Nutrition Labels

Use this key to check answers and read the explanations.

1. On a fictional U.S. food package, which section gives calories and grams of dietary fiber per serving?

A. The Nutrition Facts panel
B. The ingredient list
C. The net weight statement
D. The best-by date

Correct answer: A. The Nutrition Facts panel
The Nutrition Facts panel reports calories and amounts of nutrients. The ingredient list names what goes into the product.

2. A fictional bag says “Serving size 4 pieces (36 g)” and “3 servings per container.” What does 36 g measure?

A. The weight of all three servings
B. The weight of one piece
C. The weight of one four-piece serving
D. The weight of the empty bag

Correct answer: C. The weight of one four-piece serving
The parentheses give the weight of the household serving measure. Here, four pieces together weigh 36 g.

3. A fictional Nutrition Facts panel lists sodium as 180 mg per serving. What does mg stand for?

A. Micrograms
B. Milligrams
C. Milliliters
D. Grams

Correct answer: B. Milligrams
The abbreviation mg means milligrams. A milligram is one-thousandth of a gram.

4. A fictional package lists brown rice, lentils, onion powder, and salt in descending order by weight. Which ingredient is listed first by weight?

A. Salt
B. Lentils
C. Onion powder
D. Brown rice

Correct answer: D. Brown rice
Descending order places the ingredient with the greatest weight first. In this example, brown rice leads the list.

5. A fictional panel reads “Total Sugars 9 g” and “Includes 4 g Added Sugars” for one serving. How do the two amounts relate?

A. The 4 g must be added to the 9 g to get the total.
B. The 4 g of added sugars are part of the 9 g total.
C. The 9 g of total sugars are part of the 4 g of added sugars.
D. The 4 g is the amount in the whole package, and the 9 g is the amount in a serving.

Correct answer: B. The 4 g of added sugars are part of the 9 g total.
The word “Includes” shows that added sugars are counted within total sugars. The total remains 9 g per serving.

6. In a fictional package example, there are exactly 2.5 servings per container and 240 mg of sodium per serving. How much sodium is in the whole package?

A. 600 mg
B. 240 mg
C. 480 mg
D. 960 mg

Correct answer: A. 600 mg
Multiply 240 mg per serving by 2.5 servings. The whole package contains 600 mg in this example.

7. A fictional label reports 6 g of dietary fiber in a 30 g serving. At the same fiber concentration, how much fiber is in a 15 g sample?

A. 12 g
B. 2 g
C. 6 g
D. 3 g

Correct answer: D. 3 g
The sample weighs half as much as the stated serving. Half of 6 g is 3 g.

8. A fictional package gives dietary fiber in two columns. Per serving says 3 g and per container says 9 g. A worksheet adds them and records 12 g for the package. What should that entry say?

A. 6 g, subtracting the per-serving amount
B. 3 g, using the per-serving amount
C. 9 g, using the per-container amount
D. 12 g, adding the two columns

Correct answer: C. 9 g, using the per-container amount
The per-container column already gives the amount for the entire package. In this example that amount is 9 g.

9. Fictional Product A has 4 g of protein per 40 g serving. Product B has 5 g per 40 g serving. Product C has 3 g per 20 g serving. Which comparison with A uses the printed amounts from equal serving weights and is accurate?

A. B has 1 g more protein per 40 g.
B. B has 1 g less protein per 40 g.
C. C has 1 g more protein per 40 g.
D. C has 1 g less protein per 40 g.

Correct answer: A. B has 1 g more protein per 40 g.
A and B both use a 40 g serving, so their printed amounts can be compared directly. B lists 5 g, which is 1 g more than A's 4 g.

10. Two fictional ingredient lists are ordered by weight with no ties. A begins with oats, then raisins. B begins with raisins, then oats. Which conclusion follows from the lists?

A. The first ingredient in each product accounts for half of that product's weight.
B. A contains exactly twice the weight of oats in B.
C. A and B contain equal weights of raisins because both list raisins.
D. A contains more oats than raisins by weight. B contains more raisins than oats by weight.

Correct answer: D. A contains more oats than raisins by weight. B contains more raisins than oats by weight.
Ingredient order compares weights within a product. A lists oats ahead of raisins, and B lists raisins ahead of oats. The lists give no exact ingredient weights.

11. A fictional worksheet copies 240 mg of sodium per 50 g serving for Product A. It expresses Product B's sodium per 50 g serving as 0.30 g. Which amount is larger, and by how much?

A. B by 30 mg
B. A by 60 mg
C. B by 60 mg
D. The two amounts are equal.

Correct answer: C. B by 60 mg
One gram equals 1,000 mg. For B, 0.30 g is 300 mg, which is 60 mg more than 240 mg.

12. Fictional Product A has 4 g of fiber in a 32 g serving. Product B has 5 g in a 50 g serving. What are their fiber amounts per 100 g of food?

A. A has 8 g and B has 10 g.
B. A has 12.5 g and B has 10 g.
C. A has 10 g and B has 12.5 g.
D. A has 4 g and B has 5 g.

Correct answer: B. A has 12.5 g and B has 10 g.
Divide fiber by serving weight, then multiply by 100 g. A gives $4 \div 32 \times 100 = 12.5$ g. B gives $5 \div 50 \times 100 = 10$ g.

13. A fictional panel lists 14 g of total sugars per serving, including 8 g of added sugars. How many grams in 1.5 servings come from sugars other than added sugars?

A. 21 g
B. 6 g
C. 12 g
D. 9 g

Correct answer: D. 9 g
Subtract 8 g of added sugars from 14 g of total sugars to get 6 g per serving. Multiply that amount by 1.5 to get 9 g.

14. A fictional classroom worksheet combines half a serving of broth and one and a half servings of noodles. The broth lists 560 mg of sodium per serving, and the noodles list 100 mg per serving. How much sodium is in the combined sample?

A. 430 mg
B. 330 mg
C. 380 mg
D. 660 mg

Correct answer: A. 430 mg
The broth contributes 0.5 × 560 = 280 mg. The noodles contribute 1.5 × 100 = 150 mg. Together the sample has 430 mg.

15. A fictional package contains exactly 360 g of food. The serving size is 45 g and the panel gives 120 calories per serving. Which whole-package calculation matches both amounts?

A. 8 servings and 120 calories
B. 6 servings and 720 calories
C. 8 servings and 960 calories
D. 6 servings and 960 calories

Correct answer: C. 8 servings and 960 calories
Divide 360 g by 45 g per serving to get eight servings. Multiply eight by 120 calories per serving to get 960 calories for the whole package.