

Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

 Saturated Fat 4.5g **22%**

 Trans Fat --g

Cholesterol 20mg **6%**

Sodium 450mg **19%**

Total Carbohydrate 2g **1%**

 Dietary Fiber 0g **0%**

 Sugars 2g

Protein 6g

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

American Cheese, 1 oz.



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

 Saturated Fat 2.5g **13%**

 Trans Fat --g

Cholesterol 15mg **5%**

Sodium 450mg **19%**

Total Carbohydrate 3g **1%**

 Dietary Fiber 0g **0%**

 Sugars 2g

Protein 5g

Vitamin A 6% • Vitamin C 0%

Calcium 15% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

American Cheese, reduced fat, 1 oz.



Nutrition Facts

Serving Size (149g)
Servings Per Container

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 14%

Sugars 15g

Protein 0g

Vitamin A 2% • Vitamin C 10%

Calcium 0% • Iron 0%

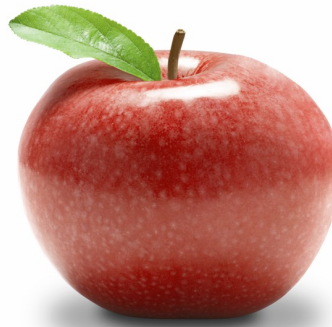
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Apple, small,
2 3/4 inch



Nutrition Facts

Serving Size (122g)
Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 14g 5%

Dietary Fiber 1g 6%

Sugars 12g

Protein 0g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Applesauce, unsweetened,
1/2 cup



Nutrition Facts

Serving Size (89g)
Servings Per Container

Amount Per Serving

Calories 240 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 0g **0%**

 Trans Fat --g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 49g **16%**

 Dietary Fiber 2g **8%**

 Sugars 5g

Protein 9g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Bagel, Cinnamon-Raisin, 4-inch



Nutrition Facts

Serving Size (105g)
Servings Per Container

Amount Per Serving

Calories 290 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **3%**

 Saturated Fat 0g **0%**

 Trans Fat --g

Cholesterol 0mg **0%**

Sodium 560mg **23%**

Total Carbohydrate 56g **19%**

 Dietary Fiber 2g **10%**

 Sugars --g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Bagel, Plain, 4-inch



Nutrition Facts

Serving Size (101g)
Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23g **8%**

 Dietary Fiber 3g **11%**

 Sugars 12g

Protein 1g

Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Banana, small



Nutrition Facts

Serving Size (96g)
Servings Per Container

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 2g **9%**

 Sugars 9g

Protein 1g

Vitamin A 4% • Vitamin C 90%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Orange, small



Nutrition Facts

Serving Size (368g)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 35g **12%**

 Dietary Fiber 0g **0%**

 Sugars 33g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Coca Cola, 12 oz.



Nutrition Facts

Serving Size (392g)
Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 37g **12%**

 Dietary Fiber 0g **0%**

 Sugars 36g

Protein 0g

Vitamin A 0% • Vitamin C 80%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Fruit Punch Drink,
12 oz.



Nutrition Facts

Serving Size (14g)
Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 3g **16%**

 Trans Fat --g

Cholesterol 15mg **5%**

Sodium 45mg **2%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 1g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cream Cheese, 1 Tablespoon



Nutrition Facts

Serving Size (15g)
Servings Per Container

Amount Per Serving

Calories 35 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

 Saturated Fat 1.5g **8%**

 Trans Fat --g

Cholesterol 10mg **3%**

Sodium 45mg **2%**

Total Carbohydrate 1g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cream Cheese, Reduced Fat, 1 Tablespoon



Nutrition Facts

Serving Size (366g)
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 24g **8%**

Dietary Fiber 0g **0%**

Sugars 19g

Protein 0g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Sports Drink, fruit flavor,
12-oz.



Nutrition Facts

Serving Size (170g)
Servings Per Container

Amount Per Serving

Calories 170 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.5g **6%**

Trans Fat --g

Cholesterol 10mg **3%**

Sodium 90mg **4%**

Total Carbohydrate 32g **11%**

Dietary Fiber 0g **0%**

Sugars 32g

Protein 7g

Vitamin A 2% • Vitamin C 2%

Calcium 25% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Yogurt, low fat, fruit-
flavored, 6 oz.



