

Name:

Class Bio 40 C

Date

**NUTRITION LAB: Reading the Nutrition Facts Panel Worksheet**

Grocery stores are packed with thousands of items. A great place to start learning about the ingredients you are using is to read the Nutrition Facts Panel.

Choose two processed foods, one you believe to be healthy and one you consider not to be healthy. Processed foods are packaged with nutrition labels, so in other words, do not choose raw produce. Bring any number [at least two] of nutrition Fact Label to the class. Fill in the tables below using information about each of the two foods you have chosen. Remember to include the appropriate units for your answers ('C' for Calories, 'g' for grams, and so forth).

The worksheet below will help you see just how different foods can be. Use the chart below to compare two items. See if you can decide the best choice.

	Product A	Product B
1. Describe each product		
2. What is the serving size?		
3. Perceived Food Quality [Healthy or Unhealthy] = <b>Hypothesis</b>		
4. How many servings are in the container?		
5. How many calories would a serving of this food provide?		
6. What amount of saturated, mono-unsaturated, poly-unsaturated, and trans fats are present per serving?	Saturated  Unsaturated (Mono- & Poly-)  Trans Fats	Saturated  Unsaturated (Mono- & Poly-)  Trans Fats

% DVs are based on a 2,000 calorie diet. Your DVs may be higher or lower depending on your calorie needs

	Product A			Product B		
1. List the contents provided on the label for each of the following nutrients	Wt	Calorie	% DV*	Wt	Calorie	% DV*
Total Fat						
Saturated Fat						
Cholesterol						
Sodium						
	Product A			Product B		
Total Carbohydrate						
Dietary Fiber						
Sugars						
Protein						
Vitamin A						
Vitamin C						
Calcium						
Iron						

- 1 Calorie = 1,000 calories or 1 kilcalorie, the amount of the amount of energy required to raise the temperature of one kilogram of water by one degree Celsius.
- Each gram of protein and carbohydrate contain approximately 4 Calories. Fat contains about 9 Calories per gram.
- Remember that an important recommendation, especially for Americans, is to keep the percent of calories from fat less than or equal to 30%. To find the percent of calories from fat:
- Divide the calories from fat by the total number of calories.  
Multiply by 100 to change the decimal into a percent.

% fat in Food A = \_\_\_\_\_ % fat in Food B = \_\_\_\_\_

1. Are **trans fats** saturated or unsaturated?

2. Are any trans fats present in either of your food products? Are they **accounted for** in the nutrition label? **Why** or **why not**?

**3. What determines the “healthiness” of a food? Which food is the better choice?  
Why?**

**4. What information would you like to ADD to the food label to better inform consumers?**

Please bring the Marieb Lab Manual to the class. We will use the Physio Ex 8.0 module instruction to complete virtual lab.

The instruction is given in the lab manual.