

Reading Nutrition Labels

Nutrition Facts					
Serving Size: 1/2 Cup (125g)					
Amount Per Serving					
Calories 200					
% Daily Value*					
Total Fat 10g	20%				
Saturated Fat 5g	10%				
Trans Fat 0g					
Polyunsaturated Fat 4g					
Monounsaturated Fat 1g					
Cholesterol 50mg	10%				
Sodium 100mg	20%				
Total Carbohydrate 30g	60%				
Dietary Fiber 5g	10%				
Sugars 15g					
Protein 5g					
*Percent Daily Values are based on a diet of other people's secrets.					
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Total Fat	10g	20%	Saturated Fat	5g	10%
Cholesterol	50mg	10%	Trans Fat	0g	
Sodium	100mg	20%	Polyunsaturated Fat	4g	
Total Carbohydrate	30g	60%	Monounsaturated Fat	1g	
Dietary Fiber	5g	10%	Sugars	15g	
Protein	5g	10%	Total Fat	10g	20%

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? _____