

NAME _____

HOUR _____

NUTRITION LABEL WS

1. What is the serving size? _____
2. How many servings are in one container? _____
3. How many mg of sodium are in this product? _____
4. How many grams of protein are in this product? _____
5. What is the carbohydrate total daily percentage? _____
6. How many calories from fat? _____
7. Percent daily value is based on how many calories? _____

