

Name \_\_\_\_\_

Date \_\_\_\_\_

## Nutrition Facts Label

Complete the questions using the nutrition facts provided!

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 Box (50g)</b>
<b>Amount per serving</b>	
<b>Calories 150</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 15g	<b>53%</b>
Soluble Fiber 4g	
Insoluble Fiber 11g	
Total Sugars 11g	
Incl. 10g Added Sugars	<b>20%</b>
<b>Protein</b> 6g	<b>6%</b>
Vitamin D 2.5mcg 10%	• Calcium 0mg 0%
Iron 5.6mg 30%	• Potassium 410mg 8%
Thiamin 25%	• Riboflavin 25%
Niacin 25%	• Vitamin B <sub>6</sub> 25%
Folate 100mcg DFE 25%	• Vitamin B <sub>12</sub> 25%
(55mcg folic acid)	
<small>* The % Daily Value (DV) 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 serving are there?

3. How many calories are there per serving?

4. How many grams of total fat are there?

5. How many grams saturated fat are there?

6. How many grams of sodium are there?