

Nutrition Facts Cards

1. BLANK LABEL
2. Apple
3. Apple pie
4. Apricot, dried
5. Avocado
6. Bacon
7. Bagel
8. Banana
9. Beans, kidney, canned
10. Beef, roast, lean
11. Beef patty, frozen, broiled
12. Beef, steak
13. Bell pepper slices
14. Bread, pita
15. Bread, white
16. Bread, whole wheat
17. Biscuit
18. Broccoli, cooked
19. Broccoli, raw
20. Burrito, bean
21. Butter
22. Cabbage, raw
23. Cake frosting
24. Cake with frosting
25. Cake, angel food
26. Candy, chocolate bar
27. Candy, gumdrops
28. Candy, hard
29. Candy, peppermint patty
30. Candy, red licorice
31. Cantaloupe
32. Carrots, canned
33. Carrots, raw
34. Carrots, raw, mini
35. Cereal, corn flakes
36. Cereal, corn flakes, sweetened
37. Cereal, fruit scoops
38. Cereal, granola style
39. Cereal, oatmeal
40. Cheese, American
41. Cheese, cheddar, shredded
42. Cheese, cottage 2%
43. Cheese, cream
44. Cheese, mozzarella, part skim
45. Cheese, Parmesan, grated
46. Cheese, whipped cream
47. Chicken breast, baked, skinless
48. Chicken breast, baked with skin
49. Chicken breast, fried with skin
50. Chili without beans
51. Chili, meatless (vegetarian)
52. Cookies, chocolate chip
53. Cookies, fat free
54. Coconut, shredded
55. Coleslaw, creamy style
56. Corn
57. Corn bread
58. Deli meat, bologna
59. Doughnut, glazed
60. Egg, hard cooked
61. Fish sticks
62. Fish, baked
63. Frozen fruit-juice bar
64. Fruit drink, orange w/10% juice
65. Fruit juice, apple
66. Fruit juice, grape
67. Fruit juice, orange
68. Fruit juice, orange with calcium
69. Fruit juice, pineapple
70. Fruit juice, tomato
71. Fruit punch drink
72. Graham crackers, honey
73. Grapes
74. Gravy
75. Green beans
76. Green bean casserole
77. Ham, roasted
78. Hamburger bun
79. Honey
80. Hot dog without bun
81. Hushpuppies
82. Ice cream, low-fat vanilla
83. Ice cream, vanilla
84. Ice Popsicle
85. Iced tea, sweetened
86. Jelly

Continued on next page

Nutrition Facts Cards *Continued*

87. Kiwi fruit
88. Lentils, boiled
89. Lettuce, romaine
90. Mango
91. Margarine, stick
92. Margarine, tub (soft)
93. Mayonnaise-type salad dressing
94. Milk, 0% fat free
95. Milk, 1% lowfat
96. Milk, 1% lowfat chocolate
97. Milk, 1% lowfat strawberry
98. Milk, 2% reduced fat
99. Milk, 3.3% whole
100. Muffin, plain
101. Mushrooms
102. Noodles, egg, cooked
103. Nuts, mixed
104. Nuts, peanuts
105. Oil, vegetable
106. Okra
107. Orange
108. Pasta with Alfredo sauce
109. Pasta with tomato basil sauce
110. Pastry, Danish
111. Peach halves, canned in light syrup
112. Peanut butter, smooth
113. Pear halves, canned in juice
114. Peas
115. Peas with butter sauce, frozen
116. Pineapple chunks, canned in juice
117. Pizza, cheese
118. Pizza, pepperoni
119. Popcorn, microwave
120. Popcorn, buttered
121. Pork loin chop, lean, broiled
122. Pork, spareribs
123. Potato chips
124. Potato, baked
125. Potato, French fries, small
126. Potato, French fries, super size
127. Potato, hash browns
128. Pretzels, tiny twists
129. Pudding, chocolate cup
130. Pudding snacks, rice style
131. Raisins
132. Rice, fried
133. Rice, plain, boiled
134. Salad dressing, fat free
135. Salad dressing, French
136. Salad dressing, Italian
137. Salad dressing, lowfat
138. Salad greens
139. Salsa, home style
140. Sauce, cheese
141. Sauce, prepared spaghetti
142. Sauce, tartar
143. Shake, vanilla
144. Soda, cola
145. Soda, low-calorie cola
146. Soda, low-calorie orange
147. Soda, orange
148. Soda, root beer
149. Sour cream
150. Spinach, boiled
151. Sports drink
152. Strawberries
153. Sweet potato, canned
154. Toaster pastry, fruit
155. Tomato
156. Tortilla chips
157. Tortilla, corn
158. Tortilla, flour
159. Vegetable soup, chunky
160. Waffle, plain, frozen
161. Watermelon
162. Whipped cream
163. Whipped cream topping
164. Yogurt, fat free
165. Yogurt, fruit flavored
166. Yogurt, lowfat vanilla
167. Yogurt, lowfat with fruit
168. Yogurt, soft-serve vanilla, frozen
169. Yogurt, soft-serve strawberry, frozen
170. Zucchini

