

Reading Nutrition Labels

Nutrition Facts																																																																																								
Serving Size: 1/2 Cup (125g) Amount Per Serving: 1/2 Cup (125g)																																																																																								
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1. What is the carbohydrate? _____

2. How many servings are in the container? _____

3. How many calories are there in one serving? _____

4. How many calories are there in the whole container? _____