

## How to Read Food Labels

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| <i>Trans Fat</i> 0g           |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | <b>14%</b>           |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | <b>20%</b>           |
| <b>Protein</b> 3g             |                      |
| Vitamin D 2mcg                | 10%                  |
| Calcium 260mg                 | 20%                  |
| Iron 8mg                      | 45%                  |
| Potassium 235mg               | 6%                   |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use the ( g ) for  
how many  
grams, not the  
( % ) number

1. What is the serving size? \_\_\_\_\_
2. How many Servings per container? \_\_\_\_\_
3. How many Calories per serving? \_\_\_\_\_
4. How many grams of Protein per serving? \_\_\_\_\_
5. How many grams of Carbohydrates per serving? \_\_\_\_\_
6. How many grams of Fat per serving? \_\_\_\_\_
7. Does it have Fiber? \_\_\_\_\_
8. How many Calories in the whole bag? \_\_\_\_\_
9. How many Carbohydrates in the whole bag? \_\_\_\_\_
10. How much Protein in the whole bag? \_\_\_\_\_