

Nutrition Facts Label

1. What is the serving size? _____
2. How many servings in a container/package? _____
3. How many total calories in ONE serving?
Total calories in ONE serving = _____ calories
4. How many calories are in the whole package? _____
Total calories in ONE serving ____ x ____ servings = _____
calories/package
5. What is the percentage of calories from fat? _____ %
_____ calories from fat ÷ _____ calories per serving
6. What is the % DV for total fat and saturated fat?
_____ % total fat and _____ % saturated fat
7. Would this be considered a low-fat food? _____
8. How many milligrams of cholesterol in ONE serving? _____ mg
9. What are the % DV for fiber, vitamin A, vitamin C, iron, and calcium?
Fiber - _____%; vitamin A - _____%; vitamin C - _____%;
Iron - _____%; and Calcium - _____%
10. Is this a nutrient-rich food? _____

Nutrition Facts

Serving Size ½ cup (114g)

Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat** 30

% Daily Value*

Total Fat 3g 5%

 Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate 13g 4%

 Dietary Fiber 3g 12%

 Sugars 3g

Protein 3g

Vitamin A 80% • Vitamin C 60%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4