

Food Packaging Worksheet: Nutrient Claims, Nutrition Facts, and Ingredients

This worksheet can help you learn how to read food packaging.

What you will need :

- This worksheet
- A food package that includes nutrient claims, nutrition facts, and a list of ingredients
- A handout that includes criteria for specific nutrient claims (ie, low sugar, reduced sodium, etc)

Food item: Tropicana Trop50 Red Orange Juice

How many servings are in this package? 7

What is the measurement used for one serving? 8 fl oz. (240 mL)

Do you think that this is a standard portion size or an amount that most people would eat at one sitting?

I believe that most consumers would drink more than one eight ounce serving at a sitting. My estimation is that most consumers would consume approximately 12 oz. per serving.

How many calories are provided in one serving of this food? 50

What nutrient claims are listed on this food package?

50% less Calories

50% less sugar

100% Vitamin C

No Artificial Sweeteners

List the criteria for each of these claims below:

- They claim to have 50% less calories than orange juice. This state that orange juice typically has 110 calories per serving. Having 50 calories per serving does not allow a low calorie claim, which is why they are stating a 50% calorie reduction, which seems to be an accurate claim. This leads you to believe that this is a low calorie food without illegally stating it.
- Reduced sugar needs to have 25% less sugar per serving than the regular version. They actually have 50% less, so they can emphasize this reduced sugar claim.
- 100% Vitamin C is based on a 2000 calorie diet. If you are on a higher or lower calorie diet than this, 100% does not hold true. Although Vitamin C is one of the vitamins that our body can handle above the daily allowance.
- Even though this claims to have no artificial sweeteners, the sugar content could be higher if they used dried fruit in the process, since dried fruit tends to have sugar for taste. This also contains Reb A (Pure Via), and even though this is not considered an artificial sweetener, it is a sugar substitute. This is not a false claim but it is a plant derivative produced in a factory, so this is a slightly misleading.

How much total fat is in one serving of this product? 0g

How much saturated fat is in one serving of this product? 0g

What percentage of total fat is from saturated fat in this product? 0g

How much *trans*-fat is listed on the Nutrition Facts label? 0g

If none, read the ingredient list carefully. Do you believe that this product truly contains absolutely no *trans* fat? Why?

I don't believe that it does contain fat, none of the listed ingredients appear to contain either plant or animal fat.

How much cholesterol is in one serving of this food? 0mg

Reading over the ingredient list, what ingredient or ingredients do you think provide this cholesterol?

There does not appear to be any ingredients that would dispute the cholesterol claim.

How much sugar is provided in *one serving* of this food? 10g

A person eating a 2000-calorie diet should consume no more than 32 grams (g) of added sugar/day. How many grams of sugar are provided by this *product*? 10g or 31% of the daily allowance

Reading the ingredient list carefully, which ingredients do you think provide the sugar in this food? Are they natural or added sugars?

Juice Concentrate- Natural

Not from concentrate juice- Natural

How much fiber is in each serving of this food? 0g

Is this broken down into soluble and insoluble fibers on the nutrition facts label? Is so, list the amounts of each: soluble fiber 0g insoluble fiber 0g

Most women require 25 g of fiber/day and men require 35 g/day. What percentage of your total requirement is provided by this food? 0%

How much sodium does one serving of this food contain? 10mg

If you want to keep your total intake of sodium below 2400 milligrams (mg)/ day, what percentage of your daily sodium allowance is found in this product? .41% or less than 1% of daily allowance

How much protein is provided in one serving of this food? 1g

By weight, which three ingredients does this food provide the most of?

Filtered Water

Not from concentrate Orange Juice

Blood Orange Juice Concentrate

All foods must provide nutrition information for vitamin A, vitamin C, calcium, and iron. Does this food item provide information for any other vitamins and minerals?

Niacin 4%; Folic Acid 6%; Thiamin 10%; Vitamin B6 6%; Magnesium 6%

Do you think that this is a healthful food choice? Explain your answer below:

I think water is the best form of hydration, but as far as juice is concerned this seems to be a good low calorie, low sodium, low sugar juice for your family. I wouldn't recommend more than one 8 oz serving of juice per day to help reach your recommended daily fruit intake.

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