Name _____

Healthful Living
Comprehension
(RI.4.7)

READ THAT LABEL!

Read.
Draw a check next to each item with high nutritional value.

The % DV (percent of daily value) tells how much of a nutrient is in a serving of food. A % DV that is 5% or less means the food is low in that nutrient. A % DV that is 10% or more means the food is a good source of that nutrient. A % DV that is 20% or more means the food is an excellent source of that nutrient.

Eat foods **low** in nutrients for total fat, saturated fat, cholesterol, and sodium. Your body does not need a lot of these nutrients each day.

Eat foods that are good or excellent sources for fiber, vitamin A, vitamin C, calcium, and iron. Your body needs a lot of these nutrients each day.

Orange Pineapple Juice

Nutrition Facts
Serving Size 1 serving 8 oz.

Amount per Serving
Calories 70 Calories From Fat 0

	% Daily Value
Total Fat 0 g	**0**%
Saturated Fat 0 g	**0**%
Cholesterol	**0**%
Sodium 51 mg	**2**%
Total Carbohydrate 18 g	**6**%
Dietary Fiber 0 g	**0**%
Sugars 18 g	
Protein 0 g	

Vitamin A 100% • Vitamin C 100%
Calcium 0% • Iron 0%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- ☐ Vitamin A
- ☐ Vitamin C
- ☐ Iron
- ☐ Calcium

This food is low in

- ☐ Total fat
- ☐ Saturated fat
- ☐ Cholesterol
- ☐ Sodium

Frozen Spinach

Nutrition Facts
Serving Size 1 cup

Amount per Serving
Calories 41 Calories From Fat 4

	% Daily Value
Total Fat 0 g	**1**%
Saturated Fat 0 g	**0**%
Cholesterol 0 mg	**0**%
Sodium 126 mg	**5**%
Total Carbohydrate 7 g	**2**%
Dietary Fiber 4 g	**17**%
Sugars 1 g	
Protein 5 g	

Vitamin A 377% • Vitamin C 29%
Calcium 24% • Iron 36%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- ☐ Vitamin A
- ☐ Vitamin C
- ☐ Iron
- ☐ Calcium

This food is low in

- ☐ Total fat
- ☐ Saturated fat
- ☐ Cholesterol
- ☐ Sodium

Chicken Noodle Soup

Nutrition Facts
Serving Size 1 cup

Amount per Serving
Calories 79 Calories From Fat 18

	% Daily Value
Total Fat 2 g	**3**%
Saturated Fat 1 g	**3**%
Cholesterol 9 mg	**3**%
Sodium 729 mg	**30**%
Total Carbohydrate 11 g	**4**%
Dietary Fiber 2 g	**9**%
Sugars 2 g	
Protein 4 g	

Vitamin A 30% • Vitamin C 4%
Calcium 0% • Iron 0%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- ☐ Vitamin A
- ☐ Vitamin C
- ☐ Iron
- ☐ Calcium

This food is low in

- ☐ Total fat
- ☐ Saturated fat
- ☐ Cholesterol
- ☐ Sodium

BONUS: Which food is the most nutritious overall? How can you incorporate different types of foods into your daily diet?

©2012 Alliance to Feed the Future, www.alliancetofeedthefuture.org. Text and design by The Education Center, Inc.®
The development of this curriculum is made possible, in part, by a grant from Farm Credit.

Answer Key

Orange Pineapple Juice

Nutrition Facts
Serving Size 1 serving 8 oz.

Amount per Serving

Calories 70	Calories From Fat 0	
		% Daily Value
Total Fat 0 g		**0**%
Saturated Fat 0 g		**0**%
Cholesterol		**0**%
Sodium 51 mg		**2**%
Total Carbohydrate 18 g		**6**%
Dietary Fiber 0 g		**0**%
Sugars 18 g		
Protein 0 g		

Vitamin A	100%	• Vitamin C	100%
Calcium	0%	• Iron	0%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- [x] Vitamin A
- [x] Vitamin C
- [ ] Iron
- [ ] Calcium

This food is low in

- [x] Total fat
- [x] Saturated fat
- [x] Cholesterol
- [x] Sodium

Frozen Spinach

Nutrition Facts
Serving Size 1 cup

Amount per Serving

Calories 41	Calories From Fat 4	
		% Daily Value
Total Fat 0 g		**1**%
Saturated Fat 0 g		**0**%
Cholesterol 0 mg		**0**%
Sodium 126 mg		**5**%
Total Carbohydrate 7 g		**2**%
Dietary Fiber 4 g		**17**%
Sugars 1 g		
Protein 5 g		

Vitamin A	377%	• Vitamin C	29%
Calcium	24%	• Iron	36%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- [x] Vitamin A
- [x] Vitamin C
- [x] Iron
- [x] Calcium

This food is low in

- [x] Total fat
- [x] Saturated fat
- [x] Cholesterol
- [x] Sodium

Chicken Noodle Soup

Nutrition Facts
Serving Size 1 cup

Amount per Serving

Calories 79	Calories From Fat 18	
		% Daily Value
Total Fat 2 g		**3**%
Saturated Fat 1 g		**3**%
Cholesterol 9 mg		**3**%
Sodium 729 mg		**30**%
Total Carbohydrate 11 g		**4**%
Dietary Fiber 2 g		**9**%
Sugars 2 g		
Protein 4 g		

Vitamin A	30%	• Vitamin C	4%
Calcium	0%	• Iron	0%

Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This food is a good or excellent source of

- [x] Vitamin A
- [ ] Vitamin C
- [ ] Iron
- [ ] Calcium

This food is low in

- [x] Total fat
- [x] Saturated fat
- [x] Cholesterol
- [ ] Sodium

©2012 Alliance to Feed the Future, www.alliancetofeedthefuture.org. Text and design by The Education Center, Inc.®
The development of this curriculum is made possible, in part, by a grant from Farm Credit.