# Your Favourite Food

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

# Healthy Alternative

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