

Reading Nutrition Labels

Nutrition Facts	
Serving Size: 1/2 Cup (125g) Amount Per Serving: 1/2 Cup (125g)	
<div style="display: flex; justify-content: space-between;"> Total Fat 10g 20% </div>	
<div style="display: flex; justify-content: space-between;"> Saturated Fat 6g 12% </div> <div style="display: flex; justify-content: space-between;"> Trans Fat 0g </div> <div style="display: flex; justify-content: space-between;"> Cholesterol 100mg 20% </div> <div style="display: flex; justify-content: space-between;"> Total Cholesterol 100mg 20% </div>	
<div style="display: flex; justify-content: space-between;"> Total Carbohydrate 25g 5% </div>	
<div style="display: flex; justify-content: space-between;"> Dietary Fiber 5g 10% </div> <div style="display: flex; justify-content: space-between;"> Sugars 15g 30% </div>	
<div style="display: flex; justify-content: space-between;"> Protein 5g 10% </div>	
<div style="display: flex; justify-content: space-between;"> Vitamin A 10% Vitamin C 20% </div> <div style="display: flex; justify-content: space-between;"> Calcium 20% Iron 10% </div>	
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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? _____