

How to Read Food Labels

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

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? _____