

# Reading a Food Label

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

1. How many calories does this product have in the entire container?
  - A. 230 calories
  - B. 1840 calories
2. How many calories does this product have in each serving?
  - A. 230 calories
  - B. 1840 calories
3. **True or False** If you want to maintain a healthy weight, you need to balance the number of calories you consume with the number of calories your body uses or "burns off."
4. Which nutrient should you try to limit?
  - A. Total fat
  - B. Fiber
  - C. Calcium
  - D. Vitamin D