

Name of group members: _____

Date: _____

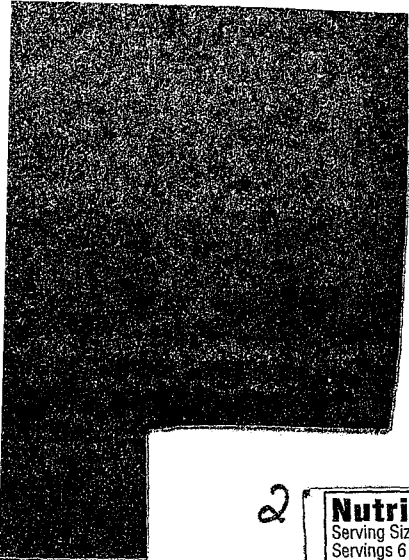
Circle the food labels your group was assigned: **A, B, C, D, E, F**

What's in the Label?

Directions: Use the food labels you were assigned and answer All 7 questions for **each** label. Question 7 is on the back. Each student must fill out a sheet for participation and quiz grade. 20 point assignment

1. What is your food product? (What do you think your food product is based on the label?)
2. What is the amount of food in the package (servings per container)?
3. How much does one serving consist of?
4. What ingredient is mostly found in this food item?
5. Of the six main nutrients we learned about which ones are listed for your food product? What is the percent daily value for these nutrients?
6. Does your product have saturated or trans fat?

(A)



2

Nutrition Facts
Serving Size 4 Slices (44g)
Servings 6

Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 150mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 25%
Calcium 0%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: BANANA (BANANA, ASCORBIC ACID (TO PROMOTE COLOR RETENTION) AND DARK CHOCOLATE (CHOCOLATE LIQUOR (PROCESSED WITH ALKALI), SUGAR, COCOA BUTTER, SOY LECITHIN (EMULSIFIER), AND NATURAL VANILLA FLAVOR).

CAUTION: MAY CONTAIN MILK. MANUFACTURED ON EQUIPMENT SHARED WITH NUTS.

Nutrition Facts
Serving Size 1 Packet (45g)
Servings Per Container 8

Amount Per Serving	
Calories 160	Fat Calories 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Potassium 150mg	4%
Total Carbs 29g	10%
Dietary Fiber 6g	23%
Soluble Fiber 4g	
Sugars 1g	
Protein 7g	10%
Vitamin A	20%
Vitamin C	0%
Calcium	10%
Iron	25%
Thiamin	30%
Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folic Acid	25%
Phosphorus	15%
Magnesium	10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredients: Whole grain rolled oats, wheat protein isolate, maltodextrin, natural and artificial flavors, calcium carbonate, sea gum, calcium carbonate, soy lecithin, potassium sorbate, niacinamide, reduced iron, vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid, and other B vitamins.

CONTAINS MILK AND SOY INGREDIENTS.

4

5

Nutrition Facts
Serving Size 1 Bar (37g)
Servings Per Container 6

Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Potassium 30mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 2g	
Vitamin A 0%	Vitamin C 2%
Iron 2%	

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: BLUEBERRY FILLING (ORGANIC CANE SYRUP, BLUEBERRIES, FRUIT JUICE CONCENTRATE (PEAR, PINEAPPLE, APPLE, PEACH), APPLE POWDER, TAPIOCA STARCH, GLYCERIN, NATURAL FLAVOR, PECTIN, CITRIC ACID, LOCUST BEAN GUM, COLOR (RED CABBAGE)), ORGANIC WHEAT FLOUR, ORGANIC INVERT CANE SYRUP, ORGANIC CANE SYRUP, ORGANIC EXPELLER PRESSED CANOLA OIL, ORGANIC OAT FLOUR, CONTAINS LESS THAN 2% OF: ORGANIC OATS, ORGANIC WHEAT BRAN, NATURAL FLAVORS, ORGANIC WHEAT GLUTEN, ORGANIC HONEY, ORGANIC NON-FAT DRY MILK, CREAM OF TARTAR, SODIUM BICARBONATE, SOY LECITHIN, SEA SALT, CARRAGEENAN, COLOR (ANNATTO, TURMERIC), NUTRIENT BLEND: SELENIUM, NIACINAMIDE (VITAMIN B3), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMINE HYDROCHLORIDE (VITAMIN B1), FOLIC ACID (VITAMIN B9), CYANOCOBALAMIN (VITAMIN B12).

CONTAINS MILK, SOY, WHEAT.

Nutrition Facts
Serving Size 1 Bar (42g)
Servings Per Container 14

Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2.5g	14%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	7%
Sugars 13g	
Sugar Alcohol 2g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 10% • Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs:

Calories: 2,000 2,500

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

CONTAINS MILK AND SOY INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.

Nutrition Facts

Serving Size 3/4 cup (29g)
Servings Per Container about 15

Amount Per Serving	Cereal with 1/2 cup Fat Free Milk	
	Cereal	Fat Free Milk
Calories	120	160
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 1g	5%	5%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 170mg	7%	10%
Potassium 45mg	1%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 0g	0%	0%
Sugars 10g		
Other Carbohydrate 15g		

Protein 1g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	10%	10%
Vitamin D	20%	35%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
Phosphorus	2%	15%
Zinc	10%	15%
Copper	2%	2%

*Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars), and 4g protein.

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: RICE, SUGAR, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), SALT, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVOR.

