

"GO GET THE FACTS" - PRACTICE DRILL

Fill in the Nutritional Facts for six of your favorite Carbohydrate foods, and see what nutrients are in the foods you choose to eat! The Nutritional Facts information can be found on the food packaging.

NUTRITIONAL FACTS

Mg/Grams % Daily Values

FOOD NAME

TOTAL FAT

SODIUM

TOTAL CARBOHYDRATE

FIBER

SUGARS

PROTEIN

VITAMINS

MINERALS

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