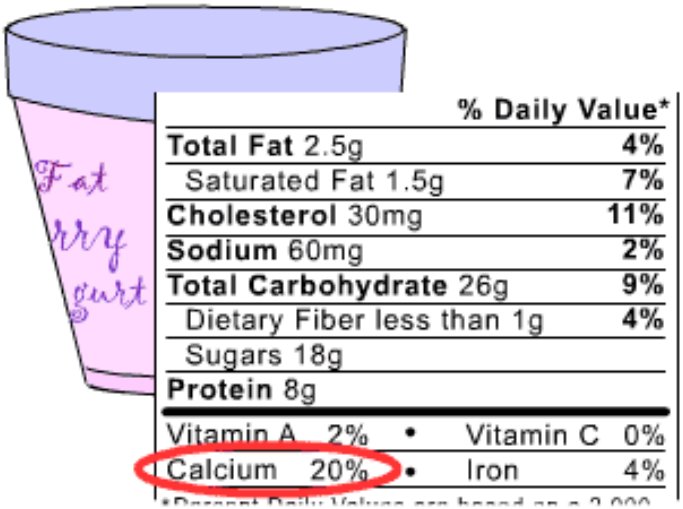
You're concerned about your calcium intake.
Which has more calcium:

Half the container of low fat blueberry frozen yogurt **OR** the **whole container** of low fat cherry yogurt?

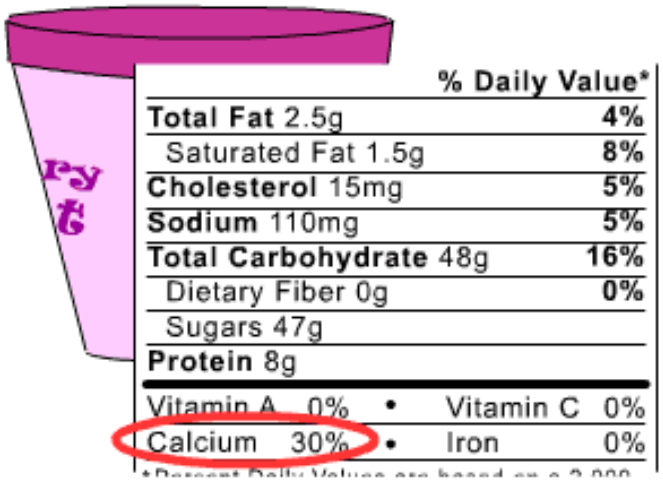
Oops! Don't Guess, Read the Label!!!

Half the container (2 servings) of low fat blueberry frozen yogurt has more calcium; 40% is more than 30%!

Blueberry Frozen Yogurt:
1/2 container = 2 servings
2 x 20% = 40% Daily Value for Calcium.



Cherry Yogurt:
1 container = 1 serving
1 x 30% = 30% Daily Value for Calcium.



Note: Compare what you actually eat with the amount listed on the label.

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 4

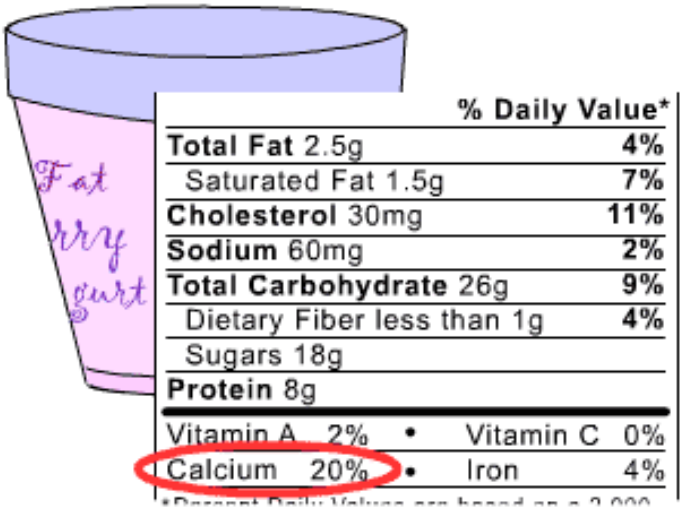
You're concerned about your calcium intake.
Which has more calcium:

Half the container of low fat blueberry frozen yogurt **OR** the **whole container** of low fat cherry yogurt?

