

Name _____

Read the Label

Use the nutrition label below to answer the questions that follow:

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 24g	
Protein 2g	
Vitamin A 4%	Vitamin C 130%
Calcium 2%	Iron 1%
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 • Carbohydrates 4 • Protein 4	

1. What is the serving size for this product?

2. How many servings are in the product package?

3. How many calories are in a serving of this product?

4. What is the first nutrient listed on the label?

5. How much sodium is in a serving of this product?

6. What percent of the Daily Value for total carbohydrate does a serving of this product provide?

7. How much dietary fiber does a serving of this product provide?

8. How much protein does a serving of this product provide?

9. What percent of the Daily Value for vitamin C does a serving of this product provide?

10. How many total grams of carbohydrate should be consumed each day by someone on a 2500-calorie diet?

