

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.

| Nutrition Facts | |
|---|--|
| Serving Size 1 cup (228g) Servings Per Container 2 | |
| Amount per serving | |
| Calories 250 Calories From Fat 110 | |

Take a food label and practice!

Step 1: Look at the Servings Information:

How many servings on the package? _____

What is the serving size? _____

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

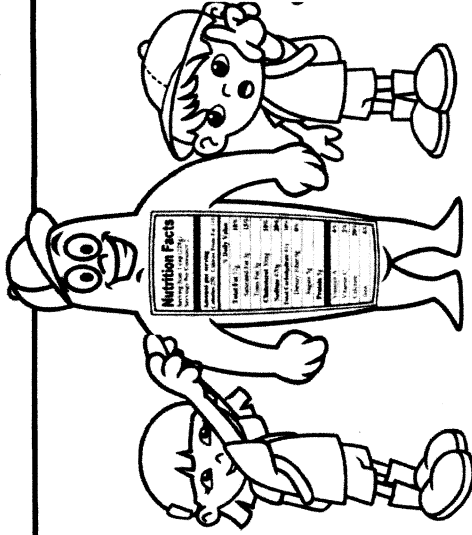
serving size _____ x number of servings in package _____ = _____

Step 2: Look at the Calorie Information:

What is the Calories for one serving? _____

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

calories _____ x number of servings in package _____ = _____ total calories



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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

