

## 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 6g																																									
	12%																																								
Trans Fat 0g																																									
	0%																																								
Cholesterol 30mg																																									
	6%																																								
Sodium 100mg																																									
	2%																																								
Total Carbohydrate 40g																																									
	8%																																								
Dietary Fiber 5g																																									
	10%																																								
Total Protein 8g																																									
	16%																																								
*Percent Daily Values are based on a diet of other people's secrets.																																									
	100%																																								
<table style="width: 100%; font-size: x-small;"> <tr> <td style="width: 33%;">Vitamin A</td> <td style="width: 33%;">10%</td> <td style="width: 33%;">Iron</td> <td style="width: 33%;">2%</td> </tr> <tr> <td>Vitamin C</td> <td>20%</td> <td>Calcium</td> <td>10%</td> </tr> <tr> <td>Thiamin</td> <td>10%</td> <td>Total Fat</td> <td>20%</td> </tr> <tr> <td>Riboflavin</td> <td>10%</td> <td>Saturated Fat</td> <td>12%</td> </tr> <tr> <td>Niacin</td> <td>10%</td> <td>Trans Fat</td> <td>0%</td> </tr> <tr> <td>Choline</td> <td>10%</td> <td>Cholesterol</td> <td>6%</td> </tr> <tr> <td>Folate</td> <td>10%</td> <td>Sodium</td> <td>2%</td> </tr> <tr> <td>Vitamin B6</td> <td>10%</td> <td>Total Carbohydrate</td> <td>8%</td> </tr> <tr> <td>Vitamin B12</td> <td>10%</td> <td>Dietary Fiber</td> <td>10%</td> </tr> <tr> <td></td> <td></td> <td>Total Protein</td> <td>16%</td> </tr> </table>		Vitamin A	10%	Iron	2%	Vitamin C	20%	Calcium	10%	Thiamin	10%	Total Fat	20%	Riboflavin	10%	Saturated Fat	12%	Niacin	10%	Trans Fat	0%	Choline	10%	Cholesterol	6%	Folate	10%	Sodium	2%	Vitamin B6	10%	Total Carbohydrate	8%	Vitamin B12	10%	Dietary Fiber	10%			Total Protein	16%
Vitamin A	10%	Iron	2%																																						
Vitamin C	20%	Calcium	10%																																						
Thiamin	10%	Total Fat	20%																																						
Riboflavin	10%	Saturated Fat	12%																																						
Niacin	10%	Trans Fat	0%																																						
Choline	10%	Cholesterol	6%																																						
Folate	10%	Sodium	2%																																						
Vitamin B6	10%	Total Carbohydrate	8%																																						
Vitamin B12	10%	Dietary Fiber	10%																																						
		Total Protein	16%																																						

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? \_\_\_\_\_