

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

- \*KCALs** (and comparison)
- \*g fat** (and comparison)
- \*g saturated fat** (and comparison)
- \*g trans fat**
- \*mg 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)