

Reading Nutrition Labels

Nutrition Facts	
Serving Size	1/2 Cup (125g)
Servings Per Container	About 20
Amount Per Serving	
Calories 80	Total Daily Value %
Total Fat 1.5g	
Saturated Fat 1g	
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	
Sodium 100mg	
Total Carbohydrate 15g	
Dietary Fiber 1g	
Sugars 10g	
Protein 2g	
Percent Daily Values are based on a diet of other people's secrets.	
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Total Carbohydrate 15g	
Dietary Fiber 1g	
Sugars 10g	
Protein 2g	

1. What is the serving size? _____
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? _____