



High in fat, sugar, salt

Task

Use the Nutrition Program to find 5 foods that are listed as high in fat, sugar and salt.

Go to My Recipes.

Create new recipe.

Choose a simple one to do such as Milk 1 portion.

Leave Find ingredient empty.

Choose Show me All Foods and click down to **Food high in Fat.**

List the top 5 ingredients which are high in fat.

High in Total sugars

Choose Show me All Foods and click down to **Food high in Total sugars.**

List the top 5 ingredients which are high in Total sugars.

Total sugars include table sugar and all the other sugars such as lactose, fructose, maltose found in food.

High in salt

Choose Show me All Foods and click down to **Food high in Salt.**

List the top 5 ingredients which are high in salt.

Foods high in	List 5 foods
Fat	1 2 3 4 5
Total sugars	1 2 3 4 5
Salt	1 2 3 4 5