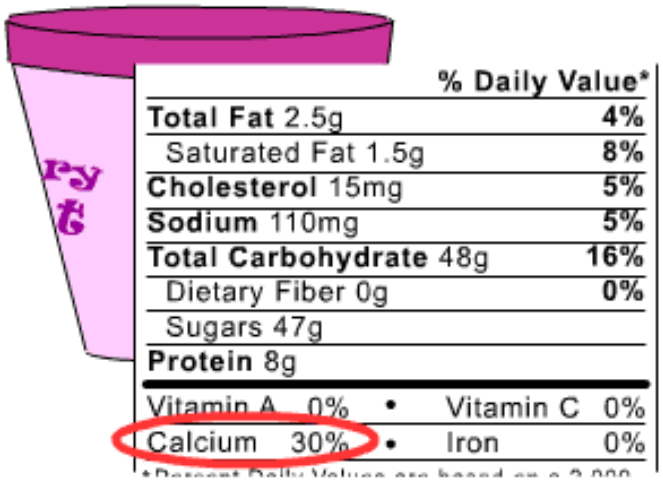
You are Correct!!!

Half the container (2 servings) of low fat blueberry frozen yogurt has more calcium; 40% is more than 30%!

Blueberry Frozen Yogurt:
1/2 container = 2 servings
2 x 20% = 40% Daily Value for Calcium.



Cherry Yogurt:
1 container = 1 serving
1 x 30% = 30% Daily Value for Calcium.



Note: Compare what you actually eat with the amount listed on the label.

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 5

To stay healthy, you want to limit the **TOTAL** amount of saturated fat you eat during the day.

True or False? Any one of the following meals can be part of a healthy daily diet.

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 5

To stay healthy, you want to limit the **TOTAL** amount of saturated fat you eat during the day.

True or False? Any one of the following meals can be part of a healthy daily diet.

True False

Four Cheese Pizza

Nutrition Facts

Serving Size 1 Pizza (198g)
Servings Per Container 1

Amount Per Serving	
Calories 530	Calories from Fat 240
	% Daily Value*
Total Fat 27g	**42%**
Saturated Fat 10g	**50%**
Cholesterol 50mg	**17%**
Sodium 1,090mg	**45%**
Total Carbohydrate 50g	**17%**
Dietary Fiber 4g	**17%**
Sugars 6g	
Protein 24g	

Vitamin A 35%	•	Vitamin C	0%
Calcium 50%	•	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Macaroni & Cheese

Nutrition Facts

Serving Size 3.5 oz (98g)
Servings Per Container about 4

Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 6g	**30%**
Cholesterol 25mg	**8%**
Sodium 730mg	**30%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 14g	

Vitamin A 10%	•	Vitamin C	0%
Calcium 20%	•	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Deluxe Combo Pizza

Nutrition Facts

Serving Size 1 Pizza (186g)
Servings Per Container 1

Amount Per Serving	
Calories 380	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 3.5g	**18%**
Cholesterol 40mg	**13%**
Sodium 550mg	**23%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 6g	**24%**
Sugars 4g	
Protein 23g	

Vitamin A 15%	•	Vitamin C	8%
Calcium 50%	•	Iron	20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 5

To stay healthy, you want to limit the **TOTAL** amount of saturated fat you eat during the day.

True or False? Any one of the following meals can be part of a healthy daily diet.

Oops! Actually . . . If you are careful, you CAN fit any of these meals into a healthful diet (see below for an explanation).

