

"GO GET THE FACTS" - PRACTICE DRILL

Fill in the Nutritional Facts for six of your favorite Protein & Fat foods, and see what nutrients are in the foods you choose to eat! The Nutritional Fact 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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