

FOOD	Based on lab results, which <u>nutrients</u> do <u>each</u> of the foods listed in column 1 have?	Based on the nutrients found in each food, what is the nutritional benefit of each food?
Regular Soda	<input type="checkbox"/> Starch <input type="checkbox"/> Fat/Oil <input type="checkbox"/> Glucose <input type="checkbox"/> Vitamin C <input type="checkbox"/> Protein	
Whole Milk	<input type="checkbox"/> Starch <input type="checkbox"/> Fat/Oil <input type="checkbox"/> Glucose <input type="checkbox"/> Vitamin C <input type="checkbox"/> Protein	
Skim Milk	<input type="checkbox"/> Starch <input type="checkbox"/> Fat/Oil <input type="checkbox"/> Glucose <input type="checkbox"/> Vitamin C <input type="checkbox"/> Protein	
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Based on lab results, which food (s) did not contain any of the nutrients tested?

Write a paragraph:

Describe at least 3 strategies, methods, or tools that could be used when choosing foods to eat so that one can make sure to get the correct amounts of all essential nutrients.