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **11%**

Sugars 1g

Protein 3g

Vitamin A 15% • Vitamin C 10%

Calcium 10% • Iron 50%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

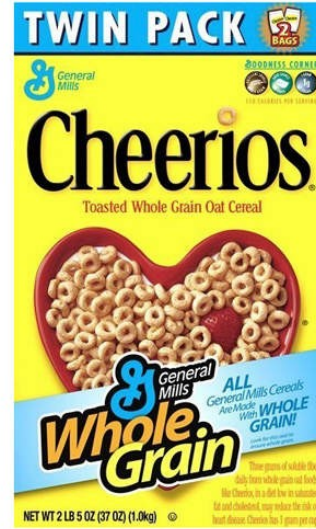
Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cheerios, 1 ounce



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 110 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **5%**

Sugars 12g

Protein 2g

Vitamin A 10% • Vitamin C 10%

Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Apple Cinnamon
Cheerios, 1 ounce



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 5

% Daily Value*

Total Fat 1g **1%**

Saturated Fat --g --%

Trans Fat --g

Cholesterol 0mg **0%**

Sodium 180mg **7%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 3g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Raisin Bran Cereal,
1 oz.



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat --g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 24g **8%**

Dietary Fiber 3g **11%**

Sugars 6g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Frosted Shredded Wheat
Cereal, 1 oz.



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 110 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **7%**

Total Carbohydrate 25g **8%**

 Dietary Fiber less than 1g **4%**

 Sugars 12g

Protein 1g

Vitamin A 10% • Vitamin C 10%

Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Trix Cereal, 1 oz.



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 23g **8%**

 Dietary Fiber 1g **4%**

 Sugars 9g

Protein 1g

Vitamin A 20% • Vitamin C 10%

Calcium 15% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cinnamon Toast Crunch Cereal, 1 oz.



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 22g **7%**

 Dietary Fiber 1g **5%**

 Sugars 11g

Protein 2g

Vitamin A 10% • Vitamin C 10%

Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Reese's Puffs Cereal,
1 oz.



Nutrition Facts

Serving Size (52g)
Servings Per Container

Amount Per Serving

Calories 200 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 1.5g **7%**

 Trans Fat --g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 38g **13%**

 Dietary Fiber less than 1g **2%**

 Sugars 20g

Protein 2g

Vitamin A 10% • Vitamin C 0%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Frosted Strawberry
Pop Tart, 1 piece



Nutrition Facts

Serving Size (25g)
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 5

% Daily Value*

Total Fat 1g **1%**
Saturated Fat 0g **0%**
Trans Fat --g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 13g **4%**

Dietary Fiber less than 1g **2%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

White Bread, 1 slice



Nutrition Facts

Serving Size (26g)
Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Whole Wheat Bread, 1 slice



Nutrition Facts

Serving Size (32g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3.5g	17%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Peanut Butter, creamy, 2 Tablespoons



Nutrition Facts

Serving Size (20g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Grape Jelly, 1 Tablespoon



Nutrition Facts

Serving Size (61g)
Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 215mg **72%**

Sodium 170mg **7%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 7g

Vitamin A 6% • Vitamin C 0%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Egg, scrambled, 1 egg



Nutrition Facts

Serving Size (50g)
Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat --g

Cholesterol 210mg **71%**

Sodium 60mg **3%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 6g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Egg, hard boiled, 1 egg



Nutrition Facts

Serving Size (177g)
Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 21g **7%**

 Dietary Fiber 3g **12%**

 Sugars 1g

Protein 4g

Vitamin A 20% • Vitamin C 0%

Calcium 15% • Iron 60%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Oatmeal, instant plain,
1 packet, cooked



Nutrition Facts

Serving Size (149g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 0g **0%**

 Trans Fat --g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 26g **9%**

 Dietary Fiber 3g **11%**

 Sugars 12g

Protein 3g

Vitamin A 20% • Vitamin C 0%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Oatmeal, instant
apple cinnamon,
1 packet, cooked



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 150 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

 Saturated Fat 4g **19%**

 Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 650mg **27%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Bacon, 1 ounce (about 3 slices), cooked



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

 Saturated Fat 1.5g **7%**

 Trans Fat --g

Cholesterol 25mg **9%**

Sodium 340mg **14%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Turkey Bacon, 1 ounce



Nutrition Facts

Serving Size (234g)
Servings Per Container

Amount Per Serving

Calories 170 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

 Saturated Fat 0.5g **4%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 4g **16%**

 Sugars 1g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Oatmeal, Plain,
1 cup cooked



Nutrition Facts

Serving Size (121g)
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat --g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **5%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

White Corn Grits,
1/2 cup cooked



Nutrition Facts	
Serving Size (28g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat --g	
Cholesterol 30mg	9%
Sodium 150mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pork Sausage Link, 1 ounce



Nutrition Facts	
Serving Size (28g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat --g	
Cholesterol 30mg	9%
Sodium 150mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pork Sausage Patty, 1 ounce



