

Reading Nutrition Labels

Nutrition Facts	
Serving Size: 1/2 Cup (125g)	
Amount Per Serving	
Calories 200	
% Daily Value*	
Total Fat 10g	
Saturated Fat 6g	12%
Trans Fat 0g	0%
Polyunsaturated Fat 4g	
Monounsaturated Fat 6g	
Cholesterol 50mg	
Sodium 100mg	2%
Total Carbohydrate 40g	
Dietary Fiber 10g	20%
Sugars 30g	60%
Protein 5g	
*Percent Daily Values are based on a diet of other people's secrets.	
Vitamin A	10%
Vitamin C	5%
Calcium	10%
Iron	5%
Percent Daily Values are based on a diet of other people's secrets.	
Total Fat	10g
Saturated Fat	6g
Trans Fat	0g
Polyunsaturated Fat	4g
Monounsaturated Fat	6g
Cholesterol	50mg
Sodium	100mg
Total Carbohydrate	40g
Dietary Fiber	10g
Sugars	30g
Protein	5g

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? _____