

# What is the Percent Daily Value in Your Snack Mix?

Let's imagine that every day your body needs the following of each item to keep you moving and healthy.

Cheerios	700
Quaker Oat Squares	200
Shredded Wheat	100
Chocolate Chips	30
Raisins	30

Count up how many of each item is in your bag and compute the percent daily value the bag of snack mix gives you.

Item	Number in Your Bag	Number You Need Each Day	Percent Daily Value
<b>Cheerios</b>		700	
<b>Quaker Oat Squares</b>		200	
<b>Shredded Wheat</b>		100	
<b>Chocolate Chips</b>		30	
<b>Raisins</b>		30	

What was the percent daily value of chocolate chips in your bag? \_\_\_\_\_

If you were to eat two bags of snack mix with the same number of each item what would be your percent daily value of chocolate chips for the day? HINT: (multiply the above number by two) \_\_\_\_\_

If you ate two bags what item(s) would you still need for the day?



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