Number 18 - Answers to the questions:

How much do you know about nutrition labels?

1. What is the serving size?

   1 egg or 50 g

2. How many calories in an egg?

   70 calories

3. How many calories in a carton of eggs?

   70 x 12 = 840 calories

4. What percentage of the calories in an egg come from fat?

   45/70 x 100 = 64.3%

5. What is the cholesterol content of an egg? What percent of the recommended daily intake is that?

   An egg contains 215 mg of cholesterol.
   This is 71% of the recommended daily intake.

6. How much dietary fiber in an egg?

   Eggs are not a significant source of dietary fiber.

Foods that are low in cholesterol, are also low in fat. True or false?

False. Foods that are low in cholesterol aren't always low in fat. Vegetable oil does not contain any dietary cholesterol, but is 100% fat. Fruits and vegetables are generally low in fat and contain no dietary cholesterol.