



Energy Density Activity

Compare the two labels to determine which cereal is lower in nutrient density. Use the calories per serving and the grams per serving to determine this.

Nutrition Facts - Oatmeal	
Serving size 1 cup (234 g)	
Servings per container 16	
Amount per serving	
Calories 145	
Calories from Fat 21	
	% Daily Value
Total Fat 2.3 g	3%
Saturated Fat 0 g	0%
<i>Trans Fat</i> 0 g	
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Total Carbohydrate 25 g	8%
Dietary Fiber 4 g	16%
Sugar 0 g	
Protein 6.1 g	

Nutrition Facts – Low Fat Granola	
Serving size 2/3 cup (55 g)	
Servings per container 9	
Amount per serving	
Calories 220	
Calories from Fat 30	
	% Daily Value
Total Fat 3 g	5%
Saturated Fat 0.5 g	3%
<i>Trans Fat</i> 0 g	
Cholesterol 0 mg	0%
Sodium 150 mg	6%
Total Carbohydrate 45 g	15%
Dietary Fiber 3 g	11%
Sugar 19 g	
Protein 5 g	

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