Serving Size (28g)

Servings Per Containe	er
Amount Per Serving  Calories 90 Calori	ies from Fat 60
	% Daily Value
Total Fat 7g	11%
Saturated Fat 4.5g	22%
Trans Fatg	
Cholesterol 20mg	6%
Sodium 450mg	19%
Total Carbohydrate	2g <b>1</b> %
Dietary Fiber 0g	0%
Sugars 2g	
Protein 6g	
Vitamin A 4% •	Vitamin C 0%
Calcium 15% •	Iron 2%
*Percent Daily Values are be calorie diet. Your daily value or lower depending on your Calories: 2	es may be higher
Total Fat Less than 2 Saturated Fat Less than 2 Cholesterol Less than 3 Sodium Less than 2 Total Carbohydrate 3	85g 80g 20g 25g 300mg 300mg
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	Calc	ries fror	n Fat 35	
		% Da	aily Value*	
Total Fat 4g			6%	
Saturated F	at 2.5g		13%	
Trans Fat -	-g			
Cholesterol	15mg		5%	
Sodium 450	Sodium 450mg 19%			
Total Carbo	hydrate	3g	1%	
Dietary Fibe	er 0g		0%	
Sugars 2g				
Protein 5g				
Vitamin A 6%	,	\/itom	nin C 0%	
Calcium 15%	•	Iron C	)%	
*Percent Daily V calorie diet. You or lower dependi	r daily valເ ing on yoເ	ies may b	e higher	
Total Fat I Saturated Fat I Cholesterol I	ess than ess than ess than ess than	65g 20g 300mg	80g 25g 300mg	

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

# American Cheese, reduced fat, 1 oz.



Haulu	VI.		CLS	
Serving Size (149g)				
Servings Per Container				
Amount Per Servir	ng			
Calories 80	Ca	lories fr	om Fat 0	
		% D	aily Value*	
Total Fat 0g			0%	
Saturated Fat	0g		0%	
Trans Fat 0g				
Cholesterol On	ng		0%	
Sodium 0mg			0%	
Total Carbohy	Total Carbohydrate 21g 7%			
Dietary Fiber	4g		14%	
Sugars 15g				
Protein 0g				
Vitamin A 2%	•	Vitami	n C 10%	
Calcium 0%	•	Iron 09	<del>//</del> //////////////////////////////////	
*Percent Daily Valu calorie diet. Your da or lower depending Cal	aily val	ues may b	e higher	
Total Fat Les Saturated Fat Les Cholesterol Les	s than	65g 20g 300mg	80g 25g 300mg	

# Apple, small, 2 3/4 inch



#### **Nutrition Facts**

Fat 9 • Carbohydrate 4 • Protein 4

Serving Size (122g) Servings Per Container

Amount Per Serving				
Calories 50	Ca	lories fro	om Fat 0	
% Daily Value*				
Total Fat 0g			0%	
Saturated F	at 0g		0%	
Trans Fat 0	)g			
Cholesterol	0mg		0%	
Sodium 0mg	]		0%	
Total Carbo	hydrate	14g	5%	
Dietary Fib	er 1g		6%	
Sugars 12g	 ]			
Protein 0g				
Vitamin A 0%	h •	Vitam	in C 2%	
Calcium 0%	•	Iron C		
*Percent Daily V calorie diet. You or lower depend	r daily valເ ing on yoເ	ies may b	e higher	
Saturated Fat I Cholesterol	Less than Less than	20g 300mg	80g 25g 300mg 2,400mg 375g 30g	

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

# Applesauce, unsweetened, 1/2 cup



Serving Size (89g) Servings Per Contai	ner
Amount Per Serving	
	ories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fatg	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate	e 49g 16%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 9g	
- J	
Vitamin A 2% •	Vitamin C 2%
Calcium 2% •	Iron 20%
*Percent Daily Values are calorie diet. Your daily val or lower depending on you Calories:	ues may be higher ur calorie needs:
Total Fat Less than Saturated Fat Less than Cholesterol Less than	65g 80g 20g 25g

### Bagel, Cinnamon-Raisin, 4-inch



### **Nutrition Facts**

Serving Size (105g)

Amount Per Serving  Calories 290 Calories from Fat 15				
Guiories 20	o out		aily Value*	
Total Fat 1.	5g		3%	
Saturated	Fat 0a		0%	
Trans Fat				
Cholestero			0%	
Sodium 560			23%	
Total Carbo		e 56a	19%	
Dietary Fil			10%	
Sugarsg				
Protein 11g				
Vitamin A 0	•		nin C 0%	
Calcium 2%	•	Iron 2	20%	
*Percent Daily calorie diet. You or lower dependent	ur daily val	ues may b ır calorie r	e higher	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd Dietary Fiber Calories per gra	Less than Less than rate	20g	80g 25g 300mg 2,400mg 375g 30g	