Four Cheese Pizza

Nutrition Facts	
Serving Size 1 Pizza (198g)	
Servings Per Container 1	
Amount Per Serving	
Calories 530	Calories from Fat 240
	% Daily Value*
Total Fat 27g	**42%**
Saturated Fat 10g	**50%**
Cholesterol 50mg	**17%**
Sodium 1,090mg	**45%**

Macaroni & Cheese

Nutrition Facts	
Serving Size 3.5 oz (98g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 6g	**30%**
Cholesterol 25mg	**8%**
Sodium 730mg	**30%**

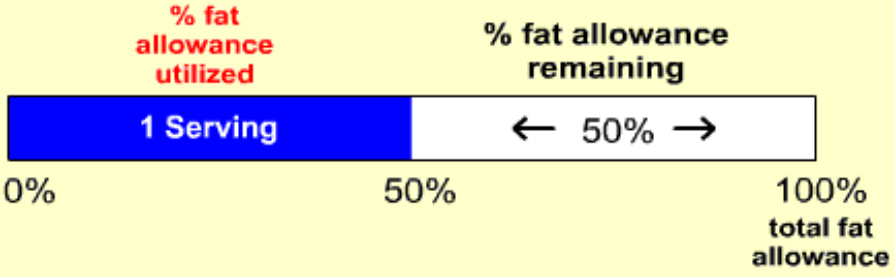
Deluxe Combo Pizza

Nutrition Facts	
Serving Size 1 Pizza (186g)	
Servings Per Container 1	
Amount Per Serving	
Calories 380	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 3.5g	**18%**
Cholesterol 40mg	**13%**
Sodium 550mg	**23%**

- Pay attention to the **TOTAL** amount of saturated fat you eat in a day.
- When a food is high (20% Daily Value or more) in total fat or saturated fat, balance it at other times of the day with foods low in fat.
- Know how much you eat - keep the daily **TOTAL** for fat or saturated fat below 100% Daily Value.

Four Cheese Pizza: Saturated Fat 10g 50%

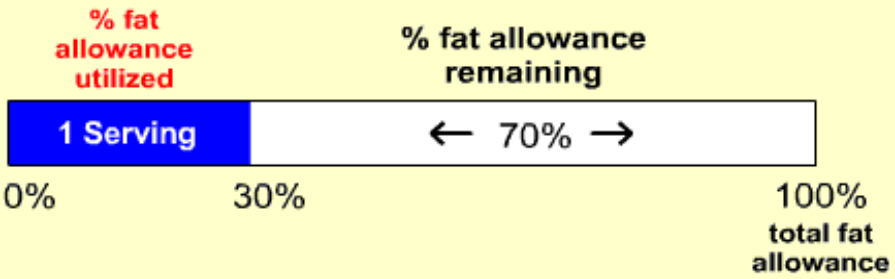
This choice is hardest to fit into a healthy diet. 1 serving (the whole pizza) uses 50% of your daily saturated fat allowance, leaving you only 50% for all other foods and drinks that day.



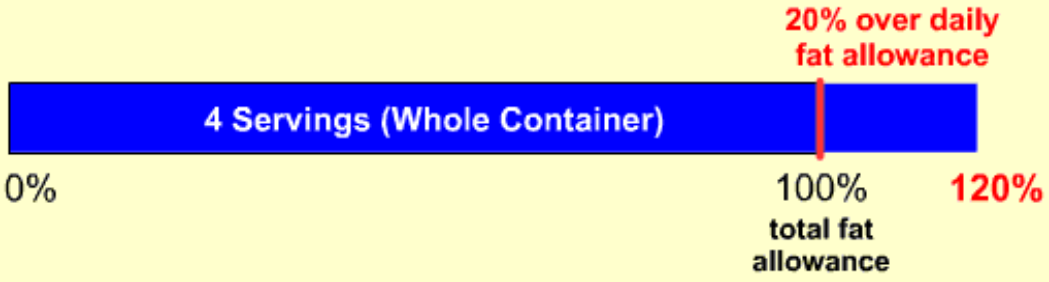
Macaroni & Cheese:

Saturated Fat 6g	30%

This choice is not as hard to fit into a healthy diet. 1 serving uses 30% of your daily saturated fat allowance. This leaves you 70% for the rest of the day.



