

Oreo® Nutrition Math

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<http://peoria.k12.il.us/merlins%5Fcastle/MerlinsMenu.html>

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%

1. If I only eat 1 cookie, how many calories would I be adding to my diet?
2. How many calories would I add if I ate 6 cookies? A dozen?
3. How many Carbohydrates would I add if I ate 6 cookies? A dozen?
- 4a. How many cookies would I have to eat to consume 20% of my daily requirement of fiber?
- 4b. How many calories would that be?
5. If I ate 6 Oreo® cookies would I consume 500 mg of sodium? Why or why not?
6. If 1 bag of regular Oreo® cookies contains 51 cookies and I ate them all, how many calories would I consume? How many carbohydrates would I consume?