### Bagel, Plain, 4-inch



Serving Size (101g) Servings Per Container

Amount Per Servin	g	
Calories 90	Calories from	m Fat 0
	% Dai	ly Value*
Total Fat 0g		0%
Saturated Fat	0g	0%
Trans Fat 0g		
Cholesterol 0m	ng	0%
Sodium 0mg		0%
Total Carbohy	drate 23g	8%
Dietary Fiber 3	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 Carbohyd	rate	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

oci vingo i c	Oorital		
Amount Per Se	erving		
Calories 45	Ca	lories fro	om Fat C
		% Da	aily Value
Total Fat 0	9		0%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholestero	l 0mg		0%
Sodium 0m	ıg		0%
Total Carbohydrate 11g 4%			
Dietary Fiber 2g 9%			
Sugars 9g			
Protein 1g			
Vitamin A 4	% •	Vitamii	n C 90%
Calcium 4%	•	Iron 09	%
*Percent Daily calorie diet. Yo or lower depen	ur daily val	ues may b	e higher
Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

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

Dietary Fiber

## Orange, small



Serving Size (368g) Servings Per Container

Amount Per Serving	g	
Calories 140	Calories fro	m Fat 0
	% Dai	ly Value*
Total Fat 0g		0%
Saturated Fat	0g	0%
Trans Fat 0g		
Cholesterol 0m	ng	0%
Sodium 15mg		1%
Total Carbohy	drate 35g	12%
Dietary Fiber 0	)g	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		25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	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	g	
Calories 150	Calories fror	n Fat 0
	% Dail	y Value*
Total Fat 0g		0%
Saturated Fat	0g	0%
Trans Fat 0g		
Cholesterol 0m	ng	0%
Sodium 25mg		1%
Total Carbohy	drate 37g	12%
Dietary Fiber 0	)g	0%
Sugars 36g		
Protein 0g		
Vitamin A 0%	<ul> <li>Vitamin</li> </ul>	C 80%

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

Iron 2%

	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 Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	am:		

Calcium 6%

Fat 9 • Carbohydrate 4 • Protein 4

### Fruit Punch Drink, 12 oz.



Serving Size Servings Pe	٠ ٠,	ner	
Amount Per Se		ries fror	n Fat 45
		% Da	aily Value*
Total Fat 5g	9		8%
Saturated	Fat 3g		16%
Trans Fat	g		
Cholestero	I 15mg		5%
Sodium 45r	ng		2%
Total Carbo	hydrate	e 0g	0%
Dietary Fib	er 0g		0%
Sugars 0g			
Protein 1g			
Vitamin A 49	% •	Vitam	in C 0%
Calcium 2%	•	Iron C	)%
*Percent Daily \calorie diet. You or lower depend	ır daily valı	ues may b ır calorie r	e higher
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydi	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

# Cream Cheese, 1 Tablespoon



### **Nutrition Facts**

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

Serving Size (15g)

Total Fat

Total Carbohydrate

Dietary Fiber Sodium

Total Carbohydrate Dietary Fiber

Calories 35	Cal	ories fro	om Fa	at 25
		% I	Daily V	'alue*
Total Fat 2.5g				4%
Saturated Fa	t 1.5g			8%
Trans Fatg				
Cholesterol 10	0mg			3%
Sodium 45mg				2%
Total Carbohy	ydrat	<b>e</b> 1g		0%
Dietary Fiber	0g			0%
Sugars 0g				
Protein 2g				
Vitamin A 2%	•	Vita	min C	: 0%
Calcium 2%	•	Iron		
*Percent Daily Valu calorie diet. Your d or lower depending	aily val j on yo	ues may	be hig	her :

Less than 65g

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

Less than 2,400mg 2,400mg drate 300g 375g 25g 30g

Saturated Fat Less than 20g Cholesterol Less than 300mg 80g 25g 300mg

# Cream Cheese, Reduced Fat, 1 Tablespoon



Serving Size (36 Servings Per Cor	
Amount Per Serving Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0	g <b>0</b> %
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohyd	rate 24g 8%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	• Iron 2%
or lower depending or	values may be higher
Saturated Fat Less t	han 65g 80g han 20g 25g han 300mg 300mg
	drate 4 • Protein 4

### Sports Drink, fruit flavor, 12-oz.



#### **Nutrition Facts**

Serving Size (170g) Servings Per Container

Amount Per Se	erving		
Calories 17	0 Ca	lories fro	m Fat 20
		% □	aily Value
Total Fat 20	3		3%
Saturated	Fat 1.5	g	6%
Trans Fat	g		
Cholestero	<b>I</b> 10mg		3%
Sodium 90r	ng		4%
Total Carbo	ohydra	<b>te</b> 32g	11%
Dietary Fib	er 0g		0%
Sugars 32	g		
Protein 7g			
Vitamin A 2º	% •	Vitar	nin C 2%
Calcium 259	% •	Iron	0%
*Percent Daily 'calorie diet. You or lower depend	ur daily va ding on yo Calories:	llues may l our calorie 2,000	oe higher needs: 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd	Less tha Less tha	n 20g	80g 25g 300mg 32,400mg 375g

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

Sodium Total Carbohydrate Dietary Fiber

Yogurt, low fat, fruitflavored, 6 oz.



