

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 x 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 x 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

_____ x 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? _____