

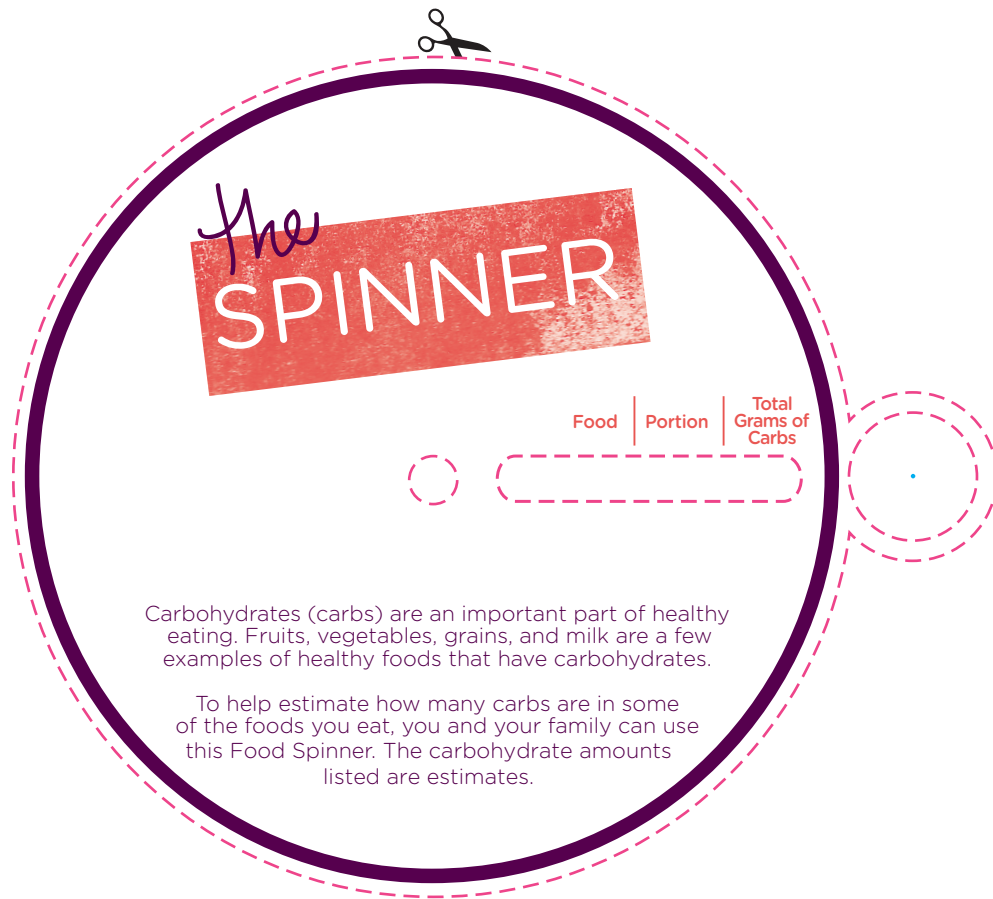


This fun and easy-to-use food spinner is a quick way for you and your family to estimate the total grams of carbohydrates in some favorite foods.

Assembling your food spinner is as easy as **1-2-3**.



Simply cut, paste, and clip the three pieces together. All you need to get started are a pair of **scissors**, **glue**, and a **brass fastener**.



On this page, you'll find Circle 1. This is the top of the food spinner that will reveal a selected food's portion size and carbohydrate count when rotated.

Instructions:

Take your scissors and carefully cut along the dotted lines. Be sure and cut out the windows, where the foods, portion sizes, and carbohydrate counts will be revealed.



On this page, you'll find Circle 2, which contains the information that will be revealed as you rotate Circle 1.

Instructions:

Take your scissors and carefully cut along the dotted line.

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On this page you'll find Circle 3. Circle 3 will form the back of the food spinner.

Instructions:

Once you've cut out all three circles, glue Circle 3 to the back of Circle 2 with the words facing out. Then, punch a hole in the middle of each piece, where indicated, place Circle 1 on top of Circles 2 and 3, and use the brass fastener to clip them together.

That's it. Now you're ready to try out your new food spinner. Simply rotate the top circle until you see the item you're looking for in the food window. Then look to the left to see portion size and carbohydrate count.