

# LABEL MATH

Get to know the new Nutrition Facts label

## Nutrition Facts

8 servings per container

**Serving Size** 2/3 cup (55g)

Amount per serving

**Calories** 230

% Daily Value\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* 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.



How many calories are there in a single serving of the food on this label?

Now calculate how many calories are in the entire container:

How many grams of added sugars are in one serving?

How many grams of added sugars are in the entire container?

How many macronutrients are featured in a serving of this food? What about micronutrients?