

Nutrition Facts

Name _____

Date _____

Study the food label and answer the questions!

Nutrition Facts	
Serving Size 1/4 cup (15g)	
Amount Per Serving	
Calories 60	
Total Fat 1.5g	
Trans Fat 0g	
Sodium 0mg	
Potassium 55mg	
Total Carbohydrate 9g	
Dietary Fiber 1g	
Sugars 1g	
Protein 2g	
% Daily Value	
Protein 7% • Vitamin A 10% • Vitamin C 25%	
Calcium 20% • Iron 45% • Vitamin D 20%	
Vitamin E 25% • Thiamin 25% • Riboflavin 25%	
Niacin 25% • Vitamin B6 25% • Folate 25%	
Vitamin B12 25% • Biotin 10% • Zinc 25%	
Pantothenic Acid 25% • Phosphorus 8%	

1. If you were to eat the entire cup of the product, how much sugar would you consume?
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2. If you eat 2 cup of the product, how many grams of carbohydrates would you get?
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3. How many servings of this product would I need to consume 20% of my daily requirement of fiber?
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4. How many calories that would be?
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5. If fat provides 9 calories per gram, how many calories would you get by eating 2 cup?
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6. What is the total protein percentage?
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