

Name _____

Toasted Oat Cereal Food Label

Answer the following questions based on the label you were given.

Look for the following on your label	My Label
What is the name of you food?	Toasted Oat Cereal
What is the serving size?	1 cup
How many servings are in the entire package ?	about 9
How many calories are in one serving?	110 without milk 150 with milk
How many calories are in the entire package ?	990 without milk 1350 with milk
How many grams of fat are in one serving ?	2g
How many grams of fat are in the entire package ?	18g
Is this a good source of fiber why/why not?	yes because it has 3g
Which nutrients have a high % Daily Value?	calcium, iron, vitamin D, Thiamin, riboflavin, niacin, vitamin B, Folic acid, phosphorus, zinc
Which nutrients have a low % Daily Value?	fat, saturated fat, cholesterol, potassium, copper
Do you think this is a healthy snack?	yes