

Nutrition Facts Cards

Look for Nutrition Facts Labels on all packaged and processed foods in the supermarket.

- Nutrition Facts do not appear on all foods, such as fresh bakery products, some food items sold individually, and foods at restaurants and concession stands.
- Supermarkets do display the nutrient content of a good number of fresh fruits and vegetables, and fresh seafood and meats.

Blank

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
%Daily Value*	
Total Fat g	%
Saturated Fat g	%
<i>Trans</i> Fat 0g	
Cholesterol mg	%
Sodium mg	%
Total Carbohydrate g	%
Dietary Fiber g	%
Sugars g	
Protein g	
Vitamin A %	• Vitamin C %
Calcium %	• Iron %

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

1. Apricots, dried

Nutrition Facts	
Serving Size 5 (1/4 cup) (30g)	
Servings Per Container 10	
Amount Per Serving	
Calories 100	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 25g	8 %
Dietary Fiber 0g	0 %
Sugars 12g	
Protein 1g	
Vitamin A 80%	• Vitamin C 4%
Calcium 0%	• Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

2. Beans, kidney, canned

Nutrition Facts	
Serving Size 1/2 cup (128g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 440mg	18 %
Total Carbohydrate 20g	7 %
Dietary Fiber 8g	33 %
Sugars 3g	
Protein 7g	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

3. Beef patty, broiled

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 140
%Daily Value*	
Total Fat 16g	24 %
Saturated Fat 6g	31 %
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25 %
Sodium 300 mg	20 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 21g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

4. Bell pepper, sliced

Nutrition Facts	
Serving Size 5 slices (1/2 cup)(75g)	
Servings Per Container 4	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 5g	2 %
Dietary Fiber 1g	5 %
Sugars 2g	
Protein 1g	
Vitamin A 10%	• Vitamin C 110%
Calcium 0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

5. Bread, white

Nutrition Facts	
Serving Size 1 slice (34g)	
Servings Per Container 108	
Amount Per Serving	
Calories 90	Calories from Fat 15
%Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 140mg	6 %
Total Carbohydrate 16g	5 %
Dietary Fiber 1g	0 %
Sugars 2g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

Nutrition Facts Cards

6. Burrito, bean

Nutrition Facts	
Serving Size 1 burrito (198g)	
Servings Per Container 1	
Amount Per Serving	
Calories 380	Calories from Fat 110
%Daily Value*	
Total Fat 12g	18 %
Saturated Fat 4g	20 %
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3 %
Sodium 1100mg	46 %
Total Carbohydrate 55g	18 %
Dietary Fiber 13g	52 %
Sugars 3g	
Protein 13g	
Vitamin A 45% • Vitamin C 0%	
Calcium 15% • Iron 15%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

7. Cabbage, raw

Nutrition Facts	
Serving Size 1 cup (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 25	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 25mg	1 %
Total Carbohydrate 6g	2 %
Dietary Fiber 2g	8 %
Sugars 3g	
Protein 1g	
Vitamin A 8% • Vitamin C 60%	
Calcium 4% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

8. Cake with frosting

Nutrition Facts	
Serving Size 1 slice (66g)	
Servings Per Container 10	
Amount Per Serving	
Calories 250	Calories from Fat 90
%Daily Value*	
Total Fat 10g	16 %
Saturated Fat 3g	14 %
<i>Trans</i> Fat 3g	
Cholesterol 5mg	0 %
Sodium 190mg	8 %
Total Carbohydrate 39g	13 %
Dietary Fiber 1g	0 %
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

9. Cake, angle food

Nutrition Facts	
Serving Size 1 slice (50g)	
Servings Per Container 10	
Amount Per Serving	
Calories 130	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 250mg	11 %
Total Carbohydrate 29g	10 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

10. Candy, chocolate bar

Nutrition Facts	
Serving Size 1 candy bar (46g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 110
%Daily Value*	
Total Fat 12g	18 %
Saturated Fat 7g	37 %
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3 %
Sodium 35mg	1 %
Total Carbohydrate 30g	10 %
Dietary Fiber 1g	4 %
Sugars 27g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

11. Carrots, raw, mini

Nutrition Facts	
Serving Size 2/3 cup (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 35	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 45mg	2 %
Total Carbohydrate 6g	2 %
Dietary Fiber 2g	8 %
Sugars 3g	
Protein 1g	
Vitamin A 200% • Vitamin C 2%	
Calcium 2% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

