

Beverage and Snack Labels

Cut on the dotted-lines and distribute a pair of labels to each student group to compare Nutrition Fact label information.

Low-fat milk



Nutrition Facts	
4 servings per container	
Serving size	1 cup (245g)
Amount per serving	
Calories	105
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	25%
Calcium 300mg	30%
Iron 0.12mg	0%
Potassium 397mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sports drink



Nutrition Facts	
2 servings per container	
Serving size	8 fl oz (240g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 14g Added Sugars	28%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 30mg	1%

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Water



Nutrition Facts	
8 servings per container	
Serving size	1 cup (240g)
Amount per serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Lemonade



Nutrition Facts	
2 servings per container	
Serving size	1 cup (240g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 28g	
Includes 28g Added Sugars	56%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Beverage and Snack Labels

Continued

Orange juice



Nutrition Facts	
2 servings per container	
Serving size	1 cup (240g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 450mg	13%

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Soft drink



Nutrition Facts	
1 serving per container	
Serving size	1 bottle
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 39g	
Includes 39g Added Sugars	78%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Cookie



Nutrition Facts	
12 servings per container	
Serving size	2 cookies (30g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber <1g	3%
Total Sugars 9g	
Includes 9g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 1.2mg	6%
Potassium 50mg	1%

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Edamame



Nutrition Facts	
8 servings per container	
Serving size	1 cup (155g)
Amount per serving	
Calories	189
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	32%
Total Sugars 3.4g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 2mcg	0%
Calcium 260mg	9%
Iron 3.5mg	19%
Potassium 676mg	19%

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Beverage and Snack Labels

Continued

Toaster pastry



Nutrition Facts	
2 servings per container	
Serving size	1 (50g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 38g	13%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 15g Added Sugars	30%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 28mg	0%

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Air-popped popcorn



Nutrition Facts	
2 servings per container	
Serving size	3 cups (24g)
Amount per serving	
Calories	93
% Daily Value*	
Total Fat 1.1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	6%
Total Carbohydrate 19g	16%
Dietary Fiber 4g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 79mg	2%

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