

# Food Label Math Fun

## Size Up Your Servings and Serving Size

Serving Sizes help us make smart choices. Let's look at the food label example on this page.  
If a package has 2 servings in one box.  
The serving size says 1 cup.  
If you ate the whole package, you would have eaten 2 servings or 2 cups.

Now look at the calories for one serving. Let's say it is 250 calories.  
if you eat the whole package you will have eaten 500 calories!

2 serving X 250 calories = 500 calories.

Those calories really add up if you eat more than one serving. So always check the label so you can make a healthy decision.



## Take a food label and practice!

### Step 1: Look at the Servings Information:

How many servings on the package?    2

What is the serving size?    1 cup

If you ate the whole package, how many servings would you have eaten?

serving size 1 cup    x    number of servings in package 2    =    2 cups

### Step 2: Look at the Calorie Information:

What is the Calories for one serving?    250

If you ate the whole package, how many calories would you have eaten?

calories 250    x    number of servings in package 2    =    500 total calories

