

Nutrition Label



Math Facts

100

Nutrition Label



Math Facts

100

Nutrition Label: Math Facts

Question:

If I ate 2 PopTarts, how much total fat would I be eating?

Answer:

14 grams

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Question:

How many grams of dietary fiber are in one serving of Oatmeal?

Answer:

3 grams

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Math Facts

300

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Math Facts

300

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Question:

One serving of PopTarts contain how many more grams of sugar than one serving of oatmeal?

Answer:

6 grams

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Question:

How many ingredients are listed in one serving of oatmeal?

Answer:

10

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Math Facts

400

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Math Facts

400

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Question:

How many calories are in 2 servings of oatmeal?

Answer:

320 calories

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Question:

How many PopTarts would I have to eat in order to get the same amount of protein found in one serving of oatmeal?

Answer:

2 PopTarts

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Math Facts

200

Nutrition Label



Math Facts

200

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Question:

Which breakfast food gives your body more vitamin A per serving?

Answer:

Oatmeal

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Question:

How many times can you find hidden sugar in PopTarts?

Answer:

5—brown sugar, molasses, corn syrup, dextrose, high fructose corn syrup