

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	0%				
Polyunsaturated Fat 4g	8%				
Monounsaturated Fat 1g	2%				
Cholesterol 50mg	10%				
Sodium 100mg	20%				
Total Carbohydrate 30g	60%				
Dietary Fiber 5g	10%				
Sugars 20g	40%				
Protein 5g	10%				
*Percent Daily Values are based on a diet of other people's secrets.					
Total Fat	10g	20%	Total Fat	10g	20%
Saturated Fat	5g	10%	Saturated Fat	5g	10%
Trans Fat	0g	0%	Trans Fat	0g	0%
Polyunsaturated Fat	4g	8%	Polyunsaturated Fat	4g	8%
Monounsaturated Fat	1g	2%	Monounsaturated Fat	1g	2%
Cholesterol	50mg	10%	Cholesterol	50mg	10%
Sodium	100mg	20%	Sodium	100mg	20%
Total Carbohydrate	30g	60%	Total Carbohydrate	30g	60%
Dietary Fiber	5g	10%	Dietary Fiber	5g	10%
Sugars	20g	40%	Sugars	20g	40%
Protein	5g	10%	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? _____