

Name: \_\_\_\_\_

Period \_\_\_\_\_

### Food Label Analysis

\*Using a food label, and *What's in a Food Label Guidelines*, complete the following.

Name the product you are evaluating: \_\_\_\_\_

Predominant ingredient by weight: \_\_\_\_\_

Serving Size: \_\_\_\_\_ Total number of servings per container: \_\_\_\_\_

Number of Calories per serving: \_\_\_\_\_;    Low       Moderate       High (*Circle one*)

Is one serving: Answer the following.

**"High"** in any nutrients? If so, which ones?

A **"good source"** of any nutrients? If so, which ones?

**"Free," "low" or "very low"** in fat, saturated fat, sodium, or cholesterol? If so, describe in spaces below:

**FREE OF:**

**LOW IN:**

**VERY LOW IN:**

**What health claims are made regarding this product? Explain below.**

Is the product **fortified** or **enriched**?            YES       NO       (*Circle one*)

**What is the primary nutrient in your food item, i.e., carbs, fats, or protein?**

**Does your food item provide more than 20% of any nutrient for the % *Daily Values*(DV)?**

**Which one(s)?**