

Get the Facts

Reading the Nutrition Facts Label

Intermediate
Aligns with
Math
learning standards



Nutrition Facts		
11 servings per container		
Serving size		1 Cup (56g)
Per serving	Cereal Only	Cereal with 1/2 cup Fat Free Milk
Calories	211	250
	<small>% DV*</small>	<small>% DV*</small>
Total Fat	3g 5%	5%
Saturated Fat	2g 10%	10%
Trans Fat	0g 0%	1%
Cholesterol	0mg 0%	1%
Sodium	310mg 13%	16%
Total Carbs.	42g 14%	16%
Dietary Fiber	3g 13%	13%
Total Sugars	2g 3%	6%
Incl. Added Sugars	1g 1%	1%
Protein	4g 2%	6%
Vitamin D	5%	80%
Calcium	2%	15%
Iron	25%	25%
Potassium	3%	6%
Vitamin A	15%	20%
Vitamin B6	25%	25%
Vitamin C	10%	10%
Phosphorous	20%	30%

*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.

This is an abbreviated label for educational purposes only.

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. Carbohydrates are your body's primary source of energy. How many grams of carbohydrates are in one serving?

3. How many grams of total sugar are in one serving?

4. How many grams of added sugar are in one serving?

5. The percent daily value (%DV) on a food label tells you how this food can help someone meet their daily vitamin, mineral and nutrient needs. These numbers are based on a 2,000-calorie diet for healthy adults. Keep in mind that a child/teen's diet might be more or less than 2,000 calories, based on age, gender, and how active they are.

* What is the %DV for Calcium for the cereal only? _____

* What is the %DV for Calcium for the cereal with 1/2 cup milk? _____

Note: This means you would need to eat other foods that contain calcium to get 100% of the calcium you need each day.

Answers: 1. 1 cup 2. 42 grams 3. 2 grams 4. 1 gram 5. 2% and 15%