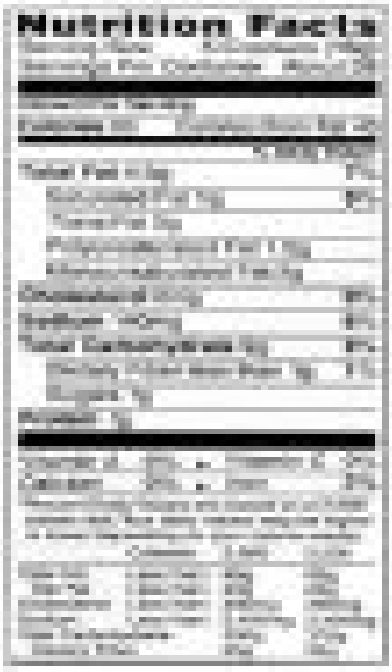
Reading Nutrition Labels



1. What is the serving size? _____

2. How many servings are in the container? _____

3. How many calories are in 1 to eat serving? _____

4. How many calories are in the whole container? _____