Nutrition Facts Cards

12. Cereal, cornflakes, sweetened

Nutrition Facts	
Serving Size 3/4 cup (29g)	
Servings Per Container 13	
Amount Per Serving	
Calories 110	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 190mg	8 %
Total Carbohydrate 26g	9 %
Dietary Fiber 1g	0 %
Sugars 12g	
Protein 2g	
Vitamin A 25%	Vitamin C 25%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

13. Cheese, American

Nutrition Facts	
Serving Size 1 ounce (55g)	
Servings Per Container 16	
Amount Per Serving	
Calories 210	Calories from Fat 150
%Daily Value*	
Total Fat 17g	26 %
Saturated Fat 11g	54 %
Trans Fat 0g	
Cholesterol 50mg	17 %
Sodium 790mg	33 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 12g	
Vitamin A 15%	Vitamin C 0%
Calcium 35%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

14. Cheese, mozzarella, part skim

Nutrition Facts	
Serving Size 1 ounce (28g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 3g	14 %
Trans Fat 0g	
Cholesterol 15mg	5 %
Sodium 130mg	5 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 7g	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

15. Chicken breast, baked, skinless

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 2	
Amount Per Serving	
Calories 140	Calories from Fat 25
%Daily Value*	
Total Fat 3g	5 %
Saturated Fat 1g	4 %
Trans Fat 0g	
Cholesterol 70mg	24 %
Sodium 65mg	3 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 26g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

16. Corn

Nutrition Facts	
Serving Size 1/2 cup (125g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 360mg	15 %
Total Carbohydrate 18g	6 %
Dietary Fiber 3g	12 %
Sugars 6g	
Protein 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

17. Deli meat, bologna

Nutrition Facts	
Serving Size 1 slice (28g)	
Servings Per Container 18	
Amount Per Serving	
Calories 90	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12 %
Saturated Fat 3.5g	18 %
Trans Fat 0g	
Cholesterol 20mg	7 %
Sodium 310mg	13 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

Nutrition Facts Cards

18. Doughnut, glazed

Nutrition Facts	
Serving Size 1 doughnut (60g)	
Servings Per Container 6	
Amount Per Serving	
Calories 240	Calories from Fat 120
%Daily Value*	
Total Fat 14g	21 %
Saturated Fat 3.5g	17 %
<i>Trans</i> Fat 4g	
Cholesterol 5mg	0 %
Sodium 210mg	9 %
Total Carbohydrate 27g	9 %
Dietary Fiber 1g	0 %
Sugars 10g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

19. Egg, hard cooked

Nutrition Facts	
Serving Size 1 egg (50g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 50
%Daily Value*	
Total Fat 5g	8 %
Saturated Fat 1.5g	8 %
<i>Trans</i> Fat 0g	
Cholesterol 210mg	71 %
Sodium 60mg	3 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

20. Fish sticks

Nutrition Facts	
Serving Size 6 fishsticks (95g)	
Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 130
%Daily Value*	
Total Fat 14g	22 %
Saturated Fat 2.5g	13 %
<i>Trans</i> Fat 3g	
Cholesterol 20mg	7 %
Sodium 430mg	18 %
Total Carbohydrate 21g	7 %
Dietary Fiber 1g	4 %
Sugars 2g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

21. Frozen fruit juice bar

Nutrition Facts	
Serving Size 1 juice bar (92g)	
Servings Per Container 10	
Amount Per Serving	
Calories 80	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 19g	6 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

22. Fruit juice, grape

Nutrition Facts	
Serving Size 8 FL OZ (240g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 10mg	0 %
Total Carbohydrate 32g	11 %
Dietary Fiber 0g	0 %
Sugars 30g	
Protein 1g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

23. Fruit juice, orange plus calcium

Nutrition Facts	
Serving Size 8 FL OZ (249g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g	0 %
Sugars 22g	
Protein 2g	
Vitamin A 0%	Vitamin C 180%
Calcium 35%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts Cards

24. Fruit punch drink

Nutrition Facts	
Serving Size 8 FL OZ (248g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 55mg	2 %
Total Carbohydrate 30g	10 %
Dietary Fiber 0g	0 %
Sugars 29g	
Protein 0g	
Vitamin A 0% • Vitamin C 120%	
Calcium 0% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

25. Gravy

Nutrition Facts	
Serving Size 1/4 cup (58g)	
Servings Per Container 8	
Amount Per Serving	
Calories 30	Calories from Fat 10
%Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 0.5g	3 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 320mg	14 %
Total Carbohydrate 3g	1 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

