

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

|  |  |  |
| --- | --- | --- |
| Category | Definition | Importance |
| **Serving Size** |  |  |
| **Calories** |  |  |
| **Total Fat** |  |  |
| **Unsaturated Fat** |  |  |
| **Saturated fat** |  |  |
| **Trans Fats** |  |  |
| **Cholesterol** |  |  |
| **Sodium** |  |  |
| **Carbohydrates** |  |  |
| **Fiber** |  |  |
| **Sugar** |  |  |
| **Protein** |  |  |
| Minerals\*   * Calcium * Iron |  |  |
| Vitamins\*   * Vitamin A * Vitamin C |  |  |

\* Foods contain other important minerals and vitamins. The most common vitamins and minerals displayed on food labels have been included for this activity.