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D, calcium, iron ad  
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nutrients on the label  
that Americans  
generally do not get  
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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  
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and how much.

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proteins □ vitamins □  
minerals These  
nutrients, along with  
fibre and water are  
essential to our  
bodies. Give pupils  
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label is required by

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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 and fiber it has.

**Nutrition Facts: A**

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