NUTRITION FACTS

Name _____
Date _____

Study the food label and answer the questions!

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

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?

_____