

Nutrition Facts Label-Key

1. What is the serving size? **½ cup**
2. How many servings in a container/package? **4**
3. How many total calories in ONE serving?
Total calories in ONE serving = 90 calories
4. How many calories are in the whole package? **360**
90 calories x 4 servings = 360 calories per package
5. What is the percentage of calories from fat? **33%**
30 calories from fat ÷ 90 calories per serving
6. What is the % DV for total fat and saturated fat?
5% total fat and 0% saturated fat
7. Would this be considered a low-fat food? **Yes**
8. How many milligrams of cholesterol in ONE serving? **0 mg**
9. What are the % DV for fiber, vitamin A, vitamin C, iron, and calcium?
Fiber - 12%; A - 80%; C - 60%; Iron - 4%; and Calcium - 4%
10. Is this a nutrient-rich food? **Yes**