# Your Favourite Food

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| --- | --- | --- | --- |
| Food Item: | | Serving Size:  Calories: | |
| Ingredient List: | | Nutritional Facts (per serving) | |
| Top 4 ingredients |  | **Type of** | **Amount per Serving** |
| **Fats:**  Saturated  Trans Fat  Polyunsaturated |  |
| **Carbohydrates:**  Total Sugars  Dietary Fibre |  |
| Any Unknown Ingredients: |  | **Proteins:** |  |
| **Salt:** |  |
| Highest 2  Vitamin / Mineral |  |

# Healthy Alternative

|  |  |  |  |
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| Food Item: | | Serving Size:  Calories: | |
| Ingredient List: | | Nutritional Facts (per serving) | |
| Top 4 ingredients |  | **Type of** | **Amount per Serving** |
| **Fats:**  Saturated  Trans Fat  Polyunsaturated |  |
| **Carbohydrates:**  Total Sugars  Dietary Fibre |  |
| Any Unknown Ingredients: |  | **Proteins:** |  |
| **Salt:** |  |
| Highest 2  Vitamin / Mineral |  |