



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

$$____ \times 4 =$$

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

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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? \_\_\_\_\_