

NUTRITION FACTS

Name _____

Date _____

Study the food label and answer the questions!

Nutrition Facts	
7 servings per container	
Serving size	3 meatballs (85g)
Amount Per Serving	
Calories	260
<small>% Daily Value*</small>	
Total Fat 21g	27%
Saturated Fat 9g	45%
<i>Trans</i> Fat 1g	
Cholesterol 45mg	15%
Sodium 510mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	24%
<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. If you were to eat the entire meatballs, how much sodium would you consume?

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2. If you eat 2 servings of the meatballs how many grams of carbohydrates would you get?

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3. How many servings of meatballs 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 servings?

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6. What is the total carbohydrate percentage?

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