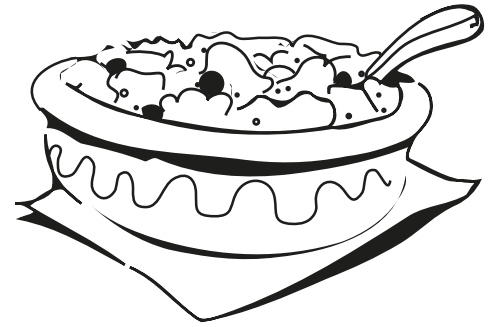


# Get the Facts

## Reading the Nutrition Facts Label



### Krunchy Flakes

#### Nutrition Facts\*

Serving Size 1 Cup (56g)  
Servings per Container 11

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	211	250
Calories from Fat	27	30
	% Daily Value*	
Total Fat 3g	5%	5%
Cholesterol 0mg	0%	1%
Sodium 310mg	13%	16%
Total Carbohydrate 42g	14%	16%
Dietary Fiber 3g	13%	13%
Protein 4g		
Vitamin A	15%	20%
Vitamin C	10%	10%
Calcium	2%	15%
Iron	25%	25%
Vitamin B6	25%	25%
Phosphorus	20%	30%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

\* This is an abbreviated Nutrition Facts Panel

To the left is the Nutrition Facts Label. It can be found on the labels of most food products. The Nutrition Facts Label tells us many important facts about the foods we buy and eat. Use the Nutrition Facts Label for Krunchy Flakes to answer the questions below.

1. What is the serving size of this cereal? \_\_\_\_\_

2. How many calories are in one serving of this cereal? \_\_\_\_\_

3. How much fiber is in one serving of this cereal? \_\_\_\_\_

4. The Percent Daily Values are based on a \_\_\_\_\_ calorie diet.

5. How many servings of Krunchy Flakes, with milk, would it take to reach 100% of the Daily Value for each of the following?

**Vitamin A** – Good for skin, hair & eyes

\_\_\_\_\_ Servings

**Vitamin B<sub>6</sub>** – Helps your body use protein

\_\_\_\_\_ Servings

**Calcium** – Good for bones & teeth

\_\_\_\_\_ Servings

**Iron** – Good for supplying muscles with oxygen

\_\_\_\_\_ Servings

Answer Key: 1. 1 cup; 2. 211; 3. 3g; 4. 2,000; 5. 5.4, 7.4