

Looking at Labels

Label 1: ranch salad dressing:

This food has _____ mg of sodium in _____

Nutrition Facts	Amount Per Serving		%DV*		
Serv. Size 2 Tbsp (30g) Servings 16	Total Fat	15g	23%	Total Carb. 2g	1%
	Sat Fat	2g	11%	Dietary Fiber 0g	0%
Calories 140 Fat Cal. 130	Trans Fat	0g		Sugars 2g	
	Cholest.	10mg	3%	Protein 0g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium	310mg	13%		
	Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 0%				

Label 2: salad dressing:

This food has _____ mg of sodium in _____

Nutrition Facts	Amount Per Serving		%DV*		
Serv. Size 2 Tbsp (30mL) Servings: About 8	Total Fat	3g	5%	Sugars 4g	
	Sodium	40mg	2%	Protein 0g	
Calories 50 Fat Cal. 130	Total Carb.	5g	1%		
	Not a significant source of Sat Fat, Trans Fat, Cholest, Fiber, Vitamin A, Vitamin C, Calcium and Iron,				
* Percent Daily Values (DV) are based on a 2,000 calorie diet.					

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Label 3: canned vegetable:

This food has _____ mg of sodium in _____

Nutrition Facts	Amount Per Serving	%DV*
Serv. Size 1/2 cup (125g)	Total Fat 1g	2%
Servings per container: About 3.5	Saturated Fat 0g	0%
Calories 80	Trans Fat 0g	
Calories from Fat 10	Cholesterol 0mg	0%
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium 319mg	13%
	Total Carb. 17g	6%

Label 4: frozen vegetable:

This food has _____ mg of sodium in _____

Nutrition Facts	Amount Per Serving	%DV*
Serv. Size 2/3 cup (90g)	Total Fat 1g	2%
Servings per container: About 9	Saturated Fat 0g	0%
Calories 100	Trans Fat 0g	
Calories from Fat 10	Cholesterol 0mg	0%
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium 0mg	0%
	Total Carb. 21g	7%