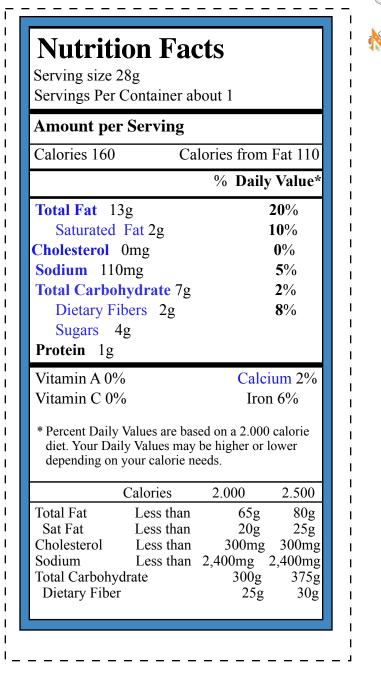
Sample Food Labels - Works with Food Label WorkSheets

Serving size 70g Servings Per Container about 2		
Amount Per Ser	2.5 Oz (About 1/2 box, Makes ving About 1 Cup) As Package	1/2 box, Makes About 1 cup)
Calories	260	300
Calories from Fat	t 25	
	%DV*	• %DV*
<b>Total Fat</b> 3g Saturated Fat <i>Trans</i> Fat 0g	5% 1.5g <b>5</b> %	18% 15%
Cholesterol 10n Sodium 510mg Total Carbohyd Dietary Fibers	21% rate 48g 16%	10% 20% 10% 0%
Sugars 7g Protein 10g	8	070
Sugars 7g <b>Protein</b> 10g Vitamin A	0%	6%
Sugars 7g <b>Protein</b> 10g Vitamin A Vitamin C	0% 0%	6% 0%
Sugars 7g Protein 10g Vitamin A Vitamin C Calcium	0% 0% 30%	6% 0% 40%
Sugars 7g <b>Protein</b> 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Valu	0% 0% 30% 10% tes are based on a 2.00 may be higher or low	6% 0% 40% 10% 0 calorie diet.
Sugars 7g <b>Protein</b> 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Values on your calorie nee Ca	$\begin{array}{c} 0\%\\ 0\%\\ 30\%\\ 10\%\\ \text{tes are based on a 2.00}\\ \text{may be higher or low}\\ \text{eds.}\\ \text{alories} \qquad 2.000\\ \end{array}$	6% 0% 40% 10% 0 calorie diet. er depending 0 2.500
Sugars 7g <b>Protein</b> 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Values on your calorie new Ca Total Fat	0% 0% 30% 10% tes are based on a 2.00 may be higher or low eds. alories 2.000 Less than	6% 0% 40% 10% 0 calorie diet. er depending 0 2.500 55g 80g
Sugars 7g <b>Protein</b> 10g Vitamin A Vitamin C Calcium Iron * Percent Daily Values on your calorie nee Ca Total Fat Sat Fat	0% 0% 30% 10% tes are based on a 2.00 may be higher or low eds. alories 2.000 Less than Less than	6% 0% 40% 10% 0 calorie diet. er depending 0 2.500



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