

# Nutrition Fact Know How!

How Much Vitamin C or Iron does that food provide in MILLIGRAMS?

Does my product meet requirements for the HealthierUS School Challenge?

## Percent Vitamin C

How do I calculate milligrams of Vitamin C from this label?

1. Convert 50% Vitamin C to a decimal:

$$50\% \div 100 = .50$$

2. Multiply .50 by 60\* mg:

\*60 mg is the daily required amount for Vit. C

$$.50 \text{ Vit. C} \times 60 \text{ mg} =$$

30 mg of Vit. C

Nutrition Facts	
Serving Size 1 cup (252g)	
Amount Per Serving	
<b>Calories</b> 355	Calories from Fat 103
% Daily Value*	
<b>Total Fat</b> 11g	18%
Saturated Fat 2g	8%
Trans Fat	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 239mg	10%
<b>Total Carbohydrate</b> 50g	17%
Dietary Fiber 0g	0%
Sugars 50g	
<b>Protein</b> 13g	
Vitamin A 25%	Vitamin C 50%
Calcium 20%	Iron 25%

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

NutritionData.com

## Percent Iron

How do I calculate milligrams of Iron from this label?

1. Convert 25% Iron to a decimal:

$$25\% \div 100 = .25$$

2. Multiply .25 by 18\* mg:

\*18 mg is the daily required amount for Iron

$$.25 \text{ Iron} \times 18 \text{ mg} =$$

4.5 mg of Iron

Don't Forget to Check Serving Size!

