



Reading Nutrition Labels – Part 1

DIRECTIONS: Use the nutrition label below from a can of chili to answer the questions.

Nutrition Facts	
Serving Size 1 cup (248 g)	
Servings Per Container 2	
Amount Per Serving	
Calories 370	
Calories from Fat 180	
% Daily Value*	
Total Fat 20 g	31%
Saturated Fat 9 g	45%
Trans Fat 1 g	
Cholesterol 45 mg	15%
Sodium 930 mg	39%
Total Carbohydrates 26 g	9%
Dietary Fiber 9 g	36%
Sugars 2 g	
Protein 21 g	
Vitamin A	25%
Vitamin C	4%
Calcium	8%
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.

- How many calories per serving do not come from fat? _____
- If you were to eat the whole can of chili, how many grams of fat would you be eating? _____
- If you ate the whole can of chili and you were following a diet of 2,000 calories a day, how many more calories could you eat that day? _____
- If you ate one serving of the chili, what percent of the rest of your diet for that day should contain vitamin C in order to get a full day's (100%) supply? _____
- If you ate the whole can of chili, what percent of the rest of your diet for that day should contain sodium, in order to not go over the 100% supply? _____

Does this look like a good food choice based on the nutrition facts? _____

Why or why not? _____