VITAMINS AND MINERALS: NIACINAMIDE, REDUCED IRON, ZINC OXIDE (SOURCE OF ZINC), VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, VITAMIN B12, VITAMIN D.

POST FOODS, LLC
1 UPPER POND ROAD
PARSIPPANY, NJ 07054 USA



2

(D)

Nutrition Facts

Serving Size 1 cup (28g)
Children Under 4 - 3/4 cup (21g)
Servings Per Container about 14
Children Under 4 about 19

Amount Per Serving	with 1/2 cup Children Under 4		Cereal for Children Under 4
	Cheerios	skin milk	
Calories	100	140	80
Calories from Fat	15	20	10
% Daily Value**			
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 190mg	8%	10%	140mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g

	% Daily Value**		
Protein			9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	8%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B6	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B12	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%
Copper	2%	2%	2%

*Amount in cereal. A serving of cereal plus skim milk provides 24 total calories.

1

Nutrition Facts

Serving Size 1 cup (52g)
Servings Per Container about 8

Amount Per Serving	Fiber One with Honey Clusters		with 1/2 cup skim milk
	Fiber One	Honey Clusters	
Calories	160	200	
Calories from Fat	15	15	
% Daily Value**			
Total Fat 1.5g*	2%	2%	
Saturated Fat 0g	0%	0%	
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	1%	
Sodium 280mg	12%	15%	
Potassium 320mg	9%	15%	
Total Carbohydrate 42g	14%	16%	
Dietary Fiber 13g	51%	51%	
Soluble Fiber 3g			
Sugars 6g			
Other Carbohydrate 23g			
Protein 5g			

Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
Phosphorus	10%	20%
Magnesium	8%	10%
Zinc	25%	30%

*Amount in cereal. A serving of cereal plus skim milk provides 15g total fat, less than 5mg cholesterol, 65mg sodium, 500mg potassium, 6g total carbohydrate (1g sugars) and 5g protein.

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

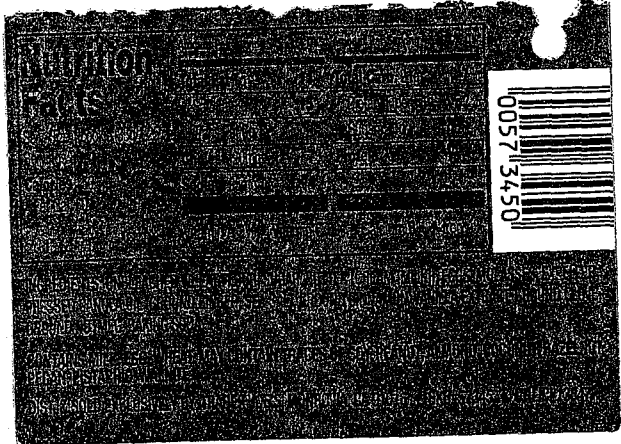
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g

INGREDIENTS: WHOLE GRAIN WHEAT, CORN BRAIN, WHEAT BRAIN, INULIN, SUGAR, WHOLE GRAIN OATS, CRISP OATS (RICE FLOUR, WAXE GRAIN OATS, SUGAR, MALT EXTRACT, SALT, BHT (PRESERVATIVE)), BROWN SUGAR, CORN SYRUP, TOASTED OATS (WHOLE GRAIN OATS, SUGAR, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, HONEY, BROWN SUGAR MOLASSES), SALT, WHEAT BITS (WHOLE GRAIN WHEAT, CORN STARCH, CORN FLOUR, SUGAR, SALT, TRISODIUM PHOSPHATE, BAKING SODA, COLOR ADDED), BARLEY MALT EXTRACT, HONEY, MOOVED CORN STARCH, MALT SYRUP, TRIPOTASSIUM PHOSPHATE, COLOR ADDED, CINNAMON, NATURAL AND ARTIFICIAL FLAVOR, SUCRALOSE, WALNUT MEAL, ALMOND MEAL, NONFAT MILK, VITAMIN E (MIXED TOCOPHEROLS) AND BHT ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (ISOSORBATE), A & B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A & B VITAMIN (FOLIC ACID), VITAMIN B12.

3

4



INGREDIENTS: WHOLE GRAIN WHEAT, CORN BRAIN, WHEAT BRAIN, INULIN, SUGAR, WHOLE GRAIN OATS, CRISP OATS (RICE FLOUR, WAXE GRAIN OATS, SUGAR, MALT EXTRACT, SALT, BHT (PRESERVATIVE)), BROWN SUGAR, CORN SYRUP, TOASTED OATS (WHOLE GRAIN OATS, SUGAR, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, HONEY, BROWN SUGAR MOLASSES), SALT, WHEAT BITS (WHOLE GRAIN WHEAT, CORN STARCH, CORN FLOUR, SUGAR, SALT, TRISODIUM PHOSPHATE, BAKING SODA, COLOR ADDED), BARLEY MALT EXTRACT, HONEY, MOOVED CORN STARCH, MALT SYRUP, TRIPOTASSIUM PHOSPHATE, COLOR ADDED, CINNAMON, NATURAL AND ARTIFICIAL FLAVOR, SUCRALOSE, WALNUT MEAL, ALMOND MEAL, NONFAT MILK, VITAMIN E (MIXED TOCOPHEROLS) AND BHT ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (ISOSORBATE), A & B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A & B VITAMIN (FOLIC ACID), VITAMIN B12.