Nutrition take home assignment Name:

1. In your home or at a store, find 5 food items that have labels and fill out the following table with the amounts on the label

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| --- | --- | --- | --- | --- | --- |
| Food item | Protein | Carb/Sugar | Fat/Lipid | Vit A/B/C/D | Iron/Calcium |
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|  |  |  |  |  |  |

1. For each of the items chosen above, write down the first 5 ingredients from the label. (if there are 5 ingredients)

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| --- | --- |
| Food item | Ingredients |
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