

Serving Size 2 tortillas (51g)
Servings Per Container 6

Calories 110 **Calories from Fat 10**

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg	0%
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Sodium 30mg	1%
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Total Carbohydrate 22g **7%**

Dietary Fiber 2g **9%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*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
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Saturated Fat Less than 20g 25g

Cholesterol	Less than 300mg	300mg
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Sodium	Less than 2,400mg	2,400mg
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Total Carbohydrate	300g	375g
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Dietary Fiber	25g	30g
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **20%**

Iron **4%**

* 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

This is a food label for macaroni and cheese.

Write down 3 questions about tortillas with your tutor, and use the label to find the answers.



General Mills
with **Whole Grain**

Honey Nut Cheerios

Can Help Lower Cholesterol
& Reduce the Risk of Heart Disease*

Sweetened Whole Grain Oat Cereal with Real Honey & Natural Almond Flavor

© 2007 General Mills

INGREDIENTS: WHOLE GRAIN OATS, SUGAR, OAT BRAN, MODIFIED CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, CALCIUM CARBONATE, TRIPOTASSIUM PHOSPHATE, CANOLA AND/OR RICE BRAN OIL, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D, NATURAL ALMOND FLAVOR, WHEAT FLOUR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

CONTAINS ALMOND AND WHEAT INGREDIENTS.

DISTRIBUTED BY **General Mills Cereals, LLC**
GENERAL OFFICES, MINNEAPOLIS, MN 55440 USA
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5,523,109; 5,968,572; 7,021,525

Exchange: 1½ Starch
Exchange calculations based on the *Exchange Lists for Meal Planning*. ©2003 the American Dietetic Association, the American Diabetes Association.

Nutrition Facts

Serving Size ¾ cup (28g)
Servings Per Container about 17

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	15	15

	% Daily Value**	
Total Fat 1.5g*	2%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		

Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Potassium 115mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		

Protein 3g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	20%
Magnesium	8%	10%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 250mg sodium, 320mg potassium, 28g total carbohydrate (15g sugars) and 7g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

This is a food label for Cheerios cereal. Write down 3 questions about tortillas with your tutor, and use the label to find the answers.

