

Name \_\_\_\_\_ Date \_\_\_\_\_  
Family and Consumer Sciences Period \_\_\_\_\_

## LET'S READ LABELS

Reading food labels will help you become a better consumer. Some of the information on food labels is mandatory (required by law) and some is voluntary (optional).

### Mandatory information includes

- The name of the product
- The style of the product (type of liquid, size of pieces, etc.)
- The net weight of the contents (this does not include the weight of the container)
- The name, address, and zip code of the company

- Any special information that affects people with health problems
- Presence of artificial color, flavor, or preservatives
- A list of ingredients in order of weight in the package: the ingredient of the heaviest amount is listed first.

- Nutrition information, including the number of calories, serving size, nutrients and vitamins.

### Voluntary information includes

- The brand name
- A picture of the food
- The number of servings per package
- Recipes and serving suggestions
- Freshness dates