

Sample Food Labels

The Nutrition Facts label appears on the side or back panel of almost all packaged foods in the grocery store. Use them to keep track of the nutritional content, including calories and fat, of every food product you buy. Below are sample labels for packages of bacon, bagels and bananas.

BACON

Nutrition Facts	
Serving Size 2 slices (13g)	
Servings Per Container 10	
Amount Per Serving	
Calories 70	Calories from Fat 60
%Daily Value*	
Total Fat 6g	10 %
Saturated Fat 2.5g	11 %
Cholesterol 10mg	4 %
Sodium 210mg	9 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

BAGEL

Nutrition Facts	
Serving Size 1 bagel (71g)	
Servings Per Container 5	
Amount Per Serving	
Calories 200	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 380mg	16 %
Total Carbohydrate 38g	13 %
Dietary Fiber 2g	7 %
Sugars 2g	
Protein 7g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 15%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓ LOW=5% or less HIGH=20% or more ↑

BANANA

Nutrition Facts	
Serving Size 1 banana (118g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
%Daily Value*	
Total Fat 0.5g	1 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 28g	9 %
Dietary Fiber 3g	11 %
Sugars 18g	
Protein 1g	
Vitamin A 0% • Vitamin C 20%	
Calcium 0% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet.	

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