



Reading Nutrition Labels – Part 2

DIRECTIONS: Use the nutrition label below from a jar of peanut butter to answer the questions.

Nutrition Facts	
Serving Size 2 Tbsp. (32 g)	
Servings Per Container 16	
Amount Per Serving	
Calories 190	
Calories from Fat 140	
	% Daily Value*
Total Fat 17 g	26%
Saturated Fat 3.5 g	18%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 140 mg	6%
Total Carbohydrates 6 g	2%
Dietary Fiber 2 g	8%
Sugars 3 g	
Protein 7 g	
Iron	2%
Niacin	20%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1. How many tablespoons of peanut butter are in the jar? _____
2. How many calories could you have after a serving of peanut butter if you were following a 2,000-calorie diet? _____
3. What percent of your total calories for the day, on a 2,000-calorie diet, would you use by eating a serving of this peanut butter? _____
4. If swimming burns about 370 calories per hour, how many more calories would you still need to burn after eating a serving of this peanut butter and swimming for half an hour? _____
5. If playing tennis burns about 430 calories per hour, how many more calories would you still need to burn if you ate two servings of peanut butter and played tennis for half an hour? _____

Does this look like a good food choice based on the nutrition facts? _____

Why or why not? _____