Wellness Worksheet #8: Nutrition

Name: ________________________________ Date: __________

Reading a label:

What is the name of the product?
What ingredients are in the product?

What is the main ingredient?
How many servings are in the container?
How many calories are in the container?
How many calories are in each serving?
What percent of fat calories is contained in each serving?
How much sodium is in each serving?
Is the amount of sodium appropriate for the serving size?
What type of sugar or sugar products are contained in the product?

Are there any preservative?
   What are they?