

# NUTRITION

## Talk

### Week 3: Daily Values Macro/Micro Nutrients

**Objective:** The purpose of this week's tabling is to inform students about the daily values of certain macro and micro nutrients. All of the follow values are **based on a 2000 calorie diet**.

**The activity:** You will have cutouts of cardstock labeled with a macro/micro nutrient (protein, sodium, etc.). There will be a Velcro square where participants can attach the corresponding daily value amount on the nutrient cardstock. Attached is a table with all the correct answers.

Nutrient	Daily Value
Total fat	65 g
Protein	50 g
Carbohydrates	300 g
Fiber	25 g
Sodium	2400 mg
Potassium	3500 mg
Iron	18 mg
Vitamin C	60 mg

**Resources:**

<https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064928.htm>