Nutrition Labels



NI4-:4		E		40				
Nutrit Serving Size 1			IC	15				
Serving Size 1 Co								
			_					
Amount Per Serving								
Calories 250 Calories from Fat 110								
		% Da	% Daily V					
Total Fat 12g				18%				
Saturated Fat 3g								
Trans Fat 3g								
Cholesterol 30mg								
Sodium 470mg								
Total Carbohyd	rate 31g			10%				
Dietary Fiber	0g			0%				
Sugars 5g								
Proteins 5g								
Vitamin A				4%				
Vitamin C								
Calcium								
Iron				20%				
* Percent Daily Values Your Daily Values mayour calorie needs:								
	Calories:	2,000	2,50	00				
Total Fat Saturated Fat	Less than	65g 20g	80g 25g					
Cholesterol	Less than	300mg		25g 300mg				
Sodium	Less than	2,400mg	2,40	2,400mg				
Total Carbohydrate								
Dietary Fiber		25g	30g					

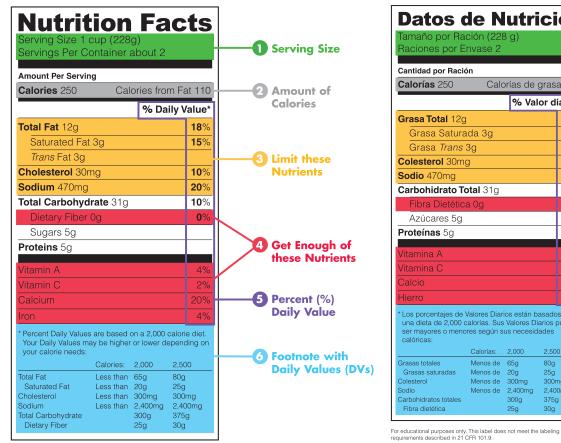
For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

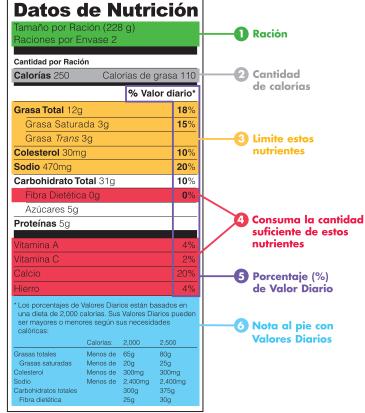
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Valores D us necesion 2,000 65g	pasados en piarios pueder dades 2,500 80g 25g			
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For educational purposes only. This label does not meet the labeling



Why is the information on the labels important? How does the information relate to what animals need to live and grow?





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Nutrition	Amount/Serving	% DV *	Amount/Serving	% DV*
	Total Fat 0g	0%	Total Carbohydrate 20g	7%
Serv. Size 1/2 cup (25g) Servings Per Container about 12	Saturated Fat Og	0%	Fiber Og	0%
	Trans Fat 0g		Sugars 13g	
	Cholesterol Omg	0%	Protein less than 1g	
Calories 80 Calories from Fat 0	Sodium 20mg	1%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0% • V	itamin	C 0% • Calcium 0% • In	ron 0%





Both labels have grams (g) as one unit in the serving size. So figure out how many calories are in one gram of each food.

Peanuts
$$\frac{180 \text{ calories}}{28 \text{ g}} = \frac{6.4 \text{ calories}}{1 \text{ g}}$$
Marshmallows
$$\frac{80 \text{ calories}}{25 \text{ g}} = \frac{3.2 \text{ calories}}{1 \text{ g}}$$

