



NutriMirror™

Use this handy form to copy information from nutrition facts labels when you're away from home.

Food name _____	Food name _____	Food name _____
Serving description ¹ _____	Serving description ¹ _____	Serving description ¹ _____
Serving size ² _____ g/ml	Serving size ² _____ g/ml	Serving size ² _____ g/ml
Calories _____	Calories _____	Calories _____
Total fat _____ g	Total fat _____ g	Total fat _____ g
Saturated fat _____ g	Saturated fat _____ g	Saturated fat _____ g
Trans fat _____ g	Trans fat _____ g	Trans fat _____ g
Cholesterol _____ mg	Cholesterol _____ mg	Cholesterol _____ mg
Sodium _____ mg	Sodium _____ mg	Sodium _____ mg
Carbohydrate _____ g	Carbohydrate _____ g	Carbohydrate _____ g
Fiber _____ g	Fiber _____ g	Fiber _____ g
Sugar _____ g	Sugar _____ g	Sugar _____ g
Protein _____ g	Protein _____ g	Protein _____ g
Vitamin A _____ % IU	Vitamin A _____ % IU	Vitamin A _____ % IU
Vitamin C _____ % mg	Vitamin C _____ % mg	Vitamin C _____ % mg
Calcium _____ % mg	Calcium _____ % mg	Calcium _____ % mg
Iron _____ % mg	Iron _____ % mg	Iron _____ % mg
Vitamin D _____ IU mg mcg %	Vitamin D _____ IU mg mcg %	Vitamin D _____ IU mg mcg %
Vitamin E _____ mg IU mcg %	Vitamin E _____ mg IU mcg %	Vitamin E _____ mg IU mcg %
Vitamin K _____ mcg mg %	Vitamin K _____ mcg mg %	Vitamin K _____ mcg mg %
Thiamin _____ mg mcg %	Thiamin _____ mg mcg %	Thiamin _____ mg mcg %
Riboflavin _____ mg mcg %	Riboflavin _____ mg mcg %	Riboflavin _____ mg mcg %
Niacin _____ mg mcg %	Niacin _____ mg mcg %	Niacin _____ mg mcg %
Vitamin B6 _____ mg mcg %	Vitamin B6 _____ mg mcg %	Vitamin B6 _____ mg mcg %
Total folate _____ mcg mg %	Total folate _____ mcg mg %	Total folate _____ mcg mg %
Food folate _____ mcg mg	Food folate _____ mcg mg	Food folate _____ mcg mg
Folic acid _____ mcg mg %	Folic acid _____ mcg mg %	Folic acid _____ mcg mg %
Vitamin B12 _____ mcg mg %	Vitamin B12 _____ mcg mg %	Vitamin B12 _____ mcg mg %
Phosphorus _____ mg mcg %	Phosphorus _____ mg mcg %	Phosphorus _____ mg mcg %
Magnesium _____ mg mcg %	Magnesium _____ mg mcg %	Magnesium _____ mg mcg %
Zinc _____ mg mcg %	Zinc _____ mg mcg %	Zinc _____ mg mcg %
Selenium _____ mcg mg %	Selenium _____ mcg mg %	Selenium _____ mcg mg %
Copper _____ mg mcg %	Copper _____ mg mcg %	Copper _____ mg mcg %
Manganese _____ mg mcg %	Manganese _____ mg mcg %	Manganese _____ mg mcg %
Potassium _____ mg mcg %	Potassium _____ mg mcg %	Potassium _____ mg mcg %

¹ For example: 1 each, 12 pieces, etc.

² The weight of one serving in either grams or milliliters. If the contents of the package is equal to one serving, then the package weight might be found outside of the nutrition facts label, elsewhere on the package.