Science a-z
SCIENCE DIAGRAM

Comparing Nutrition Labels

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container about 8

Amount Per Serving

Calories 110	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 15mg	**4%**
Sodium 130mg	**5%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 12g	
Protein 9g	**18%**

Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Amounts Per 1 Cup Serving	Fat
Whole Milk	8g
Lowfat Milk	2.5g

milk

Nutrition Facts

Serving Size 1 can

Amount Per Serving

Calories 150	
	% Daily Value*
Total Fat 0g	**0%**
Sodium 30mg	**1%**
Total Carb. 41g	**14%**
Sugars 41g	
Protein 0g	

Not a significant source of other nutrients.

*Percent Daily Values are based on a 2,000 calorie diet.

soda

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