

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 1g					
Monounsaturated Fat 4g					
Cholesterol 50mg	10%				
Sodium 100mg	20%				
Total Carbohydrate 30g	6%				
Dietary Fiber 2g	4%				
Sugars 15g	30%				
Protein 5g	10%				
*Percent Daily Values are based on a diet of other people's secrets.					
Total Fat	10g	20%	Saturated Fat	5g	10%
Cholesterol	50mg	10%	Trans Fat	0g	
Sodium	100mg	20%	Polyunsaturated Fat	1g	
Total Carbohydrate	30g	6%	Monounsaturated Fat	4g	
Dietary Fiber	2g	4%	Sugars	15g	30%
Sugars	15g	30%	Protein	5g	10%

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? _____