

Name: _____

Date: _____

Nutrition Facts Label

Complete the questions using the nutrition facts.

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?
