



# Grains & Fiber: Label Reading Activity

As you circulate through the stations write down the name and number of the product, the serving size, the number of dietary fiber grams and the first ingredient listed on the label. Grab a highlighter and sit down when you're finished.

Product Name \_\_\_\_\_ # \_\_\_\_\_

Serving Size \_\_\_\_\_ Dietary Fiber Grams \_\_\_\_\_

First Ingredient \_\_\_\_\_

Product Name \_\_\_\_\_ # \_\_\_\_\_

Serving Size \_\_\_\_\_ Dietary Fiber Grams \_\_\_\_\_

First Ingredient \_\_\_\_\_

Product Name \_\_\_\_\_ # \_\_\_\_\_

Serving Size \_\_\_\_\_ Dietary Fiber Grams \_\_\_\_\_

First Ingredient \_\_\_\_\_

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