Serving Size Servings Pe		ner	
Amount Per Se	erving		
Calories 10	0 Calc	ries fror	n Fat 15
		% Da	aily Value*
Total Fat 1.	5g		3%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholestero	l 0mg		0%
Sodium 19	Omg		8%
Total Carbo	ohydrate	e 21g	7%
Dietary Fil	er 3g		11%
Sugars 1g			
Protein 3g			
Vitamin A 1	5% •	Vitamii	n C 10%
Calcium 10 <sup>o</sup>	% •	Iron 50	)%
*Percent Daily calorie diet. Yo or lower dependent	ur daily valı	ues may b	e higher
Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

### Cheerios, 1 ounce



#### **Nutrition Facts**

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

Serving Size (28g) Servings Per Container

Sodium Total Carbohydrate Dietary Fiber

Amount Per Servin	ng
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat	.0g <b>0</b> %
Trans Fat 0g	
Cholesterol Or	ng <b>0</b> %
Sodium 115mg	g <b>5</b> %
Total Carbohy	rdrate 24g 8%
Dietary Fiber	1g <b>5</b> %
Sugars 12g	
Protein 2g	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

Vitamin C 10%

Iron 25%

or lower depending on your calone 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 Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	am:		

Vitamin A 10%

Calcium 10%

Fat 9 • Carbohydrate 4 • Protein 4

### **Apple Cinnamon** Cheerios, 1 ounce



Serving Size (28g) Servings Per Container

Servings Fer Ci	Jillalilei	
Amount Per Servin	g	
Calories 90	Calories fro	m Fat 5
	% Dai	ily Value*
Total Fat 1g		1%
Saturated Fat	g	%
Trans Fatg		
Cholesterol On	ng	0%
Sodium 180mg	I	<b>7</b> %
Total Carbohy	drate 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		25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	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

Servings Fer Container				
Amount Per Serving				
Calories 100	) Ca	lories fro	om Fat 5	
% Daily Value				
Total Fat 0.5	5g		1%	
Saturated Fat 0g				
Trans Fat -	g			
Cholesterol	0mg		0%	
Sodium 5mg	3		0%	
Total Carbo	hydrate	24g	8%	
			11%	
Sugars 6g				
Protein 2g				
Vitamin A 09	6 •	Vitam	in C 0%	
Calcium 0%	•	Iron 6	5%	
*Percent Daily V calorie diet. You or lower depend	r daily valu	ues may b ır calorie r	e higher	
Saturated Fat Cholesterol	Less than Less than ate m:	20g 300mg 2,400mg 300g 25g	375g 30g	

### **Frosted Shredded Wheat** Cereal, 1 oz.



Serving Size (28g) Servings Per Container

Amount Per Serving					
Calories 110	Calories from Fat				

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 25	g <b>8</b> %
Dietary Fiber less than	1g <b>4</b> %
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

	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 Servi	ng	
Calories 120	Calories from	m Fat 25
	% D	aily Value*
Total Fat 2.5g		4%
Saturated Fa	t 0g	0%
Trans Fat 0g		
Cholesterol 0	mg	0%
Sodium 200m	g	8%
Total Carbohy	ydrate 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 Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
0 1 :			

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

# **Cinnamon Toast** Crunch Cereal, 1 oz.



Serving Size (28g) Servings Per Container

out things i or contained				
Amount Per Serving				
Calories 120 Calories fr	om Fat 30			
%	Daily Value*			
Total Fat 3.5g	5%			
Saturated Fat 0g	0%			
Trans Fat 0g				
Cholesterol 0mg	0%			
Sodium 190mg	8%			
<b>Total Carbohydrate</b> 22g	7%			
Dietary Fiber 1g	5%			
Sugars 11g				

#### Protein 2g

Vitamin A 10%	•	Vitamin C 10%
Calcium 10%	•	Iron 25%
*Percent Daily Value	s 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 Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
	Saturated Fat Cholesterol Sodium Total Carbohyd	Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate	Saturated Fat Less than 20g Cholesterol Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g

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 Servi	ng	
Calories 200	Calories from	1 Fat 45
	% Da	ily Value*
Total Fat 5g		8%
Saturated Fa	t 1.5g	<b>7</b> %
Trans Fatg	J	
Cholesterol 0	mg	0%
Sodium 170m	g	<b>7</b> %
Total Carbohy	ydrate 38g	13%
Dietary Fiber	less than 1g	2%
Sugars 20g		
Protein 2g		

Vitamin A 10%	•	Vitamin C 0%
Calcium 2%	•	Iron 10%
*Percent Daily Value:	s are l	pased 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 Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calarias nas nas			

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

# Frosted Strawberry Pop Tart, 1 piece



Serving Size (25g) Servings Per Container

Amount Per Servi	ng	
Calories 70	Calories from Fa	at 5
	% Daily Va	lue*
Total Fat 1g		<b>1</b> %
Saturated Far	t 0g	0%
Trans Fatg		
Cholesterol 0	mg	0%
Sodium 170m	g	<b>7</b> %
Total Carbohy	ydrate 13g	<b>4</b> %
Dietary Fiber	less than 1g	2%
Sugars 1g		
Ductoin On		

