

|  |
| --- |
| **Activity 2.2.2: Label Analysis Chart**  |

Note: The column Daily Value (DV) or Percent Daily Value (%DV) is the amount suggested per day. All other columns are *per serving* for that specific food.

| Category | DV or %DV | Food 1(per serving) | Food 2(per serving) | Food 3(per serving) | Food 4(per serving) |
| --- | --- | --- | --- | --- | --- |
| Calories | 20002590 | 380: 492.1 | 35: 45.325 | 170: 220.15 | 260: 336.7 |
| Total Fat | 72-101g | 14g: 18.13g | 1g: 1.295g | 10g: 12.95g | 13g: 16.835g |
| Unsaturated Fat |  |  |  |  |  |
| Saturated Fat | As low as possible while consuming a nutritionally adequate diet | 2g: 9.065g | 0g: 0g | 5g: 6.475g | 2g: 2.59 |
| Trans Fat | As low as possible while consuming a nutritionally adequate diet | 0g: 0g | 0g: 0g | 0g: 0g | 0g: 0g |
| Cholesterol | As low as possible while consuming a nutritionally adequate diet | 0mg: 0mg | 0mg: 0mg | 0mg: 0mg | 0mg: 0mg |
| Sodium |  | 1660mg: 2149.7mg | 190mg: 216.05mg | 350mg: 435.25mg | 320mg: 414.4mg |
| Carbohydrates | 291-421g | 52g: 67.34g | 5g: 6.475g | 18g: 23.31g | 31g: 40.145g |
| Fiber | 26g | 2g: 2.59g | 2g: 2.59g | 3g: 3.885g | 3g: 3.885g |
| Sugar |  | 2g: 2.59g | 0g: 0g | 0g: 0g | 2g: 2.59g |
| Protein | 33g | 8g: 10.36g | 2g: 2.59g | 3g: 3.885g | 3g: 3.885g |
| Minerals\** Calcium
* Iron
 | 100% 1300mg100% 15mg  | Calcium: 0%: 0%Iron: 10%: 25.9% | Calcium: 0%: 0%Iron: 2%: 2.59% | Calcium: 0%: 0%Iron: 4%: 5.18% | Calcium: 4%: 5.18%Iron: 2%: 2.59% |
| Vitamins\** Vitamin A
* Vitamin C
 | 100% 700mcg100% 65mcg | Vitamin A: 0%: 0%Vitamin C: 0%: 0% | Vitamin A: 0%: 0%Vitamin C: 0%: 0% | Vitamin A: 0%: 0%Vitamin C: 0%: 0% | Vitamin A: 0%: 0%Vitamin C: 0%: 0% |

\* Foods contain other important minerals and vitamins. The most common vitamins and minerals displayed on food labels have been included for this activity.