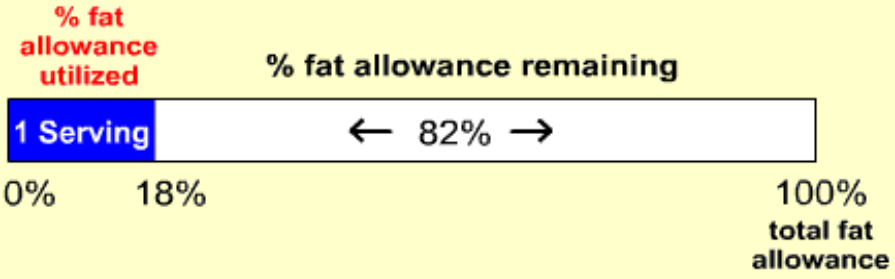
However, if you ate all 4 servings in the container (120% Daily Value for saturated fat), you would be well over your daily maximum of 100%!



Deluxe Combo Pizza:

Saturated Fat 3.5g	18%

This meal is easiest to fit into a healthy diet. If you ate 1 serving (the whole pizza), you would consume 18% of your daily saturated fat allowance. This leaves you 82% of your saturated fat budget for all other foods eaten that day.



Note: The footnote on each label shows that the % Daily Values are based on a 2,000 calorie diet. If your calorie needs are high, like young athletes, you will have a greater fat allowance. Also, it's important to check the Nutrition Facts panel on each product because the calories and % Daily Value for fat, or any nutrient, can vary greatly from product to product.

*For more information on using the food label to make healthier food choices, see the Guidance on How to Understand and Use the Nutrition Facts Panel on Food Labels.

Test Your Food Label Knowledge!

Question 1 | Question 2 | Question 3 | Question 4 | Question 5

Question 5

To stay healthy, you want to limit the **TOTAL** amount of saturated fat you eat during the day.

True or False? Any one of the following meals can be part of a healthy daily diet.

You're Right!!! If you are careful, you CAN fit any of these meals into a healthful diet (see below for an explanation).

Four Cheese Pizza

Nutrition Facts	
Serving Size 1 Pizza (198g)	
Servings Per Container 1	
Amount Per Serving	
Calories 530	Calories from Fat 240
	% Daily Value*
Total Fat 27g	**42%**
Saturated Fat 10g	**50%**
Cholesterol 50mg	**17%**
Sodium 1,090mg	**45%**

Macaroni & Cheese

Nutrition Facts	
Serving Size 3.5 oz (98g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 320	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 6g	**30%**
Cholesterol 25mg	**8%**
Sodium 730mg	**30%**

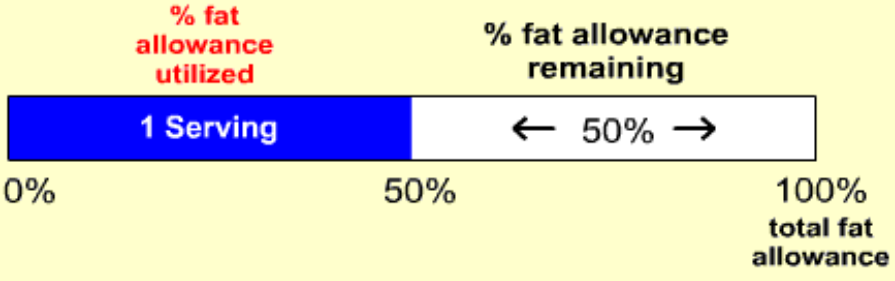
Deluxe Combo Pizza

Nutrition Facts	
Serving Size 1 Pizza (186g)	
Servings Per Container 1	
Amount Per Serving	
Calories 380	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 3.5g	**18%**
Cholesterol 40mg	**13%**
Sodium 550mg	**23%**

- Pay attention to the **TOTAL** amount of saturated fat you eat in a day.
- When a food is high (20% Daily Value or more) in total fat or saturated fat, balance it at other times of the day with foods low in fat.
- Know how much you eat - keep the daily **TOTAL** for fat or saturated fat below 100% Daily Value.

