

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</i> Fat 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%
* 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.	

1. How much saturated fats are in the entire container?
 - A. 1 gram
 - B. 8 grams
2. What is the percent of calories from saturated fat you should aim for?
 - A. Less than 7%
 - B. Less than 8%
 - C. Less than 10%
3. What amount of dietary cholesterol should you aim for each day?
 - A. Less than 200 mg
 - B. Less than 400 mg
 - C. Less than 600 mg
4. When trying to lower your cholesterol, what foods should you limit?
 - A. Foods high in cholesterol
 - B. Foods high in saturated fat
 - C. Foods high in trans fats
 - D. All of the above