

OREO® NUTRITION MATH

Created by Mollie Borquist 2003

USE THE TABLE BELOW TO ANSWER THE FOLLOWING QUESTIONS.

Amount Per Serving % Daily Value
regular serving of OREOS is 3 cookies

Calories	160	Fiber	1g	4%
Calories from Fat	60	Sugars	13g	
Total Fat	7g	11%	Protein	2g
Saturated Fat	1.5g	7%	Vitamin A	0%
Cholesterol	0 mg	0%	Vitamin C	0%
Sodium	220 mg	9%	Iron	8%
Carbohydrate	24g	8%	Calcium	0%

IF I ONLY EAT 1 COOKIE, HOW MANY CALORIES WOULD I BE ADDING TO MY DIET?

HOW MANY CALORIES WOULD I ADD IF I ATE 6 COOKIES? A DOZEN?

HOW MANY COOKIES WOULD I HAVE TO EAT TO CONSUME 20% OF MY DAILY REQUIREMENT OF FIBER?

IF 1 BAG OF REGULAR OREO® COOKIES CONTAINS 33 COOKIES AND I ATE THEM ALL, HOW MANY CALORIES WOULD I CONSUME? HOW MANY CARBOHYDRATES WOULD I CONSUME?