

Reading Nutrition Labels

Nutrition Facts	
Serving Size: 1/2 Cup (125g)	
Amount Per Serving	
Total Fat	15g 30%
Saturated Fat	10g 20%
Trans Fat	0g 0%
Cholesterol	50mg 10%
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.	
© 2018 Nutrition Facts, Inc. All rights reserved.	

1. What is the serving size? _____

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? _____