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.

1. BLANK LABEL

Nutrition Facts		
Serving Size		
Servings Per Container		
Amount Per Serving		
Calories	Calories from Fat	
%Daily Value*		
Total Fat	g	%
Saturated Fat g %		
Trans Fat g		
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.

2. Apple

Nutrition Facts		
Serving Size 1 apple (138g)		
Servings Per Container 10		
Amount Per Serving		
Calories	80	
%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 15 %		
Sugars 18g		
Protein	0g	
Vitamin A 0% • Vitamin C 15%		
Calcium 0% • Iron 0%		

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

3. Apple pie

Nutrition Facts		
Serving Size 1 snack pie (128g)		
Servings Per Container 1		
Amount Per Serving		
Calories	480 Calories from Fat 200	
%Daily Value*		
Total Fat	22g	34 %
Saturated Fat 9g 45 %		
Trans Fat 2g		
Cholesterol	160mg	53 %
Sodium	390mg	16 %
Total Carbohydrate	67g	22 %
Dietary Fiber 2g 8 %		
Sugars 36g		
Protein	3g	
Vitamin A 0% • Vitamin C 0%		
Calcium 6% • Iron 8%		

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

4. Apricot, 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 %		
Trans 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.

5. Avocado

Nutrition Facts		
Serving Size 1 slice (1/5 avocado)(29g)		
Servings Per Container 5		
Amount Per Serving		
Calories	50 Calories from Fat 45	
%Daily Value*		
Total Fat	5g	8 %
Saturated Fat 1g 4 %		
Trans Fat 0g		
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	2g	1 %
Dietary Fiber 1g 6 %		
Sugars 0g		
Protein	1g	
Vitamin A 4% • Vitamin C 4%		
Calcium 0% • Iron 0%		

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Nutrition Facts Cards

6. Bacon

Nutrition Facts	
Serving Size 2 slices (13g)	
Servings Per Container 10	
Amount Per Serving	
Calories 70	Calories from Fat 10
%Daily Value*	
Total Fat 6g	10 %
Saturated Fat 2.5g	11 %
Trans Fat 0g	
Cholesterol 10mg	4 %
Sodium 210mg	9 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

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

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

7. Bagel

Nutrition Facts	
Serving Size 1 bagel (71g)	
Servings Per Container 5	
Amount Per Serving	
Calories 200	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 380mg	16 %
Total Carbohydrate 38g	13 %
Dietary Fiber 2g	7 %
Sugars 2g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 15%

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

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

8. Banana

Nutrition Facts	
Serving Size 1 banana (118g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
%Daily Value*	
Total Fat 0.5g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 28g	9 %
Dietary Fiber 3g	11 %
Sugars 18g	
Protein 1g	
Vitamin A 0%	• Vitamin C 20%
Calcium 0%	• Iron 2%

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

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9. 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 %
Trans 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.

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10. Beef, roast, lean

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 10	
Amount Per Serving	
Calories 150	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	
Cholesterol 60mg	20 %
Sodium 55mg	2 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 24g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 10%

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

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11. 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 %
Trans Fat 2g	
Cholesterol 75mg	25 %
Sodium 65mg	3 %
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.

