| Name: |) (| Date: | ` |
|-------|-----|-------|---|
|-------|-----|-------|---|

Nutrition Facts Label

Complete the questions using the nutrition facts.

| Nutriti 6 Serving per con Serving Size | | acts |
|--|--------------------|----------------------|
| Calories | Per serving 245 | Per container 490 |
| Total Fat | 10g | 1% |
| Saturates | 20g | 2% |
| Trans Fat | 30g | 3% |

| Cholesterol | 10g | 1% | 10g |
|--------------------------------|-----------|----|------------|
| Sodium | 20g | 2% | 20g |
| Protein | 30g | 3% | 30g |
| | | | |
| | | | |
| | | | |
| | | | |
| Vitamin D 4mg | 5g | 1% | 10g |
| Vitamin D 4mg Calcium 240mg | 5g 10g | 1% | 10g 20g |

- 1. What is the serving size?
- 2. How many calories are in one serving?
- 3. How many grams of total fat are in one serving?
- 4. What percentage of Vitamin D is in one serving?
- 5. Which nutrient has the most grams per serving?
- 6. Why do you think it's important to look at the Nutrition Facts label?