

## Reading Nutrition Labels

<b>Nutrition Facts</b>	
Serving Size: 1/2 Cup (125g)	
Amount Per Serving	
Calories 200	
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 5g	10%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 1g	
Cholesterol 50mg	10%
Sodium 100mg	20%
Total Carbohydrate 30g	60%
Dietary Fiber 5g	10%
Sugars 15g	
Vitamins	
Vitamin A	10%
Calcium	20%
*Percent Daily Values are based on a diet of other people's secrets.	
†Percent Daily Values are based on a diet of other people's secrets.	
% Daily Value	Amount Per Serving
Total Fat	10g
Saturated Fat	5g
Trans Fat	0g
Polyunsaturated Fat	4g
Monounsaturated Fat	1g
Cholesterol	50mg
Sodium	100mg
Total Carbohydrate	30g
Dietary Fiber	5g
Sugars	15g

1. What is the carbohydrate? \_\_\_\_\_

2. How many servings are in the container? \_\_\_\_\_

3. How many calories are there in one serving? \_\_\_\_\_

4. How many calories are there in the whole container? \_\_\_\_\_