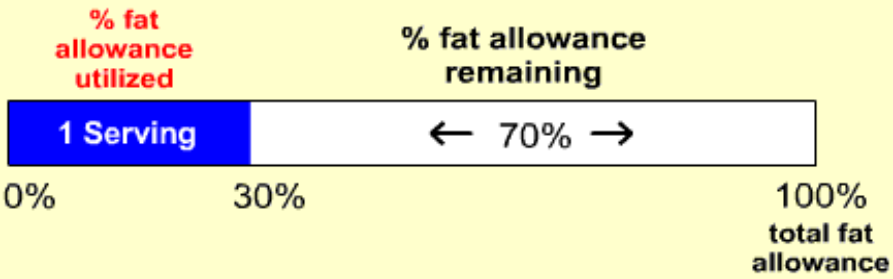
Four Cheese Pizza: Saturated Fat 10g 50%

This choice is hardest to fit into a healthy diet. 1 serving (the whole pizza) uses 50% of your daily saturated fat allowance, leaving you only 50% for all other foods and drinks that day.

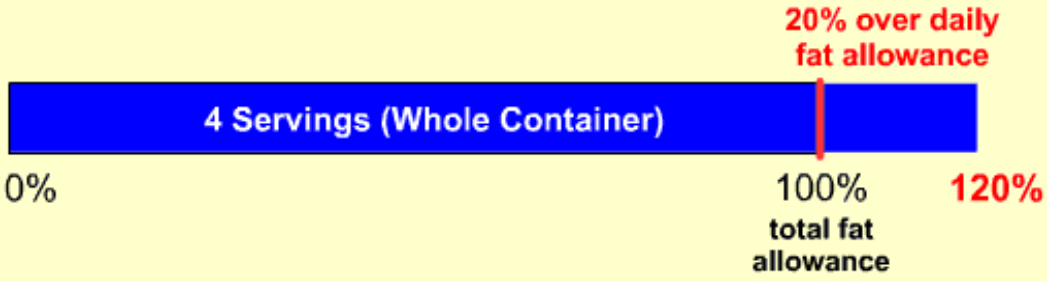


Macaroni & Cheese: Saturated Fat 6g 30%

This choice is not as hard to fit into a healthy diet. 1 serving uses 30% of your daily saturated fat allowance. This leaves you 70% for the rest of the day.

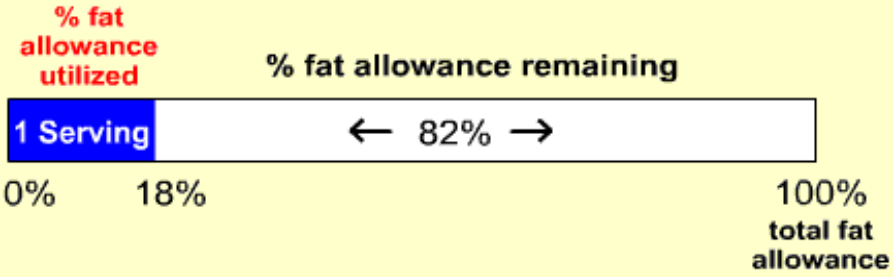


However, if you ate all 4 servings in the container (120% Daily Value for saturated fat), you would be well over your daily maximum of 100%!



Deluxe Combo Pizza: Saturated Fat 3.5g 18%

This meal is easiest to fit into a healthy diet. If you ate 1 serving (the whole pizza), you would consume 18% of your daily saturated fat allowance. This leaves you 82% of your saturated fat budget for all other foods eaten that day.



Note: The footnote on each label shows that the % Daily Values are based on a 2,000 calorie diet. If your calorie needs are high, like young athletes, you will have a greater fat allowance. Also, it's important to check the Nutrition Facts panel on each product because the calories and % Daily Value for fat, or any nutrient, can vary greatly from product to product.

*For more information on using the food label to make healthier food choices, see the Guidance on How to Understand and Use the Nutrition Facts Panel on Food Labels.