

Anna Darelli
Elisa Noel
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Food Packaging Worksheet: Nutrient Claims, Nutrition Facts, and Ingredients

This worksheet can help you learn how to read food packaging.

What you will need :

- This worksheet
- A food package that includes nutrient claims, nutrition facts, and a list of ingredients
- A handout that includes criteria for specific nutrient claims (ie, low sugar, reduced sodium, etc)

Food item: Nalley Onion Chili

How many servings are in this package? About 2

What is the measurement used for one serving? 1 cup (260g)

Do you think that this is a standard portion size or an amount that most people would eat at one sitting?

1 cup is a good serving size, however, no, I do not think this is the amount most people eat in one sitting. I think most people eat a lot more than this.

How many calories are provided in one serving of this food? 280

What nutrient claims are listed on this food package?

High fiber, high source of Vitamin A and Iron.

List the criteria for each of these claims below:

High fiber: 5g or more of fiber per serving

High source of Vitamin A and Iron: High in a given nutrient if it contains 20% or more of the Daily Value.

How much total fat is in one serving of this product? 9g

How much saturated fat is in one serving of this product? 4g

What percentage of total fat is from saturated fat in this product? 22%

How much *trans*-fat is listed on the Nutrition Facts label? 1g

If none, read the ingredient list carefully. Do you believe that this product truly contains absolutely no *trans* fat? Why? N/A

How much cholesterol is in one serving of this food? 25mg

Reading over the ingredient list, what ingredient or ingredients do you think provide this cholesterol? Beef

How much sugar is provided in *one serving* of this food? 7g

A person eating a 2000-calorie diet should consume no more than 32 grams (g) of added sugar/day. How many grams of sugar are provided by this *product*? 14g

Reading the ingredient list carefully, which ingredients do you think provide the sugar in this food? Are they natural or added sugars?
Dextrose, sugar (added) Sucrose (natural)

How much fiber is in each serving of this food? 8g

Is this broken down into soluble and insoluble fibers on the nutrition facts label? Is so, list the amounts of each: Beans (Soluble fiber) Wheat, onions, tomatoes (Insoluble fiber)

Most women require 25 g of fiber/day and men require 35 g/day. What percentage of your total requirement is provided by this food? 32%

How much sodium does one serving of this food contain? 1060mg

If you want to keep your total intake of sodium below 2400 milligrams (mg)/ day, what percentage of your daily sodium allowance is found in this product? 44%

How much protein is provided in one serving of this food? 17g

By weight, which three ingredients does this food provide the most of?
Water, beef, beans

All foods must provide nutrition information for vitamin A, vitamin C, calcium, and iron. Does this food item provide information for any other vitamins and minerals?
No.

Do you think that this is a healthful food choice? Explain your answer below:
If this food was more natural, yes. It IS high in fiber, which is healthy, as well as protein. However, this product is high in sugar (too high for just one meal) and sodium (almost half of what one should eat in an entire day). It also has 560 calories, which, for me is great because I have to eat over 2,220 calories a day to maintain my weight, but for others who are trying to restrict their calorie intake it would not be a good product to eat.

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