

How Do You Know What You're Eating?



Nutrition Labels on the Box!

Nutrition Facts	
Serving Size 3/4 cup	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	2%
Vitamin A 10%	Vitamin C 10%
Calcium 10%	Iron 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Additional Serving Size
Recommendations

Nutrition Facts	
Serving Size 31 grams	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 0mg	0%

Websites to Help You

[Calorie King](#)

[My Fitness Pal](#)

[WebMD](#)



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Nutrition Tracker

	Description of Food/ Beverage	Servings	Total Fat (g)	Protein (g)	Calcium (mg)	Fiber (g)	Sodium (mg)	Sugar (g)	Vitamin C (%)	Iron (%)
Example	2% Milk	1 (1 cup)	5g	8.1g	285.5mg (.2855 g)	0	100mg (.100g)	12.3g	0 %	0%
	Banana	2	0.3x2= 0.6	1x2=2	NA	4x2=8	0x2=0	21x2=42	17%x2=34%	1%x2=2%
	Cinnamon Toast Crunch	1 (¾ cup)	3g	1g	31g	2	220mg	10g	10%	25%
Meal 1										
Meal 2										
Meal 3										
	TOTAL	XXXXXX X								