

Name _____



Portion Power

Directions: Read the food label. Calculate the new nutrient amounts when more than one serving is eaten. Show your math when needed.

Product: Cheesy Pita Twists

Serving Size: 8 twists

Calories: 150

Total Fat: 6 g

Sodium: 240 mg

Total Carbohydrates: 18 g

Sugar: 2 g

Protein: 4 g

Calcium: 8 percent daily value

Iron: 6 percent daily value

1. If a student eats **2 servings**, how many **calories** will they consume?
2. How much **total fat** is in **2.5 servings**?
3. A student eats **3 servings** during a movie night. How much **sodium** did they consume?
4. If someone eats **1.5 servings**, how many **grams of carbohydrates** did they eat?
5. How much **protein** is in **4 servings**?
6. If a student wants to stay under **500 calories**, what is the **maximum number of servings** they can eat without going over?
7. A student eats **2 servings** every day for one week. How many **total calories** did they consume from this snack in the week?