26. Ice cream, vanilla

Nutrition Facts	
Serving Size 1/2 cup (65g)	
Servings Per Container 18	
Amount Per Serving	
Calories 150	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15 %
Saturated Fat 6g	30 %
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12 %
Sodium 30mg	1 %
Total Carbohydrate 14g	5 %
Dietary Fiber 0g	0 %
Sugars 11g	
Protein 2g	
Vitamin A 8% • Vitamin C 0%	
Calcium 6% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

27. Kiwi fruit

Nutrition Facts	
Serving Size 2 kiwi fruit (154g)	
Servings Per Container 5	
Amount Per Serving	
Calories 100	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 22g	7 %
Dietary Fiber 5g	21 %
Sugars 16g	
Protein 2g	
Vitamin A 2% • Vitamin C 250%	
Calcium 6% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

28. Milk, 1% Lowfat

Nutrition Facts	
Serving Size 8 fl oz (244g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 25
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 1.5g	8 %
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3 %
Sodium 125mg	5 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0g	0 %
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

29. Milk, 1% Lowfat chocolate

Nutrition Facts	
Serving Size 8 fl oz (250g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 25
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 1.5g	8 %
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2 %
Sodium 150mg	6 %
Total Carbohydrate 26g	9 %
Dietary Fiber 1g	5 %
Sugars 0g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

Nutrition Facts Cards

30. Peanuts, dry roasted

Nutrition Facts		
Serving Size 1/4 cup (37g)		
Servings Per Container 10		
Amount Per Serving		
Calories	220	Calories from Fat 170
%Daily Value*		
Total Fat	18g	28 %
Saturated Fat	2.5g	13 %
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0 %
Sodium	300mg	13 %
Total Carbohydrate	8g	3 %
Dietary Fiber	3g	12 %
Sugars	2g	
Protein	9g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

31. Orange

Nutrition Facts		
Serving Size 1 orange (131g)		
Servings Per Container 1		
Amount Per Serving		
Calories	60	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	15g	5 %
Dietary Fiber	3g	13 %
Sugars	12g	
Protein	1g	
Vitamin A	6%	• Vitamin C 120%
Calcium	6%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

32. Peach halves, canned in light syrup

Nutrition Facts		
Serving Size 1/2 cup (125g)		
Servings Per Container 4		
Amount Per Serving		
Calories	70	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0 %
Sodium	5mg	0 %
Total Carbohydrate	18g	6 %
Dietary Fiber	2g	7 %
Sugars	0g	
Protein	1g	
Vitamin A	8%	• Vitamin C 6%
Calcium	0%	• Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

33. Peas

Nutrition Facts		
Serving Size 1/2 cup (80g)		
Servings Per Container 4		
Amount Per Serving		
Calories	60	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0 %
Sodium	70mg	3 %
Total Carbohydrate	11g	4 %
Dietary Fiber	4g	18 %
Sugars	4g	
Protein	4g	
Vitamin A	10%	• Vitamin C 15%
Calcium	0%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

34. Pineapple, canned in juice

Nutrition Facts		
Serving Size 1/2 cup (125g)		
Servings Per Container 4		
Amount Per Serving		
Calories	70	Calories from Fat 0
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	20g	7 %
Dietary Fiber	1g	0 %
Sugars	18g	
Protein	1g	
Vitamin A	0%	• Vitamin C 20%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

35. Pizza, pepperoni, for one

Nutrition Facts		
Serving Size 1 small pizza (113g)		
Servings Per Container 1		
Amount Per Serving		
Calories	290	Calories from Fat 140
%Daily Value*		
Total Fat	16g	25 %
Saturated Fat	3.5g	18 %
<i>Trans</i> Fat	1g	
Cholesterol	15mg	5 %
Sodium	700mg	29 %
Total Carbohydrate	26g	9 %
Dietary Fiber	1g	4 %
Sugars	3g	
Protein	10g	
Vitamin A	0%	• Vitamin C 0%
Calcium	10%	• Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

Nutrition Facts Cards

36. Pork loin chop, lean, broiled

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 60
%Daily Value*	
Total Fat 7g	10 %
Saturated Fat 2.5g	12 %
Trans Fat 0g	
Cholesterol 70mg	23 %
Sodium 55mg	2 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 26g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

37. Pork, spareribs

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 270	Calories from Fat 170
%Daily Value*	
Total Fat 19g	29 %
Saturated Fat 7g	34 %
Trans Fat 0g	
Cholesterol 90mg	30 %
Sodium 80mg	3 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 24g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

