

READ YOUR LABELS - It might surprise you!

Name: _____

Date: _____

Each day during the next two weeks check the label of something you eat and record the following information. Try to find some items that read high in various categories. Everyone that records at least ten items will be entered in our prize drawing.

<u>FOOD ITEM</u>	<u>SERVING SIZE</u>	<u>CALORIES</u>	<u>FAT</u>	<u>SODIUM</u>	<u>FIBER ☺</u>
_____	_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Name (for Prize drawing): _____

Thank you for participating!