**2nd Course Nutrition Labels Activity**

Name of Packaged Food Product: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the serving size?
2. How many servings per container?
3. How many calories are there in one serving?
4. What is the nutritional content of the packaged food:
   1. Total Fat:
   2. Saturated Fat:
   3. Trans Fat:
   4. Cholesterol:
   5. Sodium:
   6. Total Carbohydrates:
   7. Total Sugars:
   8. Added Sugars:
5. Record a few Daily Values (%) that stand out to you:
6. Which ingredient makes up the largest content in the packaged food?
7. Which ingredient makes up the smallest content in the packaged food?
8. Are there any potential allergens listed on the nutrition label?

