

Learn To Read Nutrition Facts Carefully

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the contents. The example below shows the label on a 20-oz. bottle. As you can see, it lists the number of calories in an 8-oz. serving (100) even though the bottle con-

NUTRITION FACTS LABEL	
Serving Size 8 fl. oz.	
Servings Per Container	2.5
Amount per serving	
Calories	100

tains 20 oz. or 2.5 servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100×2.5). You can see that the contents of the entire bottle actually contain 250 calories even though what the label calls a “serving” only contains 100. This shows that you need to look closely at the serving size when comparing the calorie content of different beverages.