Example: Reading Nutrition Labels Activity

Nutrition Facts

Serving Size ¾ cup (55g)
Servings Per Container 5

Amount Per Serving

Calories 250	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol <5mg	<2%
Sodium 200mg	8%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 9g	18%

Vitamin A 25% • Vitamin C 50% • Calcium 30% • Iron 20%
*Percent Daily Values based on a 2,000 Calorie diet.

Name of Food: *soup*	**Serving Size:** *¾ cup*
Servings per container: *5*	
Sugar: Per Serving: *18g* Per Container: *(18g x 5) = 90g*	**Fat:** Per Serving: *6g* Per Container: *(6g x 5) = 30g*
Fiber: Per Serving: *4g* Per Container: *(4g x 5)= 20g*	**Vitamin C:** Per Serving: *50% of the daily value* Per Container: *(50 x 5)=250% of the daily value*