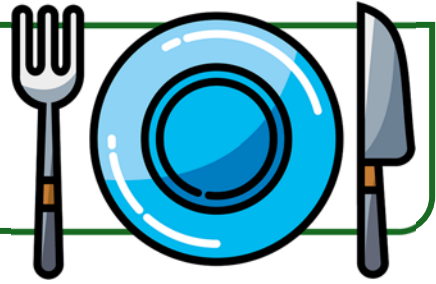


Name _____

Percent Daily Value Sleuths

Directions: Read the food label. Use the **percent Daily Value** to decide which nutrients are **high** or **low**.



Product: Garden Harvest Soup

Serving Size: 1 cup

Calories: 130

Nutrients and Percent Daily Value:

- **Total Fat:** 3 g - 4 percent
- **Saturated Fat:** 1 g - 5 percent
- **Sodium:** 720 mg - 30 percent
- **Total Carbohydrates:** 20 g - 7 percent
- **Fiber:** 5 g - 18 percent
- **Sugar:** 4 g
- **Protein:** 6 g - 12 percent
- **Vitamin A:** 25 percent
- **Vitamin C:** 30 percent
- **Calcium:** 10 percent
- **Iron:** 15 percent

Use this guide as you think:

- **Low.** Five percent Daily Value or less
- **High.** Twenty percent Daily Value or more

1. Is the **sodium** in this soup considered high or low? Explain using the percent Daily Value.
2. Is the **total fat** amount high or low? What is the percent Daily Value?
3. Which nutrient is **higher**, **fiber** or **protein**? Use the percent to prove your answer.
4. Is **Vitamin C** a low or high nutrient in this soup? Why?
5. Which nutrient on the label would be a concern for someone trying to **limit salt**?
6. Which nutrient would make this soup a good choice for **immune health**?
7. Based on the Daily Values, name **one strong benefit** and **one possible drawback** of this soup.