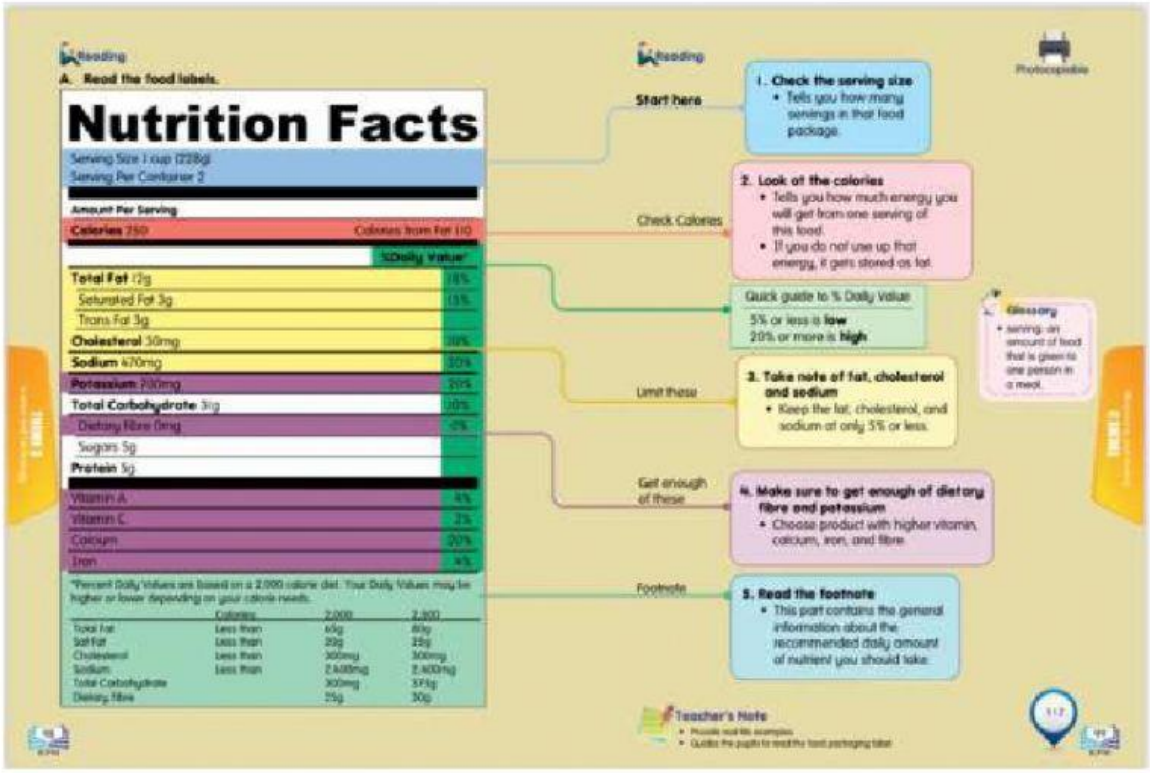
READING

Instructions : Read the notes about Nutrition Facts given. Fill in the blanks using the given number.



1	3	4	5	2

Read the footmate	Check the serving size	Take note of fat, cholesterol and medium
Look at the calories	Make sure to get enough of dietary fibre and potassium	