

## Product #1

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

How many servings are in the package? \_\_\_\_\_

How much added sugars does the product contain in each serving? \_\_\_\_\_

Is this product high in added sugars? \_\_\_\_\_

Which other nutrients is this product a good source of? (A food is a good source of a nutrient if it has 10% or more daily value.)



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## Product #2

Nutrition Facts	
1 serving per package	
<b>Serving size</b>	6 crackers (39g)
<b>Amount per serving</b>	
<b>Calories</b>	190
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 330g	14%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 1g	5%
Total Sugars 3g	
Includes 3g Added Sugars	6%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 27mg	1%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

How many servings are in the package? \_\_\_\_\_

How much sodium does the product contain in each serving? \_\_\_\_\_

Is this product high in added sugars? \_\_\_\_\_

Which other nutrients is this product a good source of? (A food is a good source of a nutrient if it has 10% or more daily value.)



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## Product #3

Nutrition Facts	
1 serving per package	
<b>Serving size</b>	6 ounces (170 g)
<b>Amount per serving</b>	
<b>Calories</b>	100
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 18g	
Vitamin D 0mcg	0%
<b>Calcium</b> 187mg	20%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

How many servings are in the package? \_\_\_\_\_

How much sodium does the product contain in each serving? \_\_\_\_\_

Is this product high in added sugars? \_\_\_\_\_

Which other nutrients is this product a good source of? (A food is a good source of a nutrient if it has 10% or more daily value.)



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