

# INGREDIENT LABEL

Every food product that is contained within a package must have an ingredient label. This label will show nutrition information on the product, a list of ingredients used in the product during preparation, and the serving size information.

Below is an ingredient label for cornflakes. Read the label carefully then answer the following questions..

Folic Acid		25%	35%
Vitamin B <sub>12</sub>		25%	35%

\* Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.  
 \*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:


		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** Milled corn, sugar, malt flavor, contains 2% or less of salt. BHT added to packaging for freshness.

**Vitamins and Minerals:** Iron, vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B<sub>12</sub>.

**CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.**

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## QUESTIONS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. QUESTION**

List the ingredients used to make the cornflakes.

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**2. QUESTION**

According to the food group chart, what category would this product fall under?

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**3. QUESTION**

What vitamin and mineral is highest in this product?

- |                                    |                                    |                                     |
|------------------------------------|------------------------------------|-------------------------------------|
| <input type="checkbox"/> iron      | <input type="checkbox"/> vitamin B | <input type="checkbox"/> Calcium    |
| <input type="checkbox"/> vitamin C | <input type="checkbox"/> vitamin A | <input type="checkbox"/> folic acid |

**4. QUESTION**

Who should be cautious to not consume this product?

- someone on a gluten-free and casein-free diet
- a diabetic
- a vegetarian
- someone with high-blood pressure
- a vegan
- someone with nut or beans allergies

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**5. QUESTION**

What evidence do you have contained in the label that someone with a lot of allergies cannot eat this product?

- The product contains a BHT additive.
- The product contains traces of soybean.
- The product has huge amounts of corn.

**6. QUESTION**

Which of the ingredients from the label is a food preservative?

- malt flavor
- BHT
- folic acid
- niacinamide

**7. QUESTION**

What does the abbreviation **BHT** means?

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**8. QUESTION**

Is this a healthy product? Why?

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**9. QUESTION**

You want to eat cornflakes for breakfast. What would you add to it to help make your breakfast balance?

- |   |  |                                       |
|---|--|---------------------------------------|
| <input type="checkbox"/> puff-rice cereal.  | <input type="checkbox"/> bran flakes cereal      | <input type="checkbox"/> low-fat milk |
| <input type="checkbox"/> frosted cornflakes | <input type="checkbox"/> more cornflakes cereals |                                       |