

Cut out the pieces of the nutrition facts puzzle and reassemble it correctly on the left side of the *inside* of the folded paper. You may use a nutrition facts label in your home to help you.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

Amount Per Serving	
Calories 250	Calories from Fat 110

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	

Get enough of these nutrients.

Limit these nutrients.

How many servings are in this container?

How many calories are there?

What percent of your daily value is the nutrient?

5% is a low amount
20% is a high amount

Glue the rectangles above to the right side of the the folded paper. Draw a line from each box to the appropriate area on the nutrition facts label. The colors of the boxes will help you draw your lines to the correct areas of the label.

Glue your nutrition facts label on the inside of this “foldable”. You may want to color or decorate the outside.

	<p><i>NUTRITION</i></p> <p><i>FACTS</i></p> <p><i>LABEL</i></p>
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