

# NUTRITION FACTS

Name \_\_\_\_\_

Date \_\_\_\_\_

Study the food label and answer the questions!

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>560</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 1030mg	<b>45%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 41g	<b>82%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<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 servings are in one container?

\_\_\_\_\_

3. How many mg of sodium 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?

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