**HLSC 2310: Reading Labels – Calculating %DV**

Name: ­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ID:\_\_\_\_\_\_\_\_\_\_\_\_\_

Using the Canadian Food Inspection Agency Standards for calculating % Daily Value (attached), calculate the actual amount of each listed nutrient for a person 2 years of age or older.

Be sure to include the proper units!!

|  |  |  |
| --- | --- | --- |
| **Name of Nutrient** | **%DV** | **Amount** |
| Total Fat | 18% |  |
| Saturated + Trans Fat | 20% |  |
| Cholesterol | 7% |  |
| Sodium | 12% |  |
| Potassium | 22% |  |
| Total Carbohydrate | 12% |  |
| Fibre | 48% |  |
| Vitamin A | 20% |  |
| Vitamin C | 80% |  |
| Calcium | 20% |  |
| Iron | 20% |  |
| Vitamin E | 8% |  |
| Thiamin (Vitamin B1) | 25% |  |
| Riboflavin (Vitamin B2) | 20% |  |
| Vitamin K | 110% |  |

For Reference: Table 2.4 in Nutrition: A Functional Approach (pg. 48)