38. Potato, French fries, super size

Nutrition Facts	
Serving Size 1 serving (176g)	
Servings Per Container 1	
Amount Per Serving	
Calories 540	Calories from Fat 230
%Daily Value*	
Total Fat 26g	40 %
Saturated Fat 4.5g	23 %
Trans Fat 5g	
Cholesterol 0mg	0 %
Sodium 350mg	15 %
Total Carbohydrate 68g	23 %
Dietary Fiber 6g	24 %
Sugars 0g	
Protein 8g	
Vitamin A 0%	Vitamin C 35%
Calcium 2%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

39. Pudding, chocolate cup

Nutrition Facts	
Serving Size 1 snack cup (113g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9 %
Saturated Fat 1.5g	7 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 190mg	8 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g	0 %
Sugars 18g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

40. Salad greens

Nutrition Facts	
Serving Size 1 1/2 cup (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 15	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 15mg	1 %
Total Carbohydrate 3g	1 %
Dietary Fiber 2g	8 %
Sugars 1g	
Protein 1g	
Vitamin A 80%	Vitamin C 20%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

41. Soda, orange

Nutrition Facts	
Serving Size 8 fl oz (240g)	
Servings Per Container 1.5	
Amount Per Serving	
Calories 120	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 35mg	1 %
Total Carbohydrate 32g	11 %
Dietary Fiber 0g	0 %
Sugars 32g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓
↓
↓
LOW=5% or less
HIGH=20% or more
↑
↑

Nutrition Facts Cards

42. Strawberries

Nutrition Facts		
Serving Size 1 cup (144g)		
Servings Per Container 4		
Amount Per Serving		
Calories 45		
		%Daily Value*
Total Fat 0.5g		1 %
Saturated Fat 0g		0 %
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 10g		3 %
Dietary Fiber 3g		13 %
Sugars 8g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 140%
Calcium 2%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

43. Tomato

Nutrition Facts		
Serving Size 1 tomato (4oz)(123g)		
Servings Per Container 1		
Amount Per Serving		
Calories 25		
		%Daily Value*
Total Fat 0g		0 %
Saturated Fat 0g		0 %
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0 %
Sodium 10mg		0 %
Total Carbohydrate 6g		2 %
Dietary Fiber 1g		6 %
Sugars 4g		
Protein 1g		
Vitamin A 15%	•	Vitamin C 40%
Calcium 0%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

44. Tortilla chips

Nutrition Facts		
Serving Size 1 ounce (28g)		
Servings Per Container 1		
Amount Per Serving		
Calories 140	Calories from Fat 60	
		%Daily Value*
Total Fat 7g		11 %
Saturated Fat 1.5g		8 %
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0 %
Sodium 120mg		5 %
Total Carbohydrate 18g		6 %
Dietary Fiber 1g		4 %
Sugars 0g		
Protein 2g		
Vitamin A 0%	•	Vitamin C 2%
Calcium 0%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

45. Tortilla, corn

Nutrition Facts		
Serving Size 2 tortillas (52g)		
Servings Per Container 10		
Amount Per Serving		
Calories 120	Calories from Fat 10	
		%Daily Value*
Total Fat 1.5g		2 %
Saturated Fat 0g		0 %
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0 %
Sodium 85mg		3 %
Total Carbohydrate 24g		8 %
Dietary Fiber 3g		11 %
Sugars 0g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 10%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

46. Vegetable soup, chunky

Nutrition Facts		
Serving Size 1 cup (240g)		
Servings Per Container 2		
Amount Per Serving		
Calories 120	Calories from Fat 35	
		%Daily Value*
Total Fat 3.5g		6 %
Saturated Fat 0.5g		3 %
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0 %
Sodium 1010mg		42 %
Total Carbohydrate 19g		6 %
Dietary Fiber 1g		5 %
Sugars 0g		
Protein 4g		
Vitamin A 120%	•	Vitamin C 10%
Calcium 6%	•	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑

47. Yogurt, lowfat vanilla

Nutrition Facts		
Serving Size 1 cup (245g)		
Servings Per Container 1		
Amount Per Serving		
Calories 220	Calories from Fat 40	
		%Daily Value*
Total Fat 4.5g		7 %
Saturated Fat 3g		15 %
<i>Trans</i> Fat 0g		
Cholesterol 15mg		4 %
Sodium 140mg		6 %
Total Carbohydrate 38g		13 %
Dietary Fiber 0g		0 %
Sugars 34g		
Protein 10g		
Vitamin A 6%	•	Vitamin C 4%
Calcium 30%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

↓ LOW=5% or less HIGH=20% or more ↑