

Food Label Fitness

Nutrition Facts	
Serving Size 2 tbsp. (33g)	
Servings Per Container 7	
Amount Per Serving	
Calories 20	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Sodium 190mg	8%
Total Carbohydrate 2g	1%
Protein 1g	
Vitamin A 2%	• Vitamin C 15%
Iron 10%	• Vitamin B6 20%
Vitamin B12 4%	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, and calcium.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Directions: Choose any food item from your kitchen. Look at the food label. For each item on the label perform the corresponding exercise. For example, if the Total Carbohydrates are 2g you would perform 2 jumping jacks.

Total Fat =

Sodium =

Total Carbohydrates =

Protein =

Push-ups

Ski Jumps (side to side)

Jumping Jacks

Tuck Jumps (knees to stomach)

Bonus

Calories =

Jogging in place (in seconds)