

## NUTRITION PROJECT 1

1. SUBMIT SIX FOOD LABELS FROM ONE DAY'S MEALS.

ON THE ATTACHED SHEETS:

2. TOTAL IN GRAMS EACH OF THE FOLLOWING NUTRIENTS:  
CARBOHYDRATES, FATS, PROTEINS
3. CALCULATE THE TOTAL CALORIES OF EACH GROUP.
4. TOTAL THE MILLIGRAMS OF CHOLESTEROL.
5. TOTAL THE MILLIGRAMS OF SODIUM.













GRAMS

CALORIES

Carbohydrates:


TOTAL: \_\_\_\_\_

Fats:


TOTAL: \_\_\_\_\_

Proteins:


TOTAL: \_\_\_\_\_

TOTAL MILLIGRAMS OF CHOLESTEROL:

FOOD SOURCE	MILLIGRAMS
	TOTAL: _____

TOTAL MILLIGRAMS OF SODIUM:

FOOD SOURCE	MILLIGRAMS
	TOTAL: _____