

Reading Nutrition Labels

Nutrition Facts	
Serving Size: 1/2 Cup (125g)	
Amount Per Serving	
% Daily Value*	
Total Fat	15g 30%
Saturated Fat	10g 20%
Trans Fat	0g 0%
Polyunsaturated Fat	5g 10%
Monounsaturated Fat	10g 20%
Cholesterol	50mg 10%
Sodium	100mg 20%
Total Carbohydrate	30g 60%
Dietary Fiber	5g 10%
Sugars	25g 50%
Protein 10g	
*Percent Daily Values are based on a diet of other people's secrets.	
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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? _____