What’s in a Food Label?

1. How many calories are in one serving?
2. How many calories are in this entire package of food?
3. How many calories from fat are in one serving?
4. If you ate two servings from this package of food, how many calories from fat would you get?
5. How many servings are in this container?
6. If 3 grams of fat or less per serving is considered low fat, Is this a “low fat” food?
7. If 140 mg or less per serving is considered low sodium, is this food a “low sodium” food?

