

# INTRODUCTORY PERCENTAGES

## APPLICATIONS

### FOOD LABELS

<b>Nutrition Facts</b>	
Serving Size 1 cup (243g)	
Servings Per Container about 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated 0g	0%
Polyunsaturated 0.5g	
Monounsaturated 0g	
<b>Cholesterol</b> Less than 5mg	<b>2%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein</b> 4g	
Vitamin A 60% (100% as Beta Carotene)	
Vitamin C 0% • Calcium 6% • Iron 4%	
<small>* Percent Daily Values are based on a 2,000 calorie diet</small>	

Helps to make comparisons easier.  
Given in both household terms and metric units of measurement.

Indicates the number of calories from fat per serving. FDA guidelines recommend that no more than 30% of a person's calories should come from fat.

Provides information about nutrients most important for planning a healthy, nutritious meal.

Vitamin and mineral information

Refer to the food label information above to answer the following questions.

Q1. Calculate the percentage of one serving of this product that comes from:  
(a) poly-unsaturated fat (b) mono-unsaturated fat (c) sugar (d) protein.



Q2. Consider the amount of fat and salt (sodium). Would this product be healthy for a person with heart disease? Explain.

Q3. How many people would this product serve for one meal?

Q4. Does this product contain more fats or more sugars?

Q5. Would this product be a good source of Vitamin A?

Q6. Would this product be a good source of Vitamin C?

# ANSWERS

Q1. (a) 0.2%

(b) 0%

(c) 1.2%

(d) 0.2%

Q2.

Fat percentage =  $1.5 \div 243 \times 100 = 0.6\%$

Salt (Sodium) = 19%

Fat OK but Salt too high

Q3. 2

Q4. Sugars

Q5. Yes

Q6. No