

Name:

Date:

FOOD LABELS

Read the nutrition facts in the box then answer each question.

Nutrition Facts

Serving Size: 1 bar (45g)

Calories	200	Total Carbohydrates	30g
Total Fat	8g	Dietary Fiber	5g
Saturated Fat	2g	Sugars	12g
Cholesterol	0mg	Protein	5g
Sodium	150mg	Vitamin D	2%
		Calcium	15%
		Iron	10%
		Potassium	4%

- 1 What is the total amount of fat in one serving of the snack bar?
- 2 How much dietary fiber is in one serving of the snack bar?
- 3 What is the serving size for the snack bar?
- 4 Why is it important to look at the serving size on a food label?
- 5 How many calories are in one serving of the snack bar?