

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition Facts

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

Nutrition Facts	
Serving Size: 1 cup (40g)	
Calories	150
Total Fat	2g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	200mg
Total Carbohydrates	30g
Dietary Fiber	4g
Sugars	12g
Protein	3g
Vitamin A	10%
Vitamin C	0%
Calcium	20%
Iron	45%

- 1 What is the serving size for the cereal in the example?
- 2 How many calories are in one serving of the cereal?
- 3 Why is it important to look at the serving size on a nutrition label?
- 4 What are the two types of carbohydrates mentioned on the label?
- 5 What percentage of our daily iron needs does one serving of the cereal provide?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_