Nutrition Facts

Serving Size (145g)
Servings Per Container

Amount Per Serving

Calories 440 Calories from Fat 240

% Daily Value*

Total Fat 26g **40%**

Saturated Fat 8g **40%**

Trans Fat 5g

Cholesterol 245mg **82%**

Sodium 1260mg **52%**

Total Carbohydrate 33g **11%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 20g

Vitamin A 10% • Vitamin C 6%

Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Bacon, Egg, & Cheese Biscuit (fast food)



Nutrition Facts

Serving Size (28g)
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 1g **5%**

 Trans Fat --g

Cholesterol 45mg **15%**

Sodium 170mg **7%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Turkey Sausage Link, 1 link



Nutrition Facts

Serving Size (60g)
Servings Per Container

Amount Per Serving

Calories 210 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 2.5g **13%**

 Trans Fat --g

Cholesterol 0mg **0%**

Sodium 350mg **14%**

Total Carbohydrate 27g **9%**

 Dietary Fiber less than 1g **4%**

 Sugars 1g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Buttermilk Biscuit, 2.5 inch



Nutrition Facts

Serving Size (221g)
Servings Per Container

Amount Per Serving

Calories 600 Calories from Fat 160

% Daily Value*

Total Fat 18g **27%**

 Saturated Fat 2g **9%**

 Trans Fat 4g

Cholesterol 20mg **7%**

Sodium 630mg **26%**

Total Carbohydrate 102g **34%**

 Dietary Fiber 2g **8%**

 Sugars 45g

Protein 9g

Vitamin A 10% • Vitamin C 0%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Pancakes with 2 margarines & syrup— McDonald's



Nutrition Facts

Serving Size (50g)
Servings Per Container

Amount Per Serving

Calories 110 Calories from Fat 25

% Daily Value*

Total Fat 3g **4%**

 Saturated Fat 0.5g **3%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 180mg **7%**

Total Carbohydrate 19g **6%**

 Dietary Fiber less than 1g **3%**

 Sugars 4g

Protein 3g

Vitamin A 0% • Vitamin C --%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Pancake, 1, plain, McDonald's



Nutrition Facts

Serving Size (77g)
Servings Per Container

Amount Per Serving

Calories 170 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

 Saturated Fat 1.5g **7%**

 Trans Fat --g

Cholesterol 45mg **15%**

Sodium 400mg **17%**

Total Carbohydrate 22g **7%**

 Dietary Fiber less than 1g **2%**

 Sugars --g

Protein 5g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Buttermilk Pancake, 6-inch



Nutrition Facts

Serving Size (77g)
Servings Per Container

Amount Per Serving

Calories 170 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

 Saturated Fat 1.5g **8%**

 Trans Fat --g

Cholesterol 45mg **14%**

Sodium 320mg **13%**

Total Carbohydrate 22g **7%**

 Dietary Fiber less than 1g **4%**

 Sugars --g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Blueberry Pancake, 6-inch



Nutrition Facts

Serving Size (33g)
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

 Saturated Fat 1g **4%**

 Trans Fat --g

Cholesterol 5mg **1%**

Sodium 230mg **10%**

Total Carbohydrate 16g **5%**

 Dietary Fiber less than 1g **3%**

 Sugars 1g

Protein 2g

Vitamin A 10% • Vitamin C 0%

Calcium 10% • Iron 10%

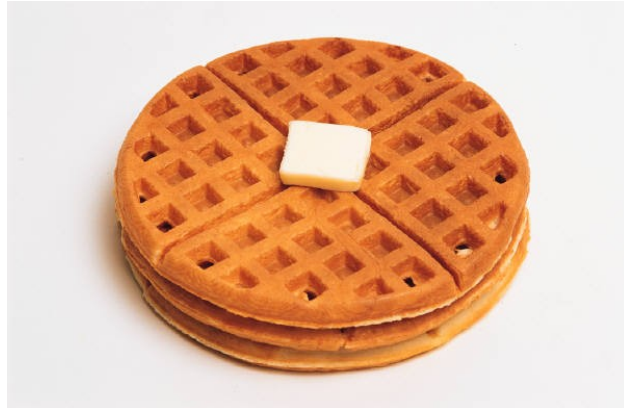
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Waffle, 4-inch,
Toasted from frozen



Nutrition Facts

Serving Size (40g)
Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 25g **8%**

 Dietary Fiber 0g **0%**

 Sugars 9g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Pancake Syrup,
2 Tablespoons



Nutrition Facts

Serving Size (4.5g)
Servings Per Container

Amount Per Serving

Calories 35 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **6%**

 Saturated Fat 0.5g **3%**

 Trans Fat 0.5g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 0g

Vitamin A 4% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Soft Margarine,
1 tsp.



