

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Serving Size Math

Directions: Use the nutrition labels given to find out the amount of calories and nutrients in more than one serving. Solve each problem and write the solution in the blank provided.

Nutrition Facts	
Serving Size 1 packet 28g (28 g)	
Amount Per Serving	
Calories 102	Calories from Fat 14
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 1g	3%
Trans Fat	
Cholesterol 0mg	0%
Sodium 367mg	15%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	
Vitamin A 5%	Vitamin C 0%
Calcium 12%	Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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- Mario made two packets of butter-flavored instant grits for breakfast. How many total calories did he consume?

Work Space:

Answer: _____

- How many total grams of saturated fat would Mario consume if he ate the entire box, or ten packets?

Work Space:

Answer: _____

Directions: Most people eat more than the usual serving size of chocolate chip cookies. It's hard to each just one! Decide how many chocolate cookies you usually eat. Then, using a calculator, fill in the blank Nutrition Facts label with the information based on your usual serving size.

Fill in the blank.

Nutrition Facts	
Serving Size 1 cookie, medium 2-1/4" dia 16g (16 g)	
Amount Per Serving	
Calories 78	Calories from Fat 41
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 2g	11%
Trans Fat	
Cholesterol 11mg	4%
Sodium 55mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber	0%
Sugars	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Nutrition Facts	
Serving Size <input type="text"/>	
Servings Per Container <input type="text"/>	
Amount per Serving	
Calories <input type="text"/>	Calories from Fat <input type="text"/>
% Daily Value	
Total Fat <input type="text"/> g	<input type="text"/> %
Saturated Fat <input type="text"/> g	<input type="text"/> %
Cholesterol <input type="text"/> mg	<input type="text"/> %
Sodium <input type="text"/> mg	<input type="text"/> %
Total Carbohydrate <input type="text"/> g	<input type="text"/> %
Dietary Fiber <input type="text"/> g	<input type="text"/> %
Sugars <input type="text"/> g	
Protein <input type="text"/> g	
Vitamin A <input type="text"/> %	Vitamin C <input type="text"/> %
Calcium <input type="text"/> %	Iron <input type="text"/> %