Build a Nutrition Facts label for your recipe

30-45 minutes · FCS, nutrition, culinary arts, and food science

No student account and no student email. Open the class link your teacher posted, or go to https://fdalabelmaker.com/teachers.

Class link

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Learning goals

• Build a draft US Nutrition Facts label from a recipe or from nutrients you enter.
• Explain how serving size changes calories and % Daily Value.
• Describe what FDA-style rounding does to a number before it prints on the label.

Steps

1. Open the class link. Do not create an account.
2. Paste a short recipe (or use the sample) and review each ingredient match.
3. Set the number of servings and the serving size, then read calories and two %DV lines.
4. Change the servings (try half, then double) and write down what moved.
5. Open the rounding rules and compare one raw amount with what the label prints.
6. Download the PNG or PDF and bring it to the discussion.

Discuss

• % Daily Value uses a 2,000 calorie day. Who is that a useful reference for?
• If you eat two servings, what happens to calories and to each %DV?
• Why can a larger serving size make one serving look lower in calories?
• Why does 47 calories print as 45, and when may a small amount print as 0?

Rounding rules: https://fdalabelmaker.com/rounding-rules

Draft formatting for class. Not a laboratory analysis, not FDA approval, and not affiliated with the U.S. Food and Drug Administration.