

Nutrition Facts Panel Worksheet

Materials Needed:

- Measuring Cups & Spoons
- Digital Scale/Kitchen Scale
- Practice Foods (cereals, crackers, chips, dried fruit, nuts, etc.)
- Collection of 3-5 nutrition labels (if practice foods are not available)

Instructions: Using the measuring devices and practice foods, ask clients to serve themselves what they would normally serve if they were to consume the product (Once they serve themselves a portion, have them measure what they served and compare it to the actual serving size of the food.) Then, review the Nutrition Facts Panel and have them complete the table below. *The top row is an example.*

Food	Portion	Serving	Calories/ Portion	Calories/ Serving	High in (>20% DV)	Low in (<5% DV)	Potential Red Flag Ingredients
Cheerios	2 cups	1 cup	200 calories	100 calories	Iron, Thiamin, Niacin, Vit. B's, Folic Acid, Zinc	Fat, Cholesterol, Potassium, Riboflavin	Sugar is 3 rd but total serving has 1 gram.