

Name \_\_\_\_\_

Date \_\_\_\_\_

## Reading Food Labels

<b>Nutrition Facts</b>			
Serving size		10g	
Serving Per Container		19	
Amount per serving			
<b>Calories</b>	10	Calories from fat	0
% daily value*			
<b>Total fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	10mg		0%
<b>Total Carbohydrate</b>	2g		1%
Dietary Fiber	0g		0%
Sugars	2g		
<b>Protein</b>	0g		
Vitamin A			0%
Vitamin C			6%
Calcium			0%
Iron			0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 Protein 4

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 percentage?

.....

6. How many calories are from fat?

.....