

Reading Nutrition Labels

Nutrition Facts																					
Serving Size: 1/2 Cup (125g)																					
Amount Per Serving																					
% Daily Value*																					
Total Fat	10g 20%																				
Saturated Fat	6g 12%																				
Trans Fat	0g 0%																				
Cholesterol	0g 0%																				
Sodium	100g 20%																				
Total Carbohydrate	20g 40%																				
Dietary Fiber	2g 4%																				
Sugars	10g 20%																				
Protein	5g 10%																				
*Percent Daily Values are based on a diet of other people's secrets.																					
<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Vitamin A</td> <td style="width: 33%;">100%</td> <td style="width: 33%;">Iron</td> <td style="width: 33%;">100%</td> </tr> <tr> <td>Vitamin C</td> <td>50%</td> <td>Calcium</td> <td>20%</td> </tr> <tr> <td>Vitamin D</td> <td>10%</td> <td>Phosphorus</td> <td>10%</td> </tr> <tr> <td>Vitamin E</td> <td>5%</td> <td>Potassium</td> <td>5%</td> </tr> <tr> <td>Vitamin K</td> <td>2%</td> <td></td> <td></td> </tr> </table>		Vitamin A	100%	Iron	100%	Vitamin C	50%	Calcium	20%	Vitamin D	10%	Phosphorus	10%	Vitamin E	5%	Potassium	5%	Vitamin K	2%		
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Vitamin K	2%																				

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? _____