



Course Overview

Name

DATE:

- Based on the label, answer the following questions:

- 1) How many servings you can eat from that container?
- 2) How many grams of dietary fiber per serving?
- 3) How many proteins the whole container can provide you?

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Which of the following are Macronutrients:

Vitamin D

Protein

Fat

Sodium

Iron

Carbohydrate