



## Nutrition Facts Worksheet

**NAME:** \_\_\_\_\_

( ) Nutrition Facts	Serving Size ( )	Percent Daily Values*
Calories		
Total Fat		
Cholesterol		
Sodium		
Total Carbohydrates		
Dietary Fiber		
Sugars		
Protein		
Vitamin A		
Vitamin C		
Vitamin B6		
Calcium		
Iron		
Folic Acid		
Potassium		
Selenium		
Zinc		
*Percent (%) Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		