**Chapter 10 Lesson 4: Nutrition Labels and Food Safety**

**Introduction:**

In this chapter, you’ve learned about how to develop a healthful eating plan that is right for you. To choose healthful foods, you need to know what nutrients are in the foods you eat. One way to find this information is to read the Nutrition Facts labels packaged foods. What can you learn from these little labels? Visit this Web site to find out.

**Links to explore:**

**How to Understand and Use the Nutrition Facts Label**

http://www.cfsan.fda.gov/~dms/foodlab.html

**Directions:**

• Read through the information sheet on understanding and using Nutrition Facts labels.

• Then answer these questions:

1. What’s the first thing to look for on a nutrition label and why?

2. How many calories is considered high for a single serving of food?

3. All Americans should limit their intake of certain nutrients found on the Nutrition Facts label. Which ones are they?

4. The Percent Daily Value (%DV) listed on a food label is based on a diet that contains a specific number of calories per day. How many?

5. What Percent Daily Value (%DV) for any given nutrient is considered low? What %DV is considered high?

6. In an ingredient list, added sugars can go by many different names. List five of them.