

Carbohydrates? Fats? Proteins? p. 33

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value	
Total Fat 100g	154%
Saturated Fat 9g	46%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	9%
Sugars 0g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

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

Nutrition Facts for 100g of Oil

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrates 81g	27%
Dietary Fiber 0g	0%
Sugars 50g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

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

Nutrition Facts for 100g of Marshmallows

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value	
Total Fat 36g	55%
Saturated Fat 6g	46%
Trans Fat 1g	
Cholesterol 4mg	1%
Sodium 1050mg	44%
Total Carbohydrates 54g	18%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 6g	
Vitamin A 3%	• Vitamin C 0%
Calcium 6%	• Iron 13%

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

Nutrition Facts for 100g of Potato Chips