

FOOD LABEL ASSIGNMENT (30 POINTS)

NAME:

Use the food label below to answer the following questions. SHOW ALL OF YOUR CALCULATIONS (not just the end number) with its appropriate units. If you do not show calculations, you will lose half of the credit for the assignment. All numerical answers must have a unit, either: SERVINGS, CALORIES, MG, OR GRAMS.

Use the following food label for this assignment!

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%
* 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.	

1. How many GRAMS would you be consuming IF you ate **half** of the container? (**show your calculations**)
2. How many Calories are there in 2 servings? (**show your calculations**)

3. The label shows there are 0 grams of trans fat in one serving. Can we be certain that there is no trans fat in this food? Why/why not?
4. How many Calories from **carbohydrates** would you receive if you consumed 3 servings of this food? (**show your calculations**)
5. If you ate **5 servings** of this food item, how many Calories from **saturated fat** would you be consuming? (**show your calculations**)
6. If you ate **half** of the contents of this container, how many Calories from **protein** would you be consuming? (**show your calculations**)
7. How many Calories from **potassium** are there in **2 servings** of this food? **Explain your answer.** (Hint:potassium is a mineral)
8. One serving of this food would provide a “rich/excellent source” of which, if any, vitamins or minerals listed on the nutrition facts panel? (Hint: there is a technical definition for “rich/excellent source”)

9. **One serving** of this food will meet whose daily iron needs? Refer to the DRI tables in your textbook or use this link https://www.cengage.com/nutrition/discipline_content/tables/DietaryReferenceIntakes.pdf. List the age groups and genders **whose needs are met with 1 serving**. There are no calculations or units required for the answer on this question.
10. **Calculate** the number of Calories in ONE serving (using the grams of carbohydrate, fat and protein listed on the food label and convert to Calories). Is your calculated number the same as the number on the food label? If the numbers are different, explain why.