|  |  |  |
| --- | --- | --- |
| *Food:* | *Food:* | *Food:* |
| **NUTRITION FACTS** | **NUTRITION FACTS** | **NUTRITION FACTS** |
| Serving size  Servings per container | Serving size  Servings per container | Serving size  Servings per container |
| Amount per serving: | Amount per serving: | Amount per serving: |
| Calories | Calories | Calories |
| **Total Fat--**  Saturated-------------------  *Trans* fat---------------------  Unsaturated---------------  Polyunsaturated-------  Monounsaturated------ | **Total Fat--**  Saturated-------------------  *Trans* fat---------------------  Unsaturated---------------  Polyunsaturated-------  Monounsaturated------ | **Total Fat--**  Saturated-------------------  *Trans* fat---------------------  Unsaturated---------------  Polyunsaturated-------  Monounsaturated------ |
| Cholesterol | Cholesterol | Cholesterol |
| Sodium | Sodium | Sodium |
| Potassium | Potassium | Potassium |
| Total Carbohydrates  Dietary Fiber  Sugars  Other Carbohydrates | Total Carbohydrates  Dietary Fiber  Sugars  Other Carbohydrates | Total Carbohydrates  Dietary Fiber  Sugars  Other Carbohydrates |
| **Proteins** | **Proteins** | **Proteins** |
| Vitamin A | Vitamin A | Vitamin A |
| Vitamin C | Vitamin C | Vitamin C |
| Calcium | Calcium | Calcium |
| Iron | Iron | Iron |
| Vitamin D | Vitamin D | Vitamin D |
| Thiamin | Thiamin | Thiamin |
| Riboflavin | Riboflavin | Riboflavin |
| Niacin | Niacin | Niacin |
| Vitamin B6 | Vitamin B6 | Vitamin B6 |
| Folic Acid | Folic Acid | Folic Acid |
| Vitamin B12 | Vitamin B12 | Vitamin B12 |
| Phosphorus | Phosphorus | Phosphorus |
| Magnesium | Magnesium | Magnesium |

On the back explain which food is good and which food is bad for you and why?