

Reading Nutrition Labels

Nutrition Facts																																									
Serving Size: 1/2 Cup (125g)																																									
Amount Per Serving																																									
% Daily Value*																																									
Total Fat	10g 20%																																								
Saturated Fat	6g 12%																																								
Trans Fat	0g 0%																																								
Cholesterol	30mg 6%																																								
Sodium	100mg 20%																																								
Total Carbohydrate	25g 50%																																								
Dietary Fiber	5g 10%																																								
Sugars	15g 30%																																								
Protein	5g 10%																																								
*Percent Daily Values are based on a diet of other people's secrets.																																									
<table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Vitamin A</td> <td style="width: 33%;">100%</td> <td style="width: 33%;">Iron</td> <td style="width: 33%;">100%</td> </tr> <tr> <td>Vitamin C</td> <td>50%</td> <td>Calcium</td> <td>20%</td> </tr> <tr> <td>Vitamin D</td> <td>10%</td> <td>Vitamin E</td> <td>5%</td> </tr> <tr> <td>Vitamin K</td> <td>5%</td> <td>Vitamin B1</td> <td>10%</td> </tr> <tr> <td>Vitamin B2</td> <td>15%</td> <td>Vitamin B3</td> <td>20%</td> </tr> <tr> <td>Vitamin B6</td> <td>10%</td> <td>Vitamin B12</td> <td>5%</td> </tr> <tr> <td>Vitamin B9</td> <td>5%</td> <td>Vitamin B5</td> <td>10%</td> </tr> <tr> <td>Vitamin B7</td> <td>10%</td> <td>Vitamin B8</td> <td>5%</td> </tr> <tr> <td>Vitamin B10</td> <td>5%</td> <td>Vitamin B11</td> <td>10%</td> </tr> <tr> <td>Vitamin B12</td> <td>10%</td> <td>Vitamin B13</td> <td>5%</td> </tr> </table>		Vitamin A	100%	Iron	100%	Vitamin C	50%	Calcium	20%	Vitamin D	10%	Vitamin E	5%	Vitamin K	5%	Vitamin B1	10%	Vitamin B2	15%	Vitamin B3	20%	Vitamin B6	10%	Vitamin B12	5%	Vitamin B9	5%	Vitamin B5	10%	Vitamin B7	10%	Vitamin B8	5%	Vitamin B10	5%	Vitamin B11	10%	Vitamin B12	10%	Vitamin B13	5%
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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? _____