

Nutrition Facts Label Worksheet

Type of Packaging (Bag, Bottle, Box, Tray, etc...): _____

Total size of one Package (inches): _____ length x _____ width x _____ height

How much product will go in the package (i.e. How many cookies, How much sauce, etc...): _____

Serving size (i.e. 1 cup, 4 oz., 2 cookies, etc.)? _____

Servings per container? _____

Do you have a specific size label you would like to use? _____
 (If so, it must comply with the NLEA standards – I will let you know if it does)

Do you wish to list any additional nutrients that are not standard on a Nutrition Facts Label?
 This is an example of a standard Nutrition Facts Label and its nutrients:

Nutrition Facts	
Serving Size 1 serving (140g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 70
<small>% Daily Value*</small>	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 300mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	
Vitamin A 10%	• Vitamin C 20%
Calcium 4%	• Iron 10%
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>

Ingredients: Tomatoes; Chicken; Mushrooms; White Wine; Celery; Onions; Green Bell Pepper; Flour; Butter; Olive Oil; Salt; Black Pepper.

If so, which additional nutrients would you like to list?

Do you wish to make any nutrient content or health claims?

If so, what do you wish the claims to be? (I will let you know if your product/recipe meets qualified claims).
