

Nutrition Math

EDCI 415 & EDCI 521

La Sierra University • School of Education

1	2	3	4	4a	4b	4c	4d	5	6	7	8	8a	8ai	8b	8c	9

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Legend:

1. Food name
2. Serving size
3. Calories
4. Total fat
 - a. Saturated fat
 - b. Trans fat
 - c. Polyunsaturated
 - d. Monounsaturate
5. Cholesterol
6. Sodium
7. Potassium
8. Total carbohydrate
 - a. Dietary fiber
 - i. Soluble fiber
 - b. Sugars
 - c. Other carbohydrate
9. Protein