

# Nutrition Facts

Many food packages have "Nutrition Facts" labels. These labels give you information about the food inside. You can choose nutritious foods for a healthy diet if you know the facts.

**Directions.** Look at this "Nutrition Facts" label. The label is from a box of oatmeal cereal. Use the facts on the label to answer the questions.

1. **CALORIES.** A serving of oatmeal cereal with skim milk has 190 calories. The cereal alone has 150 calories. How many calories come from the milk?  
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2. **FAT.** The total Percent Daily Value of fat for one day is 100 percent. A serving of oatmeal gives you 5 percent of the total. What percent of the day's fat will come from other foods?  
\_\_\_\_\_
3. **IRON.** The total Percent Daily Value of iron for one day is 100 percent. A serving of oatmeal gives you 10 percent of the total. What percent of the day's iron will come from other foods?  
\_\_\_\_\_
4. **FIBER.** A bowl of oatmeal with milk gives you 4 grams of dietary fiber. Suppose you need to get 30 grams in one day. How many grams will come from other foods?  
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5. **CARBOHYDRATES.** A bowl of oatmeal with milk gives you 27 grams of carbohydrates. Suppose you should get 300 grams in one day. How many grams will come from other foods?  
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## Nutrition Facts

Serving Size:  $\frac{1}{2}$  cup dry (40 g)

Servings Per Container: 13

### Amount Per Serving

|                   | Cereal<br>Alone | With $\frac{1}{2}$ cup of<br>Vit. A & D<br>Fortified<br>Skim Milk |
|-------------------|-----------------|---|
| <b>Calories</b>   | 150             | 190   |
| Calories From Fat | 25              | 25  |

### % Daily Value \*

|                        |     |     |
|------------------------|-----|-----|
| <b>Total Fat</b> 3 g   | 5%  | 5%  |
| Saturated Fat 0.5g     | 2%  | 2%  |
| Polyunsaturated Fat 1g |     |     |
| Monounsaturated Fat 1g |     |     |
| <b>Cholesterol</b> 0mg | 0%  | 0%  |
| <b>Sodium</b> 0mg      | 0%  | 3%  |
| <b>Total Carb</b> 27g  | 9%  | 11% |
| Dietary Fiber 4g       | 15% | 15% |
| Sugars 1g              |     |     |

### Protein 5g

|           |     |     |
|-----------|-----|-----|
| Vitamin A | 0%  | 4%  |
| Vitamin C | 0%  | 2%  |
| Calcium   | 0%  | 15% |
| Iron      | 10% | 10% |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories  | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Sat Fat            | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4