

Reading Nutrition Labels

Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount per 1 cup	
Calories	500
% DV	
12%	Total Fat 8 g
9%	<i>Saturated Fat</i> 1 g
	<i>Trans Fat</i> 0 g
0%	Cholesterol 0 mg
7%	Sodium 180 mg
12%	Total Carbs 37 g
14%	Dietary Fiber 4 g
	Sugars 41 g
	Added Sugars 10 g
	Protein 3 g
Ingredients. Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.	

1. What is the serving size for this product?
2. How many servings are in the container?
3. How many calories per serving?
4. Does this product contain added sugars?
5. Does this product contain trans Fat?
6. How much sodium is in one serving of this product?
7. Look up Tripotassium Phosphate. What is it?
8. What other uses does it have?
9. Would you eat this food? Why or why no?