

# Reading Labels

## Nutrients

List 15 essential nutrients and the Recommended Dietary Allowance for your gender and age.

source of each.

List the 3 macronutrients and give an example of a *GOOD* source of each.

What are the two types of micronutrients?

group(s) do you

Looking above at the examples of micronutrients, what food think would be the best source of micronutrients?

ts or

Which provide the energy that your body uses, macronutrient or micronutrient?