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 Carbohyd	rate	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 Serv	ing
Calories 50	Calories from Fat 1
	% Daily Value
Total Fat 1g	29
Saturated Fa	nt 0g <b>0</b> 9
Trans Fat 0g	J
Cholesterol 0	mg <b>0</b> 9
Sodium 115m	ng <b>5</b> %
Total Carboh	ydrate 10g 39
Dietary Fiber	· 2g <b>8</b> 9
Sugars 1g	
Protein 4g	

#### Calcium 4% Iron 2% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

Vitamin C 0%

or lower depending on your calorie needs: Calories: 2,000 Total Fat Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Sodium Less Total Carbohydrate

Dietary Fiber

Vitamin A 0%

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

25g

### Whole Wheat Bread, 1 slice



Serving Size (32a)

Serving Size		er	
Ů			
Amount Per Se			
Calories 19	0 Calor	ies from	Fat 150
		% Da	aily Value*
Total Fat 16	6g		<b>25</b> %
Saturated	Fat 3.5g		17%
Trans Fat	g		
Cholesterol	0mg		0%
Sodium 150	)mg		6%
Total Carbo	hydrate	6g	2%
Dietary Fib	er 2g		8%
Sugars 3g			
Protein 8g			
Vitamin A 09	6 •	Vitam	nin C 0%
Calcium 2%	•	Iron 4	
*Percent Daily \ calorie diet. You or lower depend	ır daily valu	es may be	higher
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less than Less than	65g 20g 300mg	80g 25g 300mg

# Peanut Butter, creamy, 2 Tablespoons



#### **Nutrition Facts**

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

Serving Size (20g)

Total Carbohydrate
Dietary Fiber

Servings Per C	ontain	er	
Amount Dor Convin			
Amount Per Servin			
Calories 50	Cal	ories from	rat 0
		% Daily \	/alue*
Total Fat 0g			0%
Saturated Fat	0g		0%
Trans Fat 0g			
Cholesterol 0r	ng		0%
Sodium 0mg			0%
Total Carbohy	drate	13g	4%
Dietary Fiber	0g		0%
Sugars 12g			
Protein 0g			
Vitamin A 0%	•	Vitamin (	0%
Calcium 0%	•	Iron 0%	
*Percent Daily Valu	ac ara h	ased on a 2 (	200

\*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 Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	am:		

Fat 9 • Carbohydrate 4 • Protein 4

### Grape Jelly, 1 Tablespoon



Serving Size (61g)

Servings Per	Contair	ner		
Amount Per Ser	ving			
Calories 100	Calc	ries fro	m Fat	70
		% D	aily Va	lue*
Total Fat 7g			1	1%
Saturated F	at 2g		1	1%
Trans Fat 0	g			
Cholesterol	215mg		7:	2%
Sodium 170	ng			<b>7</b> %
Total Carbo	hydrate	e 1g		0%
Dietary Fibe	er 0g			0%
Sugars 1g				
Protein 7g				
Vitamin A 6%	. •	Vitan	nin C	0%
Calcium 4%	•	Iron 4	1%	
*Percent Daily Va calorie diet. Your or lower dependi	daily valu	ues may b ır calorie r	e highe	
Saturated Fat L Cholesterol L	ess than ess than ite n:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300m; 2,400; 375g 30g	

### Egg, scrambled, 1 egg



### **Nutrition Facts**

Calories 80	Calo	ries from	Fat 50
Guiories	Oulo		y Value
Total Fat Fa		/₀ Dali	-
Total Fat 5g			8%
Saturated Fa	t 1.5g		8%
Trans Fatg	l		
Cholesterol 2	10mg		71%
Sodium 60mg			3%
Total Carbohy	ydrate	1g	0%
Dietary Fiber	0g		0%
Sugars 1g			
Protein 6g			
Vitamin A 6%	•	Vitamin	C 0%
Calcium 2%	•	Iron 4%	, )
	aily valu g on you lories:	es may be l r calorie nee 2,000 2,	nigher eds: 500
Total Fat Les Saturated Fat Les	ss than	_	Og Sa

 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



Serving Size (177g) Servings Per Container

Amount Per Servi	ng	
Calories 120	Calories from	n Fat 20
	% Da	ily Value*
Total Fat 2.5g		4%
Saturated Fa	t 0g	0%
Trans Fat 0g		
Cholesterol 0	mg	0%
Sodium 85mg		4%
Total Carbohy	ydrate 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 Carbohyd	rate	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 Servi	ng	
Calories 130	Calories f	rom Fat 15
	9/	6 Daily Value*
Total Fat 1.5g		2%
Saturated Fa	t 0g	0%
Trans Fatg		
Cholesterol 0	ng	0%
Sodium 170m	g	7%
Total Carbohy	drate 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



Serving Size (28g) Servings Per Container

Amount Per Serving

Calories 150	Calories	from Fat 110
		% Daily Value*
Total Fat 12g		18%
Saturated Fa	ıt 4g	19%
Trans Fat 0g		
Cholesterol 3	0mg	10%
Sodium 650m	ıg	27%
<b>Total Carboh</b>	ydrate 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 Carbohydr	ate	300g	375g
	Dietary Fiber		25g	30g
ı	0-1			

