

## 2.2.2 Activity Checklist

1. 2.2.2. Nutritional Terms Chart 2
2. 2.2.2. Highlighted Food Labels Handout 2
3. 2.2.2. Label Analysis Chart 4
4. 2.2.2. Anna Garcia Nutrient Analysis 2
5. 2.2.2. 4 Recommendations for a Diabetic Diet 3  
(in your NB with food label)
6. 2.2.2. Conclusion Questions 2
7. EXTRA CREDIT: USDA *SuperTracker* Report \*7
  - Include 3-day food diary (of what you actually ate)
  - Include *Food Groups and Calorie Report*
  - Include *Nutrients Report*

Total = 15