

# Activity 121

## Read the Label

**Directions:** Use the partial nutrition facts label shown on this page to answer the questions.

1. What kind of food does this package contain?  
\_\_\_\_\_
2. What is the product brand name?  
\_\_\_\_\_
3. What is the size of one serving of the product?  
\_\_\_\_\_
4. How many servings are there in this container?  
\_\_\_\_\_
5. How many calories are there in a single serving, without added calories from milk?  
\_\_\_\_\_
6. About what percentage of the calories in a single serving are calories from fat?  
\_\_\_\_\_
7. What percent daily value of the following nutrients is provided by each serving?  
\_\_\_\_\_

### Grover's Crunchy Granola

#### NUTRITION FACTS

Serving size ½ cup (47 g)  
Servings Per Container about 7

Amount Per Serving	Cereal	Cereal with ½ cup Vitamin A and D Fortified Skim MILK
Calories	170	210
Calories from Fat	45	45
	<b>% Daily Value</b>	
Total Fat 5 g*	8%	8%
Saturated Fat 1 g	5%	5%
Trans Fat 0 g	0%	0%
Cholesterol 0 mg	0%	0%
Sodium 50 mg	2%	5%
Total Carbohydrate 32 g	11%	13%
Dietary Fiber 5 g	19%	19%
Sugars 5 g		
Protein 5 g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	8%	8%

\*Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65 mg sodium, 6 g total carbohydrate (6 g sugars), and 4 g protein.

Nutrient	% Daily Value	Nutrient	% Daily Value
Dietary Fiber	_____	Calcium	_____
Vitamin C	_____	Iron	_____