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

### Bacon, 1 ounce (about 3 slices), cooked



### **Nutrition Facts**

Serving Size (28g) Servings Per Container

ournings i or c	- Criticali ICI	
Amount Per Servi	ng	
Calories 70	Calories from Fat 5	0
	% Daily Valu	e*
Total Fat 6g	9'	%
Saturated Fa	t 1.5g <b>7</b> '	%
Trans Fatg	J	
Cholesterol 2	5mg <b>9</b> °	%
Sodium 340m	g <b>14</b> '	%
Total Carbohy	ydrate 0g 0°	%
Dietary Fiber	0g <b>0</b> °	%
Sugars 0g		_
Protein 4g		_
Vitamin A 0%	Vitamin C 0 <sup>o</sup>	%
Calcium 2%	<ul> <li>Iron 2%</li> </ul>	

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

o. 101101 deponi			
	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 Carbohyd	rate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	am:		

Fat 9 • Carbohydrate 4 • Protein 4

### Turkey Bacon, 1 ounce



Serving Size (234g)

Servings Per Container	
Amount Per Serving	
Calories 170 Calories from	m Fat 30
% D	aily 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		25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	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

Servings Per Container				
Amount Per Serving				
Calories 70	Ca	lories fro	om Fat 0	
		% Da	aily Value*	
Total Fat 0g	I		0%	
Saturated I	Fat 0g		0%	
Trans Fat	g			
Cholesterol	l 0mg		0%	
Sodium 0mg	g		0%	
Total Carbo	hydrate	e 16g	5%	
Dietary Fib	er 0g		0%	
Sugars 0g				
Protein 2g				
Vitamin A 09	% •	Vitam	in C 0%	
Calcium 0%	•	Iron 4	<b>!</b> %	
*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				
Saturated Fat Cholesterol	Less than Less than	20g 300mg	80g 25g 300mg 2,400mg 375g 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 Saturated Fat 1.5g Trans Fat --g Cholesterol 30mg 9% Sodium 150mg 6% Total Carbohydrate 0g 0% Dietary Fiber 0g 0% Sugars 0g Protein 6g Vitamin C 0% Vitamin A 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 Less than 65g Saturated Fat Less than 20g

# Pork Sausage Link, 1 ounce



#### **Nutrition Facts**

Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g

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

25g

Serving Size (28g) Servings Per Containe

Dietary Fiber

Servings Per Container				
Amount Per Serv	ring			
Calories 80	Calo	ries fror	n Fa	t 50
% Dai				alue*
Total Fat 6g				9%
Saturated Fa	at 1.5g			8%
Trans Fat	g			
Cholesterol 3	30mg			9%
Sodium 150n	ng			6%
Total Carboh	ydrate	• 0g		0%
Dietary Fibe	r 0g			0%
Sugars 0g				
Protein 6g				
Vitamin A 0%	_	Vitam	in C	<b>∩</b> 0/-
Calcium 0%	•	Iron 2		0 70
Calcium 0%	•	IION 2	270	
*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				er
Total Fat Le Saturated Fat Le Cholesterol Le Sodium Le Total Carbohydrat Dietary Fiber	ess than ess than ess than ess than e	65g 20g	80g 25g 300m	ng
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				

# Pork Sausage Patty, 1 ounce



Serving Size (145g) Servings Per Container

Amount Per Serving	
Calories 440 Calories f	rom Fat 240
	% Daily Value*
Total Fat 26g	40%
Saturated Fat 8g	40%
Trans Fat 5g	
Cholesterol 245mg	82%
Sodium 1260mg	52%
Total Carbohydrate 33g	<b>11</b> %
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

	Calones.	2,000	2,000
Total Fat	Less than	65g	80g
Saturated Fat	Less than		25g
Cholesterol			300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
	Saturated Fat Cholesterol Sodium Total Carbohydr	Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate	Saturated Fat Less than 20g Cholesterol Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g

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

# Bacon, Egg, & Cheese Biscuit (fast food)



Serving Size (28g) Servings Per Container

ocivings i ci odillanici	
Amount Per Serving	
Calories 70 Calories	from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fatg	
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 Carbohyd	rate	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 Servi	ing		
Calories 210	Calo	ries from	Fat 90
		% Dail	y Value*
Total Fat 10g			15%
Saturated Fa	t 2.5g		<b>13</b> %
Trans Fatg	)		
Cholesterol 0	mg		0%
Sodium 350m	g		14%
Total Carboh	ydrate	27g	9%
Dietary Fiber	less th	nan 1g	4%
Sugars 1g			
Protein 4g			
Vitamin A 0%	•	Vitamir	n C 0%
Calcium 15% • Iron 10%			%
*Percent Daily Vali calorie diet. Your d			

or lower depending on your calorie needs: Calories: 2,000

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

Less than 65g Total Fat Less than 20g
Cholesterol Less than 300mg

Less than 2,400mg 2,400mg Irate 300g 375g

25g

Total Fat

Sodium Total Carbohydrate

Dietary Fiber

2,500

25g 300mg

30g

### 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% \*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 Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

