

Nutrition Facts	
About 4 servings per container	
Serving size 1 Cup (240mL)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 7g	
Vitamin D 2.5mcg	15%
Calcium 300mg	25%
Iron 1.4mg	8%
Potassium 460mg	10%
Vitamin A 150mcg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a	

How many servings in this box? _____

Multiply the number of calories in a serving times (x) the number of servings in the box.

$$130 \times 4 =$$

That is the number of calories in the whole box. What is that answer? _____

Multiply the number of total fat grams in a serving times (x) the number of servings in the box.

$$4.5 \times 4 =$$

That is the number of total fat grams in the whole box. What is that answer? _____

Multiply the number of total carbohydrate grams times (x) the number of servings in the box

$$\text{_____} \times 4 =$$

That is the number of total carbohydrate grams in the whole box. What is that answer? _____

(next page)

Multiply the number of protein grams times
(x) the number of servings in the box

_____ x 4 =

That is the number of protein grams in the
whole box. What is that answer? _____