

Name \_\_\_\_\_



## Nutrient Trackers

**Directions:** Read the food label. Match each **nutrient** to its **job in the body** using the information provided.

**Product:** Berry Power Yogurt Cup

**Serving Size:** 1 cup

**Calories:** 140

**Total Fat:** 2 g

**Sodium:** 95 mg

**Total Carbohydrates:** 22 g

**Sugar:** 14 g

**Protein:** 6 g

**Calcium:** 25 percent daily value

**Vitamin D:** 20 percent daily value

**Fiber:** 3 g

**Potassium:** 10 percent daily value

**Nutrient Match Up:** Write the correct letter next to each number.

\_\_\_\_ 1. Calcium

\_\_\_\_ 2. Protein

\_\_\_\_ 3. Fiber

\_\_\_\_ 4. Vitamin D

\_\_\_\_ 5. Potassium

A. Helps build and repair **muscles**

B. Helps keep **bowels moving and digestion healthy**

C. Helps make **bones and teeth strong**

D. Helps the body **use calcium properly**

E. Helps the **heart and muscles work smoothly**

1. Which nutrient on this label helps most with **strong bones**? How can you tell from the percent Daily Value?
2. Which nutrient would be most helpful after **exercise**? Use the label to explain.
3. Is this yogurt a good choice for **digestive health**? Why or why not?
4. Which nutrient has the **highest percent Daily Value**?
5. Name one reason this yogurt could be a **smart snack choice** for a school day.