# Pancakes with 2 margarines & syrup— McDonald's



# Pancake, 1, plain, McDonald's



### **Nutrition Facts**

Serving Size (50g) Servings Per Container

Amount Per Serving				
Calories 11	1 Fat 25			
		% Da	ily Value	
Total Fat 3g	4%			
Saturated	Fat 0.5g		3%	
Trans Fat	0g			
Cholestero	l 5mg		2%	
Sodium 180	Omg		7%	
Total Carbo	hydrate	e 19g	6%	
Dietary Fib	er less t	han 1g	3%	
Sugars 4g				
Protein 3g				
Vitamin A 0	% •	Vitami	n C%	
Calcium 4%	•	Iron 69	%	
*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 Saturated Fat Cholesterol	Less than	65g 20g 300mg	80g 25g 300mg	

Less than 2,400mg 2,400mg rate 300g 375g

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

Sodium Less Total Carbohydrate Dietary Fiber

Serving Size (77g) Servings Per Container

Amount Per Serving Calories 170 Calories from Fat 60 % Daily Value\* Total Fat 7g Saturated Fat 1.5g Trans Fat --g

Cholesterol 45mg **15**% **17**% Sodium 400mg **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 Total Fat Less than 65g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg lrate 300g 375g Sodium Total Carbohydrate Dietary Fiber

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

### Buttermilk Pancake, 6-inch



#### **Nutrition Facts**

Serving Size (77g) Servings Per Container

Amount Per Servi	ng	
Calories 170	Calories from	n Fat 60
	% Da	ily Value*
Total Fat 7g		11%
Saturated Fa	t 1.5g	8%
Trans Fatg		
Cholesterol 4	5mg	14%
Sodium 320m	g	13%
Total Carbohy	drate 22g	<b>7</b> %
Dietary Fiber	less than 1g	4%
Sugarsg		
Protein 5g		
Vitamin A 4%	<ul> <li>Vitami</li> </ul>	in C 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:

Iron 8%

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

Calcium 15%

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

### Blueberry Pancake, 6-inch



Serving Size (33g) Servings Per Container

ocivingo i ci c	Jontainer	
Amount Per Servi	ing	
Calories 100	Calories from	Fat 30
	% Dai	ly Value*
Total Fat 3g		5%
Saturated Fat 1g		4%
Trans Fatg		
Cholesterol 5	mg	1%
Sodium 230m	ıg	10%
Total Carbon	ydrate 16g	5%
Dietary Fiber	less than 1g	3%
Sugars 1g		

#### Protein 2g

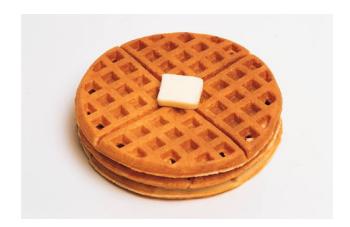
Vitamin A 10%	•	Vitamin C 0%
Calcium 10%	•	Iron 10%

\*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		25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	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 Servings Pe		ner		
Amount Per Se		laviaa fu	Fat	_
Calories 90	Ca	lories fro	om Fat	U
		% Da	aily Valu	9*
Total Fat 0	3		09	%
Saturated	Fat 0g		09	%
Trans Fat	0g			
Cholestero	l 0mg		09	%
Sodium 35r	ng		19	%
Total Carbo	ohydrate	e 25g	89	%
Dietary Fil	er 0g		09	%
Sugars 9g				
Protein 0g				_
Vitamin A 0	% •	Vitam	in C 09	<b>%</b>
Calcium 0%	•	Iron C		_
*Percent Daily' calorie diet. You or lower dependent Saturated Fat Cholesterol Sodium Total Carbohyd	ur daily valuding on you Calories:  Less than Less than Less than Less than Less than	ues may b ur calorie n 2,000 65g 20g 300mg	e higher leeds: 2,500 80g 25g 300mg	_

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

# Pancake Syrup, 2 Tablespoons



Serving Size (4.5g) Servings Per Container

Servings Per Contain	ner
Amount Per Serving Calories 35 Calo	ories 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	e 0g <b>0</b> %
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 4% •	Vitamin C 0%
Calcium 0% •	Iron 0%
*Percent Daily Values are calorie diet. Your daily valuer or lower depending on you Calories:	ues may be higher ur calorie needs: 2,000 2,500
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g

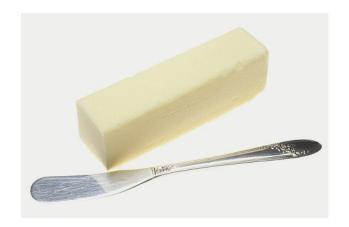
# Soft Margarine, 1 tsp.



