

Activity 121

Read the Label

Directions: Use the partial nutrition facts label shown on this page to answer the questions.

1. What kind of food does this package contain?

2. What is the product brand name?

3. What is the size of one serving of the product?

4. How many servings are there in this container?

5. How many calories are there in a single serving, without added calories from milk?

6. About what percentage of the calories in a single serving are calories from fat?

7. What percent daily value of the following nutrients is provided by each serving?

Grover's Crunchy Granola

NUTRITION FACTS

Serving size ½ cup (47 g)
Servings Per Container about 7

| Amount Per Serving | Cereal | Cereal with ½ cup Vitamin A and D Fortified Skim MILK |
|-------------------------|---------------|---|
| Calories | 170 | 210 |
| Calories from Fat | 45 | 45 |
| | % Daily Value | |
| Total Fat 5 g* | 8% | 8% |
| Saturated Fat 1 g | 5% | 5% |
| Trans Fat 0 g | 0% | 0% |
| Cholesterol 0 mg | 0% | 0% |
| Sodium 50 mg | 2% | 5% |
| Total Carbohydrate 32 g | 11% | 13% |
| Dietary Fiber 5 g | 19% | 19% |
| Sugars 5 g | | |
| Protein 5 g | | |
| Vitamin A | 0% | 4% |
| Vitamin C | 0% | 0% |
| Calcium | 2% | 15% |
| Iron | 8% | 8% |

*Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65 mg sodium, 6 g total carbohydrate (6 g sugars), and 4 g protein.

| Nutrient | % Daily Value | Nutrient | % Daily Value |
|---------------|---------------|----------|---------------|
| Dietary Fiber | _____ | Calcium | _____ |
| Vitamin C | _____ | Iron | _____ |