

Reading a Food Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* 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.</small>	

1. When trying to lower blood pressure, which nutrient should you limit?
 - A. Sodium (salt)
 - B. Protein
 - C. Calcium
 - D. Vitamin D
2. How much sodium does this product have in each serving?
 - A. 160 mg
 - B. 1280 mg
3. How much sodium does this product have in the entire container?
 - A. 160 mg
 - B. 1280 mg
4. What is the recommended maximum sodium (salt) intake per day?
 - A. 1500 mg
 - B. 2000 mg
 - C. 2500 mg
 - D. 3000 mg