### **Nutrition Facts**

Serving Size (4.5g) Servings Per Container				
Amount Per Serving				
Calories 35 Calo	ories from Fat 35			
	% Daily Value*			
Total Fat 4g	6%			
Saturated Fat 2.5g	12%			
Trans Fat 0g				
Cholesterol 10mg	3%			
Sodium 25mg	1%			
Total Carbohydrat				
	0%			
Dietary Fiber 0g	<u> </u>			
Sugars 0g				
Protein 0g				
Vitamin A 2% •	Vitamin C 0%			
Calcium 0% •	Iron 0%			
*Percent Daily Values are calorie diet. Your daily val or lower depending on yo Calories:	ues may be higher			
Total Fat Less than Saturated Fat Less than Cholesterol Less than	65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g			

### Butter, salted, 1 tsp.



Serving Size (35g) Servings Per Container

Servings Per Container				
Amount Per Serving				
Calories 18	0 Calc	ries fror	n Fat 70	
		% Da	aily Value*	
Total Fat 8g	3		12%	
Saturated	Fat 1.5g		8%	
Trans Fat	4g			
Cholestero	l 0mg		0%	
Sodium 250	Omg		10%	
Total Carbo	hydrate	e 25g	8%	
Dietary Fib	er 1g		4%	
Sugars 6g				
Protein 3g				
Vitamin A 0°	1/	\ /itan	in C 0%	
	-			
Calcium 0%	•	Iron 4	ŀ%	
*Percent Daily \calorie diet. You or lower depend	ur daily valı	ues may b	e higher	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohyde Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg	80g 25g 300mg	

## Glazed Doughnut, 1



### **Nutrition Facts**

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

Serving Size (64g) Servings Per Container

Servings Per	Contair	ner	
Amount Per Serv	ing		
Calories 210	Calo	ries fror	n Fat 70
		% Da	aily Value*
Total Fat 8g			12%
Saturated Fa	at 1.5g		8%
Trans Fat 4g	]		
Cholesterol 0	)mg		0%
Sodium 280m	ng		12%
Total Carboh	ydrate	e 32g	11%
Dietary Fiber	r 1g		4%
Sugars 14g			
Protein 3g			
Vitamin A 0%	•	Vitam	in C 0%
Calcium 0%	•	Iron 4	<b>!</b> %
*Percent Daily Va calorie diet. Your or or lower dependin	daily valu g on you	ies may b	e higher
Saturated Fat Le	ess than ess than ess than ess than e	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

# Jelly Doughnut, 1



Serving Size (39g) Servings Per Container			
Amount Per Serving			
	ories from Fat 40		
	% Daily Value*		
Total Fat 4.5g	7%		
Saturated Fat 2g	9%		
Trans Fatg			
Cholesterol 0mg	0%		
Sodium 15mg	1%		
Total Carbohydrate	e 11g <b>4</b> %		
Dietary Fiber less t	than 1g 3%		
Sugars 1g			
Protein 1g			
Vitamin A 00/	Vitamin C 40/		
Vitamin A 0% •	Vitamin C 4%		
Calcium 0% •	Iron 4%		
*Percent Daily Values are calorie diet. Your daily val or lower depending on you Calories:	ues may be higher ur calorie needs:		
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g		

### Hash Browns, 1/2 cup cooked



### **Nutrition Facts**

Serving Size (53g) Servings Per Container

Amount Per Servi	ng	
Calories 140	Calor	ries from Fat 80
		% Daily Value*
Total Fat 9g		14%
Saturated Fat	: 1.5g	8%
Trans Fat 2g		
Cholesterol Or	ng	0%
Sodium 290mg	g	12%
Total Carbohy	/drate	13g <b>4</b> %
Dietary Fiber	2g	7%
Sugars 0g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 2%

#### \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

Iron 2%

or lower depending on your calorie needs: Calories: 2,000 Total Fat Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg 300mg Less than 2,400mg 2,400mg drate 300g 375g 25g 30g Sodium Total Carbohydrate Dietary Fiber

Calcium 0%

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

# Hash Browns, fast food, 1 serving



Serving Size (244g)

Servings Pe		ner	
Amount Per Se		ries fror	n Fat 70
		% Da	aily Value*
Total Fat 8g	]		12%
Saturated	Fat 4.5g		23%
Trans Fat	0g		
Cholestero	I 25mg		8%
Sodium 100	Omg		4%
Total Carbo		e 11g	4%
Dietary Fib	er 0g		0%
Sugars 11			
Protein 8g			
Vitamin A 49	% •	Vitam	in C 0%
Calcium 309	% •	Iron C	)%
*Percent Daily \calorie diet. You or lower depend	ur daily valu ding on you Calories: Less than	ues may b ur calorie r 2,000 65g	e higher leeds: 2,500 80g
Saturated Fat Cholesterol Sodium Total Carbohydi	Less than Less than	300mg	25g 300mg 2,400mg 375g

### Whole Milk, 1 cup



#### **Nutrition Facts**

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

Serving Size (244g) Servings Per Container

Dietary Fiber

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	g <b>4</b> %
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vi	itamin C 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

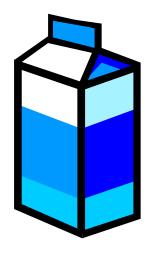
Iron 0%

calone alet. Tour daily values may be migner					
or lower depending on your calorie needs:					
	Calories:	2,000	2,500		
Total Fat	Less than	65g	80g		
Saturated Fat			25g		
Cholesterol	Less than		300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohyd	300g	375g			
Dietary Fiber		25g	30g		
Calories per gram:					

