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Dietary fiber, vitamin D, calcium, iron and potassium are nutrients on the label that Americans generally do not get the recommended amount of. They are identified as nutrients to get more of....



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How to Understand and Use the Nutrition Facts Label | FDA

The main types include, vitamin A, vitamin C, calcium, and iron. Vitamin D and potassium also are important. Talk to your doctor about what vitamins and minerals

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you need and how much. Others nutrients are bad for you and should be eaten less.

Nutrition: How to Read a Nutrition Facts Label ...

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carbohydrates □ fats □ proteins □  
vitamins □ minerals These  
nutrients, along with fibre and  
water are essential to our bodies.  
Give pupils the opportunity to  
find...

CHECK IT OUT! HEALTH

*Page 40/43*



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The Nutrition Facts label is required by the Food and Drug Administration (FDA) on most packaged foods and beverages. The Nutrition Facts label provides detailed information about a food's nutrient content, such as the amount of fat, sugar, sodium

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and fiber it has.

Nutrition Facts: A guide to food labels - Mayo Clinic

Buy The Complete Guide to Nutrients 7th ed. by Michael Sharon (ISBN: 9781780979045) from Amazon's Book Store.

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