

## Reading Nutrition Labels

<b>Nutrition Facts</b>	
Serving Size: 1/2 Cup (125g)	
Amount Per Serving	
% Daily Value*	
Total Fat	10g 20%
Saturated Fat	6g 12%
Trans Fat	0g 0%
Polyunsaturated Fat	4g 8%
Monounsaturated Fat	0g 0%
Cholesterol	0g 0%
Sodium	100mg 20%
Total Carbohydrate	20g 4%
Dietary Fiber	1g 2%
Sugars	15g 30%
<b>Protein</b> 5g	
*Percent Daily Values are based on a diet of other people's secrets.	
© 2018 Nutrition Facts Inc. All rights reserved.	

1. What is the serving size? \_\_\_\_\_

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? \_\_\_\_\_