

Reading Nutrition Labels

Nutrition Facts		
Serving Size: 1/2 Cup (125g)		
Amount Per Serving		
Calories 200		
% Daily Value*		
Total Fat 10g	20%	
Saturated Fat 5g	10%	
Trans Fat 0g	0%	
Polyunsaturated Fat 4g	8%	
Monounsaturated Fat 1g	2%	
Cholesterol 50mg	10%	
Sodium 100mg	20%	
Total Carbohydrate 30g	60%	
Dietary Fiber 5g	10%	
Sugars 20g	40%	
Protein 5g	10%	
*Percent Daily Values are based on a diet of other people's secrets.		
Total Fat	10g	20%
Saturated Fat	5g	10%
Trans Fat	0g	0%
Polyunsaturated Fat	4g	8%
Monounsaturated Fat	1g	2%
Cholesterol	50mg	10%
Sodium	100mg	20%
Total Carbohydrate	30g	60%
Dietary Fiber	5g	10%
Sugars	20g	40%
Protein	5g	10%

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? _____