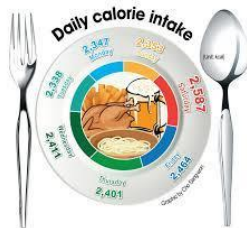


SKILL	Goal Setting	Determine Your Nutritional Needs	Planning Nutritious Diets	Access	Fuel Analysis & Fitness	Measurement & Portion Control/Meal Prep & Planning
CONTENT AREA	<ul style="list-style-type: none"> Setting your intentions Top 20 Foods Your Health Story Leading Causes of Death SMART Goal Setting visual 	<ul style="list-style-type: none"> Basal Metabolic Rate/Daily Caloric Intake Macronutrients ChooseMyPlate The 6 Basic Nutrients Ideal Day 	<ul style="list-style-type: none"> Reading food labels Michi's ladder No No list Vitamins & Mineral/Eat the Rainbow Be the Vitamin, Be the Mineral 	<ul style="list-style-type: none"> Accessing Reliable Nutrition Sources and Info. Disordered Eating Fad Dieting 	<ul style="list-style-type: none"> Digestion Physical Fitness MyFitnessPal project 	<ul style="list-style-type: none"> Combine containers and my plate recommendations Serving Sizes Meal planning and meal prep videos Meal Prep Food Safety



Nutrition Facts	
Serving Size	1 cup (225g)
Servings per container	2
Amount per serving	
Calories 200	Calories from Fat 100
	% Daily Value*
Total Fat 12g	24%
Saturated Fat 3g	6%
Trans Fat 3g	6%
Cholesterol 50mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	62%
Dietary Fiber 5g	10%
Total Sugars 5g	10%
Protein 5g	10%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	40%

