

# Food Facts

**Instructions:** Carefully read the nutrition label, then answer the questions below.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>18%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	

1. What is the serving size? \_\_\_\_\_
2. How many servings are in one container? \_\_\_\_\_
3. What percent of the daily value of carbohydrates are in one serving? \_\_\_\_\_
4. How many grams of protein are in one serving? \_\_\_\_\_
5. How many calories are in one serving? \_\_\_\_\_
6. How many milligrams of sodium are in one serving? \_\_\_\_\_

# Answer Key

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Sugars 5g	
<b>Protein</b> 5g	

1. What is the serving size? \_\_\_\_\_ 1 cup
2. How many servings are in one container? \_\_\_\_\_ 2
3. What percent of the daily value of carbohydrates are in one serving? \_\_\_\_\_ 10%
4. How many grams of protein are in one serving? \_\_\_\_\_ 5
5. How many calories are in one serving? \_\_\_\_\_ 250
6. How many milligrams of sodium are in one serving? \_\_\_\_\_ 470