

Reading a Food Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 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? _____
2. **Fill in the blank.** One carbohydrate exchange equals ____ grams of carbohydrates.
3. **True or False** ____
If a product is labeled “sugar-free,” it is free of carbohydrates.
4. **Which nutrient do you want to limit your intake of?**
 - A. Total fat
 - B. Fiber
 - C. Calcium
 - D. Vitamin D