

Nutrition Facts: American Cheese

Name _____

Date _____

Study the food label and answer the questions!

Nutrition Facts	
16 servings per container	
Serving size 1 slice (21g)	
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 290mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vit. D 0mcg 0%	• Calcium 156mg 10%
Iron 0mg 0%	• Potas. 0mg 0%
Vit. A 199mcg 20%	• Riboflavin 0.17mg 15%
<small>* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

1. What is the serving size?

2. How many servings are in one container?

3. How many mg of calcium are in this product?

4. How many grams of protein are in this product?

5. What is the total carbohydrate daily total percentage?

6. How many calories are from fat?