Calcium 30%

Fat 9 • Carbohydrate 4 • Protein 4

# 2% Reduced Fat Milk, 1 cup



Serving Size (244g) Servings Per Container

00.19000	0111011101	
Amount Per Servi	ng	
Calories 100	Calories fron	n Fat 20
	% Da	ily Value'
Total Fat 2.5g		4%
Saturated Fa	t 1.5g	8%
Trans Fat 0g		
Cholesterol 1	0mg	4%
Sodium 105m	g	4%
Total Carboh	ydrate 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		25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyd	rate	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)

Amount Per Servin	g
Calories 80	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat	0g <b>0</b> %
Trans Fat 0g	
Cholesterol 5m	ng <b>2</b> %
Sodium 105mg	4%
Total Carbohy	drate 12g 4%
Dietary Fiber 0	Og <b>0</b> %
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 0%
Calcium 30%	<ul> <li>Iron 0%</li> </ul>
*Percent Daily Value	es are based on a 2,000

calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000

Less than 65g

Less than 2,400mg 2,400mg lrate 300g 375g

Saturated Fat Less than 20g
Cholesterol Less than 300mg

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

Total Fat

Sodium Total Carbohydrate Dietary Fiber

2,500

25g 300mg

30g

# 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 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 C 0% Vitamin A 0% Calcium 0% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

## Chocolate Syrup, 1 Tablespoon



#### **Nutrition Facts**

or lower depending on your calorie needs: Calories: 2,000

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

Dietary Fiber

Total Fat
Saturated Fat
Less than 20g
Cholesterol
Less than 300mg 300mg
Less than 2,400mg 2,400mg
300g 375g Less than 65g

25g

Serving Size (20g Servings Per Cont	
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 Carbohydra	ate 13g 4%
Dietary Fiberg	%
Sugars 13g	
Protein 0g	
Vitamin A%	Vitamin C%
Calcium%	Iron%
*Percent Daily Values a calorie diet. Your daily v or lower depending on y Calories	alues may be higher your calorie needs:
Total Fat Less the Saturated Fat Less the Cholesterol Less the	an 65g 80g an 20g 25g

Fat 9 • Carbohydrate 4 • Protein 4

Calories per gram:

## Strawberry Syrup, 1 Tablespoon



Serving Size (125g)

Serving Size		ner	
Amount Per Se	erving		
Calories 50	Ca	lories fro	om Fat 0
		% Da	aily Value*
Total Fat 0g	g		0%
Saturated	Fat 0g		0%
Trans Fat	g		
Cholestero	l 0mg		0%
Sodium 0m	g		0%
Total Carbo	ohydrate	e 13g	4%
Dietary Fil	per 0g		0%
Sugars g	]		
Protein 1g			
Vitamin A 2	% •	Vitamii	n C 70%
Calcium 20 <sup>o</sup>	% •	Iron 29	<u>~~~</u>
*Percent Daily calorie diet. Yo or lower dependent Saturated Fat Cholesterol Sodium Total Carbohyd Dietary Fiber	ur daily valuding on you Calories:  Less than Less than Less than Less than Less than	ues may b ir calorie r 2,000 65g 20g 300mg	e higher needs: 2,500 80g 25g 300mg

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



### **Nutrition Facts**

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

Serving Size (125g Servings Per Conta	
Amount Per Serving	
Calories 50	alories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydra	<b>ite</b> 13g <b>4</b> %
Dietary Fiber 0g	0%
Sugarsg	
Protein 1g	
Vitamin A 2% •	Vitamin C 70%
Calcium 2% •	Iron 2%
*Percent Daily Values a calorie diet. Your daily v or lower depending on y Calories	alues may be higher our calorie needs:
	an 20g 25g an 300mg 300mg an 2,400mg 2,400mg 300g 375g 25g 30g

### 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% \*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 Sodium

### French Toast Sticks, 5 pieces, fast food



#### **Nutrition Facts**

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

Serving Size (124g) Servings Per Container

Dietary Fiber

Servings Pe	i Con	lali	lei		
Amount Per Se	erving				
Calories 60	)	Cal	ories fro	m F	at C
			% Da	aily Va	alue'
Total Fat 0	9				0%
Saturated	Fat 0	g			0%
Trans Fat	0g				
Cholestero	l 0mg				0%
Sodium 0m	g				0%
<b>Total Carbo</b>	ohydi	rate	14g		5%
Dietary Fil	er 0g				0%
Sugars 14	g				
Protein 0g					
Vitamin A 0	%	•	Vitam	in C	2%
Calcium 0%	ı	•	Iron 2	:%	
*Percent Daily calorie diet. Yo or lower dependent	ur daily	valu you	es may b	e high	er
Total Fat Saturated Fat Cholesterol Sodium Total Carbohyd	Less t	han han	65g 20g	80g 25g 300m	ng

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

30g

Dietary Fiber

### Apple Juice, Unsweetened, 1/2 cup

