Become a Pro at Reading Labels

Become a Label Reading Wizard

Answer the following questions to check your knowledge of reading labels. Then watch the modules to learn important facts.

CALCULATING CALORIES FOR PROTEIN, CARBS & FAT FROM A LABEL

I can calculate the calories coming from protein, carbs and fat by reading the grams on a label.

☐ yes ☐ no







LOOKING AT PROTEIN

I can compare two products to determine which one to buy if I need more protein.

☐ yes ☐ no

LOOKING AT CARBOHYDRATES

I know what multigrain versus whole grain means and which one is higher in fiber.

☐ yes ☐ no







HOW TO CALCULATE TEASPOONS OF SUGAR FROM A LABEL

I know how many teaspoons of sugar are in a product by reading the food label.

☐ yes ☐ no

MY GOAL

I will check at least 5 food labels for added sugar and if they are high. I will begin limiting those foods.

☐ yes! I did it! ☐ next week I will definitely nail this goal!