

FOOD LABELS

MATCHING (US)

MATCH THE FOOD LABELS

Nutrition Facts		
1 serving per 1 bar		
Serving Size 1 bar (30g)		
Amount per serving		
Calories		130
% Daily Value*		
Total Fat 6g	4	10%
Saturated Fat 3g	3	16%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 3mg		12%
Total Carbohydrate 13g		6%
Dietary Fiber 3g	5	12%
Total Sugars 13g		
Includes 0g Added Sugars	6	0%
Protein 0g		
Vitamin D 0mcg		0%
Calcium 0mg	7	2%
Iron 0mg		8%
Potassium 0mg		0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

Word Bank

Vitamins & Minerals
 Serving Size
 Total Fat
 Type of
 Carbohydrate
 Added Sugars
 % Daily Values
 Defined % DV
 Energy

3