

5-1. WHAT ARE YOU EATING?

According to the sample label above, one serving of Cheesy Mac macaroni and cheese contains **15%** of the recommended daily amount of saturated fat that a person should eat.

Nutritionists recommend that a person should have no more than a certain amount of saturated fat each day. One serving of Cheesy Mac has 3 grams (3g) of saturated fat. How many grams of saturated fat should a person eat in one day?

Your Task: With your team, determine how many grams of saturated fat a person should eat each day. Look for more than one way to solve the problem and be ready to explain your reasoning.

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

5-1. WHAT ARE YOU EATING?

According to the sample label above, one serving of Cheesy Mac macaroni and cheese contains **15%** of the recommended daily amount of saturated fat that a person should eat.

Nutritionists recommend that a person should have no more than a certain amount of saturated fat each day. One serving of Cheesy Mac has 3 grams (3g) of saturated fat. How many grams of saturated fat should a person eat in one day?

Your Task: With your team, determine how many grams of saturated fat a person should eat each day. Look for more than one way to solve the problem and be ready to explain your reasoning.

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%