

Name \_\_\_\_\_

## Nutrient Search

Directions: Use the Nutrition Facts Labels from the cereal, snacks or packaged snacks from the cafeteria. List the names of the 4 foods in the first table and fill in the % Daily Value for fat, vitamin A, vitamin C, calcium and iron for one serving of the food. If the food item does not have one of the nutrients, put a zero in that column.

	% Daily Value				
Name of Food	Fat	Vitamin A	Vitamin C	Calcium	Iron

Complete the following charts using information from the chart above

	% Daily Value				
For 3 servings	Fat	Vitamin A	Vitamin C	Calcium	Iron

	% Daily Value				
For 4 servings	Fat	Vitamin A	Vitamin C	Calcium	Iron

	% Daily Value				
For 6 servings	Fat	Vitamin A	Vitamin C	Calcium	Iron