Nutrition Facts

Serving Size (4.5g)
Servings Per Container

Amount Per Serving

Calories 35 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

 Saturated Fat 2.5g **12%**

 Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 25mg **1%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 0g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Butter, salted, 1 tsp.



Nutrition Facts

Serving Size (35g)
Servings Per Container

Amount Per Serving

Calories 180 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 4g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 25g **8%**

Dietary Fiber 1g **4%**

Sugars 6g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Glazed Doughnut, 1



Nutrition Facts

Serving Size (64g)
Servings Per Container

Amount Per Serving

Calories 210 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 4g

Cholesterol 0mg **0%**

Sodium 280mg **12%**

Total Carbohydrate 32g **11%**

Dietary Fiber 1g **4%**

Sugars 14g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Jelly Doughnut, 1



Nutrition Facts

Serving Size (39g)
Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

 Saturated Fat 2g **9%**

 Trans Fat --g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 11g **4%**

 Dietary Fiber less than 1g **3%**

 Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Hash Browns, 1/2 cup cooked



Nutrition Facts

Serving Size (53g)
Servings Per Container

Amount Per Serving

Calories 140 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 1.5g **8%**

 Trans Fat 2g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 13g **4%**

 Dietary Fiber 2g **7%**

 Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Hash Browns, fast food, 1 serving



Nutrition Facts

Serving Size (244g)
Servings Per Container

Amount Per Serving

Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

 Saturated Fat 4.5g **23%**

 Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 100mg **4%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 0g **0%**

 Sugars 11g

Protein 8g

Vitamin A 4% • Vitamin C 0%

Calcium 30% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Whole Milk, 1 cup



Nutrition Facts

Serving Size (244g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 45

% Daily Value*

Total Fat 5g **7%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 100mg **4%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 0g **0%**

 Sugars 11g

Protein 8g

Vitamin A 10% • Vitamin C 0%

Calcium 30% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

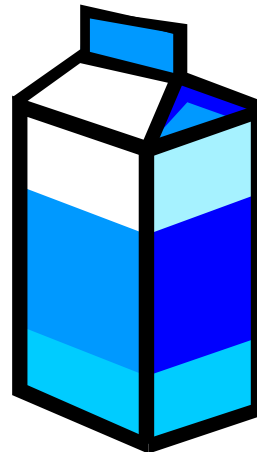
Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2% Reduced Fat Milk, 1 cup



Nutrition Facts

Serving Size (244g)
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**
Saturated Fat 1.5g **8%**
Trans Fat 0g

Cholesterol 10mg **4%**

Sodium 105mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**
Sugars 12g

Protein 8g

Vitamin A 10% • Vitamin C 0%

Calcium 30% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1% Light Milk, 1 cup



Nutrition Facts

Serving Size (245g)
Servings Per Container

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 105mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**
Sugars 12g

Protein 8g

Vitamin A 10% • Vitamin C 0%

Calcium 30% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Fat Free Skim Milk, 1 cup



Nutrition Facts

Serving Size (20g)
Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 12g **4%**

 Dietary Fiber --g --%

 Sugars 10g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Chocolate Syrup, 1 Tablespoon



Nutrition Facts

Serving Size (20g)
Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 13g **4%**

 Dietary Fiber --g --%

 Sugars 13g

Protein 0g

Vitamin A --% • Vitamin C --%

Calcium --% • Iron --%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Strawberry Syrup, 1 Tablespoon



Nutrition Facts

Serving Size (125g)
Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat --g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars --g

Protein 1g

Vitamin A 2% • Vitamin C 70%

Calcium 20% • Iron 2%

*Percent Daily Values are based on a 2,000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Orange Juice with Calcium & Vitamin D, 1/2 cup



Nutrition Facts

Serving Size (125g)
Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars --g

Protein 1g

Vitamin A 2% • Vitamin C 70%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Orange Juice, 1/2 cup



Nutrition Facts

Serving Size (107g)
Servings Per Container

Amount Per Serving

Calories 370 Calories from Fat 170

% Daily Value*

Total Fat 19g **29%**

 Saturated Fat 4.5g **21%**

 Trans Fat --g

Cholesterol 0mg **0%**

Sodium 460mg **19%**

Total Carbohydrate 44g **15%**

 Dietary Fiber 1g **6%**

 Sugars 11g

Protein 6g

Vitamin A --% • Vitamin C 0%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

French Toast Sticks, 5 pieces, fast food



Nutrition Facts

Serving Size (124g)
Servings Per Container

Amount Per Serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 14g **5%**

 Dietary Fiber 0g **0%**

 Sugars 14g

Protein 0g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Apple Juice, Unsweetened, 1/2 cup



