

## **NUTRIENTS TO ADDRESS? THINK: FOOD LABEL.**

- \***KCALs** (and comparison)
- \***g fat** (and comparison)
- \***g saturated fat** (and comparison)
- \***g trans fat**
- \***g cholesterol** (and comparison)
- \***mg sodium** (and comparison)
- \***g CHO** (and comparison)
- \***g dietary fiber** (and comparison)
- \***g protein** (and comparison)
- \***mg folacin** (and comparison)
- \***Vitamins A and C** (and comparison)
- \***Calcium and Iron** (and comparison)
  
- \***Ratios & Percents Calories from Fat, CHO, Protein**  
(with comparison to your client)