

Reading Nutrition Labels

Nutrition Facts																																							
Serving Size: 1/2 Cup (125g) Amount Per Serving: 1/2 Cup (125g)																																							
<div style="display: flex; justify-content: space-between;"> Total Fat 10g 20% </div>																																							
<div style="display: flex; justify-content: space-between;"> Saturated Fat 6g 12% </div> <div style="display: flex; justify-content: space-between;"> Trans Fat 0g 0% </div> <div style="display: flex; justify-content: space-between;"> Cholesterol 0g 0% </div> <div style="display: flex; justify-content: space-between;"> Sodium 100mg 2% </div> <div style="display: flex; justify-content: space-between;"> Total Carbohydrate 20g 4% </div> <div style="display: flex; justify-content: space-between;"> Dietary Fiber 2g 4% </div> <div style="display: flex; justify-content: space-between;"> Total Sugars 10g 20% </div>																																							
<div style="display: flex; justify-content: space-between;"> Protein 5g 10% </div>																																							
<div style="display: flex; justify-content: space-between;"> Vitamin A 10% Vitamin C 10% </div> <div style="display: flex; justify-content: space-between;"> Calcium 10% Iron 10% </div>																																							
<table border="0" style="width: 100%;"> <tr> <td style="width: 25%;">Total Fat</td> <td style="width: 25%;">10g</td> <td style="width: 25%;">20%</td> <td style="width: 25%;"></td> </tr> <tr> <td>Saturated Fat</td> <td>6g</td> <td>12%</td> <td></td> </tr> <tr> <td>Trans Fat</td> <td>0g</td> <td>0%</td> <td></td> </tr> <tr> <td>Cholesterol</td> <td>0g</td> <td>0%</td> <td></td> </tr> <tr> <td>Sodium</td> <td>100mg</td> <td>2%</td> <td></td> </tr> <tr> <td>Total Carbohydrate</td> <td>20g</td> <td>4%</td> <td></td> </tr> <tr> <td>Dietary Fiber</td> <td>2g</td> <td>4%</td> <td></td> </tr> <tr> <td>Total Sugars</td> <td>10g</td> <td>20%</td> <td></td> </tr> <tr> <td>Protein</td> <td>5g</td> <td>10%</td> <td></td> </tr> </table>	Total Fat	10g	20%		Saturated Fat	6g	12%		Trans Fat	0g	0%		Cholesterol	0g	0%		Sodium	100mg	2%		Total Carbohydrate	20g	4%		Dietary Fiber	2g	4%		Total Sugars	10g	20%		Protein	5g	10%		<p><small>*Percent Daily Values are based on a diet of other people's secrets.</small></p> <p><small>†Percent Daily Values are based on a diet of other people's secrets.</small></p>		
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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? _____