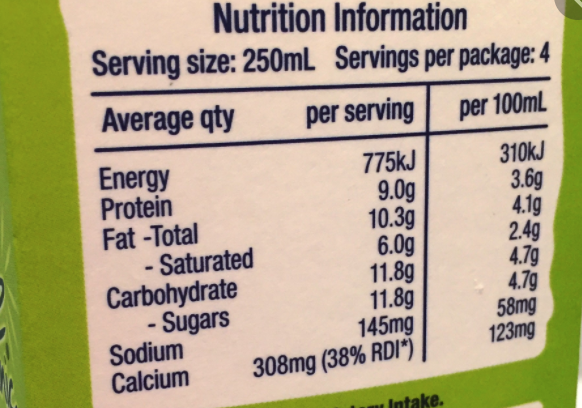


|  |  |
| --- | --- |
| Food Type | Total Amount (on the packet or box) |
|  |  |
|  |  |
|  |  |
|  |  |



Here is an example, so you would add up all of these numbers!