

Name: _____

Date: _____

Consumer Corner: Checking Out Food Labels

Using the article on page 50, answer the following questions.

1. According to the Nutrition Education and Labeling Act of 1990, what are the four things that must be on every label?

2. Why should you look at serving size when comparing two brands of the same food?

3. Which nutrients must be expressed in addition to fat, cholesterol, sodium, carbs, and protein?

4. How many calories does a food label assume you are consuming per day? _____

5. What order must ingredients be listed in? _____

6. If an orange juice label does not include sugar as an ingredient, why is there sugar listed under the nutritional information? _____

7. What are the two types of Daily Values? _____

8. According to Table 2-6, what does it mean for a food to be "low calorie?" _____

9. What is the requirement for a brand to advertise "cholesterol free?" _____

10. For a cereal to say that it is "a good source of fiber," what must it contain?

11. According to the section entitled "Health Claims," why are consumers confused?

12. Provide two examples of claims that may seem to be identical to a consumer, but are very different. _____

13. What printed label disclaimer is given on most dietary supplements, since they are not evaluated by the FDA? _____

14. According to Figure 2-13, are the nutrients listed in any particular order on a supplement label? _____

15. According to Table 2-8, what should you look for on a package, regarding fats?

16. What should you look for regarding carbohydrates? _____

17. What does the USDA Food Guide recommend regarding alcoholic beverages?

