

PRACTICE READING A

Nutritional Label

The Newest Vital Sign (NVS) is a health literacy assessment that uses nutritional labels to test patients' math and reading skills. MPH@Baylor created this practice label and quiz for individuals to practice their health literacy skills.

Read the ice cream label and answer the following questions to the best of your ability. Answers are along the side of each label.

NUTRITION FACTS

6 servings per container

Serving Size 1 cup

AMOUNT PER SERVING:

Calories		200
Calories from Fat		110
	% DAILY VALUE	
Total Fat	20g	31%
Saturated Fat	9g	45%
<i>Trans</i> Fat	0g	
Cholesterol	60mg	20%
Sodium	80mg	3%
Total Carbohydrate	15g	4%
Dietary Fiber	3g	10%
Sugars	12g	3%

Ingredients: milk, cream, sugar, cocoa powder, honey, vanilla extract, sea salt, natural flavors

LEVEL 1 QUESTIONS

1. What is the most-used ingredient?
2. How many grams of sugar are in one serving?
3. What percentage of your daily recommended fat is in one serving?
4. How many non-fat calories are in one serving?
5. How many carbohydrates are in two servings?

Answers: 1) Milk. 2) 12 grams. 3) 31%. 4) 90 calories. 5) 30 grams.

Answers: 1) Cocoa powder. 2) 600 calories. 3) 160 mg. 4) 2 cups. 5) 50 grams.

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LEVEL 2 QUESTIONS

1. Which ingredient is used more, vanilla extract or cocoa powder?
2. How many calories are in three servings?
3. If you ate two cups of ice cream, how much sodium would you consume?
4. Your doctor advises you to eat up to 30 grams of carbs in a snack. How much ice cream can you eat?
5. You usually consume 70 grams of fat every day, including one serving of ice cream. If you stop eating ice cream, how many grams of fat would you be eating each day?

Answers: 1) 24%. 2) 50 calories. 3) 100 grams. 4) No. Ice cream contains milk and cream. 5) 10%.

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LEVEL 3 QUESTIONS

1. If you ate the whole container of ice cream, what percentage of your daily carbohydrates would you be eating?
2. How many calories are in 1/4 cup of ice cream?
3. If you ate 100% of your recommended cholesterol in just ice cream, how much fat would you have consumed?
4. If you are allergic to dairy, can you eat this ice cream? Why or why not?
5. If you usually eat 2,000 calories a day, what percentage of your daily calorie intake comes from this ice cream?