

Name _____ Class/Activity Section _____ Date _____

Label Reading Assignment

HONEY WHEAT MUFFIN MIX

<p>Directions</p> <p>Combine mix with:</p> <ul style="list-style-type: none"> 1/3 c. whole milk 1 T. oil 1 egg <p>Stir and pour into prepared muffin tin. Bake 15 minutes at 400°.</p>	<p>Nutrition Facts</p> <p>Serving Size 1 muffin (from 31g mix)</p> <p>Servings Per Container 6</p> <table border="1"> <thead> <tr> <th>Amount Per Serving</th> <th>Mix</th> <th>Prepared</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>123</td> <td>162</td> </tr> <tr> <td>Calories from Fat</td> <td>27</td> <td>54</td> </tr> <tr> <td colspan="3">% Daily Value**</td> </tr> <tr> <td>Total Fat 3g*</td> <td>4%</td> <td>10%</td> </tr> <tr> <td>Saturated Fat 0.5g</td> <td>3%</td> <td>7%</td> </tr> <tr> <td>Trans Fat 0.5g</td> <td></td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> <td>12%</td> </tr> <tr> <td>Sodium 210mg</td> <td>9%</td> <td>9%</td> </tr> <tr> <td>Potassium 15mg</td> <td><1%</td> <td>1%</td> </tr> <tr> <td>Total Carbohydrate 23g</td> <td>8%</td> <td>8%</td> </tr> <tr> <td>Dietary Fiber <1g</td> <td>2%</td> <td>2%</td> </tr> <tr> <td>Sugars 12g</td> <td></td> <td></td> </tr> <tr> <td>Other Carbohydrate 11g</td> <td></td> <td></td> </tr> <tr> <td>Protein 1g</td> <td></td> <td></td> </tr> <tr> <td>Calcium</td> <td>0%</td> <td>2%</td> </tr> <tr> <td>Iron</td> <td>2%</td> <td>2%</td> </tr> </tbody> </table> <p>Not a significant source of vitamin A and vitamin C.</p> <p>*Amount in mix. As prepared, one serving provides 6g fat (1.5g saturated fat; 1.0g trans fat), 35mg cholesterol, 220mg sodium, 45mg potassium, 24g total carbohydrate (12g sugars) and 3g protein.</p> <p>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</p> <table border="1"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Potassium</td> <td></td> <td>3,500mg</td> <td>3,500mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table> <p>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</p> <p>Ingredients: Enriched Wheat Flour, Sugar, Hydrogenated Vegetable Oil (Coconut and/or Palm Kernel), Corn Syrup, Salt, Cellulose Gum, Dextrose, Rice Flour, Artificial Flavor</p>	Amount Per Serving	Mix	Prepared	Calories	123	162	Calories from Fat	27	54	% Daily Value**			Total Fat 3g*	4%	10%	Saturated Fat 0.5g	3%	7%	Trans Fat 0.5g			Cholesterol 0mg	0%	12%	Sodium 210mg	9%	9%	Potassium 15mg	<1%	1%	Total Carbohydrate 23g	8%	8%	Dietary Fiber <1g	2%	2%	Sugars 12g			Other Carbohydrate 11g			Protein 1g			Calcium	0%	2%	Iron	2%	2%		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Potassium		3,500mg	3,500mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
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Look at the muffin mix label and complete the following:

1. What constitutes one serving?
2. Why are there two columns (mix, prepared)?