

READING NUTRITION LABELS



Nutrition Facts	
Serving Size 4 Cookies (32g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber less than 1g	3%
Sugars 10g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

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

WHAT DO YOU THINK ABOUT THE FOLLOWING:

- FAT content?
- SUGAR content?
- CARBOHYDRATES?
- ARTIFICIAL INGREDIENTS?
- CHEMICALS in your food, for example, PRESERVATIVES?