

What Does This Label Tell Me?

Directions: Use this activity sheet to have participants compare the nutritional content of different foods. As a guide, foods with 5% DV (daily value) or less contribute a small amount of that nutrient to your eating pattern, while those with 20% or more contribute a large amount.

√ Whole Milk versus Fat-free Milk

- Which one has the least amount of fat?
- Which one has the most amount of cholesterol?
- Which one has the least amount of calories?
- Which one has the most amount of calcium?

Nutrition Facts	
Serving Size 1 cup Servings per Container about 4	
Amount Per Serving Calories 150 Calories from Fat 70	
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 5g	27%
Cholesterol 35mg	12%
Sodium 110mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10% Vitamin C 4%	
Calcium 25% Iron 0% vitamin D 25%	
*Percent of Daily Values are based on a 2,000-calorie diet.	

1 Quart
Whole Milk

Nutrition Facts	
Serving Size 1 cup Servings per Container about 4	
Amount Per Serving Calories 80 Calories from Fat 0	
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol Less than 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10% Vitamin C 4%	
Calcium 25% Iron 0% vitamin D 25%	
*Percent of Daily Values are based on a 2,000-calorie diet.	

1 Quart
Skim Milk

Source: High Five: A Nutrition Promotion Program for High School Youth. State of Florida Department of State.

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Directions: Use this activity sheet to have participants compare the nutritional content of different foods. As a guide, foods with 5% DV (daily value) or less contribute a small amount of that nutrient to your eating pattern, while those with 20% or more contribute a large amount.

√ Sweet Corn versus Creamed Corn

- Which one has the most amount of sodium?
- Which one has the least amount of sugar?
- Which one has the most amount of fat?
- Which one has the most amount of fiber?

Nutrition Facts	
Serving Size 1/2 cup Servings per Container about 3	
Amount Per Serving Calories 100 Calories from Fat 0	
% Daily Values*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	0%
Sugars 11g	
Protein 2g	
Vitamin A 2% Vitamin C 4%	
Calcium 0% Iron 0%	
*Percent of Daily Values are based on a 2,000-calorie diet.	

Canned
Creamed Corn

Nutrition Facts	
Serving Size 1/2 cup Servings per Container about 3.5	
Amount Per Serving Calories 100 Calories from Fat 0	
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	0%
Sugars 5g	
Protein 2g	
Vitamin A 0% Vitamin C 4%	
Calcium 0% Iron 0%	
*Percent of Daily Values are based on a 2,000-calorie diet.	

Canned
Sweet Corn

Source: High Five: A Nutrition Promotion Program for High School Youth. State of Florida Department of State.