

Reading Nutrition Labels

Nutrition Facts	
Serving Size	1/2 Cup (125g)
Servings Per Container	About 20
Amount Per Serving	
Calories 80	Total from Fat 20
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 2g	4%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 10mg	2%
Sodium 100mg	2%
Total Carbohydrate 15g	3%
Dietary Fiber 3g	6%
Sugars 10g	20%
Protein 2g	
Vitamins & Minerals	
Vitamin A	10%
Calcium	2%
*Percent Daily Values are based on a 	
Ingredients	Amount
Wheat Flour	1/2 Cup
Sugar	1/4 Cup
Butter	2 Tbsp
Egg	1 Large
Baking Powder	1/2 Tsp
Salt	1/4 Tsp
Vanilla Extract	1/2 Tsp

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? _____