|  |  |
| --- | --- |
| **Hot Cheeto Puffs 🡪**1. How many Calories are in the **whole bag**?
2. How many Calories are in one Cheeto Puff?
3. What **%** of the Calories is **from fat**?
4. What % of your Iron for each day do you get from one serving?
5. How many **servings** would you need in order to get 100% of your iron for the day?
6. How many **bags** of Hot Cheeto Puffs would you need to get that many servings?
7. How many **Calories** would be in that many servings?

  | *C:\Users\Mister Warren\Desktop\img001.jpg* |

**Nutrition Label Practice Calculations** (see pgs. 168-169)

Show your work (include what you multiplied/divided to get your answer), and include units!

**Cheetos vs. Grapes:**

|  |  |
| --- | --- |
| http://www.ucsdnutritionlink.org/images/cheetoslabel.gif | http://fruitandproduceguide.com/blog/wp-content/uploads/2011/11/grapeNutrition.jpg |

1. How many calories are in the **whole bag** of cheetos?
2. How many calories are in **one grape**?
3. How many grapes give you the **same amount of calories** as the whole bag of cheetos?
4. How many grapes do you need to eat to get 100% of your **vitamin C** for the day?
5. How many **pieces of cheetos** do you need to eat to get 100% of your **sodium** for the day?