

Exercise

Study the labels and write true or false

Product A

Nutrition Facts	
Serving size 2/3 cup (55 g)	
Serving per container about 8	
Amount per serving	
Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 8 g	12%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 37 g	12%
Dietary Fiber 4 g	16%
Sugars 1 g	
Protein 3 g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

Product B

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55 g)	
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 37 g	13%
Dietary Fiber 4 g	14%
Sugars 1 g	
Include 10 g added sugars	20%
Protein 3 g	
Vitamin D 2 mg	10%
Calcium 260 mg	20%
Iron 8 g	45%
Potassium 235 mg	6%

1. The serving size of both product A and product B is 2/3 cup or 55 grams true
2. One container of product A can have 8 serving
3. One serving of product B contains 8 grams tota fat
4. Product B contains more calories than product A.
5. Neither product contains any cholesterol
6. Product B contains more sodium than product A.
7. Product A contains more sugar than product B
8. Product A contains more vitamins than product B
9. Product A does not contain potassium.

10.Both products contain vitamin D.

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