# **Digital Activity Worksheet:**

#  **Shopping for Macro & Macronutrients**



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## **Shopping List**

For this week’s activity, visit your local grocery store and find ten items you regularly purchase. Log nutrients for those items from the nutrition label. If you select fresh fruits, vegetables, or other products without nutrition labels, search for the nutrients online. After selecting your items, evaluate the nutritional value in relation to what you have determined as healthy nutritional standards earlier in the week.

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| --- | --- | --- | --- | --- | --- | --- |
| **Food Item** | **Protein** | **Fat** | **Carbs** | **Fiber** | **Calories** | **Vitamins & Minerals** |
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## Discussion: