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| **Activity 2.2.2: Nutritional Terms Chart**  |

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| Category | Definition | Importance |
| **Serving Size** |  |  |
| **Calories** |  |  |
| **Total Fat** |  |  |
| **Unsaturated Fat** |  |  |
| **Saturated fat** |  |  |
| **Trans Fats** |  |  |
| **Cholesterol** |  |  |
| **Sodium** |  |  |
| **Carbohydrates** |  |  |
| **Fiber** |  |  |
| **Sugar** |  |  |
| **Protein** |  |  |
| Minerals\** Calcium
* Iron
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| Vitamins\** Vitamin A
* Vitamin C
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\* Foods contain other important minerals and vitamins. The most common vitamins and minerals displayed on food labels have been included for this activity.