



Interpreting Food Labels

	Food Label #1	Food Label #2	Food Label #3
Name of Food			
Serving Size			
Number of Servings			
Calories Per Serving			
Nutrients with Less Than 5%			
Nutrients with More Than 20%			
	Circle Yes or No	Circle Yes or No	Circle Yes or No
Does it contain 20% or more: fiber calcium potassium vitamin D	yes no yes no yes no yes no	yes no yes no yes no yes no	yes no yes no yes no yes no
Does it contain 5% or less: solid fats (saturated fats) sodium	yes no yes no	yes no yes no	yes no yes no
	Circle the Grade You Give This Food	Circle the Grade You Give This Food	Circle the Grade You Give This Food
	A B C D E	A B C D E	A B C D E