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Nutrition Facts Cards

12. Beef, steak

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 3g	14 %
Trans Fat 0g	
Cholesterol 55mg	18 %
Sodium 55mg	2 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 25g	
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 ↑

13. Bell pepper slices

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 %
Trans 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 ↑

14. Bread, pita

Nutrition Facts	
Serving Size 1 pita (60g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 5
%Daily Value*	
Total Fat 0.5g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 320mg	13 %
Total Carbohydrate 33g	11 %
Dietary Fiber 1g	5 %
Sugars 3g	
Protein 5g	
Vitamin A 10%	• Vitamin C 0%
Calcium 6%	• Iron 8%

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

↓ LOW=5% or less HIGH=20% or more ↑

15. 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 %
Trans 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 ↑

16. Bread, whole wheat

Nutrition Facts	
Serving Size 1 slice (50g)	
Servings Per Container 15	
Amount Per Serving	
Calories 140	Calories from Fat 30
%Daily Value*	
Total Fat 3g	5 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 340mg	14 %
Total Carbohydrate 24g	8 %
Dietary Fiber 3g	14 %
Sugars 0g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%

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

↓ LOW=5% or less HIGH=20% or more ↑

17. Biscuit

Nutrition Facts	
Serving Size 2 biscuits (70g)	
Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 100
%Daily Value*	
Total Fat 12g	18 %
Saturated Fat 1.5g	9 %
Trans Fat 2g	
Cholesterol 0mg	0 %
Sodium 740mg	31 %
Total Carbohydrate 34g	11 %
Dietary Fiber 1g	0 %
Sugars 3g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%

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

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

18. Broccoli, cooked

Nutrition Facts	
Serving Size 1/2 cup (92g)	
Servings Per Container 6	
Amount Per Serving	
Calories 25	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 20mg	1 %
Total Carbohydrate 5g	2 %
Dietary Fiber 3g	11 %
Sugars 1g	
Protein 3g	
Vitamin A 35%	• Vitamin C 60%
Calcium 4%	• Iron 4%

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

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LOW=5% or less HIGH=20% or more
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19. Broccoli, raw

Nutrition Facts	
Serving Size 1/2 cup (82g)	
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 20mg	1 %
Total Carbohydrate 4g	1 %
Dietary Fiber 2g	8 %
Sugars 1g	
Protein 2g	
Vitamin A 20%	• Vitamin C 50%
Calcium 2%	• Iron 2%

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

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20. 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.

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21. Butter

Nutrition Facts	
Serving Size 1 tbsp (15g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 110
	%Daily Value*
Total Fat 12g	19 %
Saturated Fat 8g	38 %
<i>Trans</i> Fat 0g	
Cholesterol 35mg	11 %
Sodium 125mg	5 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 0g	
Vitamin A 10%	• Vitamin C 0%
Calcium 0%	• Iron 0%

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

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22. 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.

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LOW=5% or less HIGH=20% or more
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23. Cake frosting

Nutrition Facts	
Serving Size 2 tbsp (40g)	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories from Fat 40
	%Daily Value*
Total Fat 4.5g	7 %
Saturated Fat 1g	4 %
<i>Trans</i> Fat 2g	
Cholesterol 0mg	0 %
Sodium 90mg	4 %
Total Carbohydrate 32g	11 %
Dietary Fiber 0g	0 %
Sugars 28g	
Protein 0g	
Vitamin A 4%	• Vitamin C 0%
Calcium 0%	• Iron 0%

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

24. 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 %
Trans Fat 2g	
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.

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25. Cake, angel 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 %
Trans 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%

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LOW=5% or less HIGH=20% or more
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26. 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 %
Trans 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%

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27. Candy, gumdrops

Nutrition Facts	
Serving Size 6 gumdrops (5g)	
Servings Per Container 10	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 5g	2 %
Dietary Fiber 0g	0 %
Sugars 3g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

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LOW=5% or less HIGH=20% or more
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28. Candy, hard

Nutrition Facts	
Serving Size 3 candies (2g)	
Servings Per Container 10	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

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LOW=5% or less HIGH=20% or more
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29. Candy, peppermint patty

Nutrition Facts	
Serving Size 1 patty (42g)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 35
%Daily Value*	
Total Fat 4g	6 %
Saturated Fat 2.5g	13 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 10mg	1 %
Total Carbohydrate 32g	11 %
Dietary Fiber 1g	4 %
Sugars 23g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

30. Candy, red licorice

Nutrition Facts	
Serving Size 1 strip (9g)	
Servings Per Container 8	
Amount Per Serving	
Calories 30	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 20mg	1 %
Total Carbohydrate 6g	2 %
Dietary Fiber 0g	0 %
Sugars 4g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

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

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LOW=5% or less HIGH=20% or more
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31. Cantaloupe

Nutrition Facts	
Serving Size 1/4 melon (157g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 30mg	1 %
Total Carbohydrate 12g	4 %
Dietary Fiber 2g	7 %
Sugars 14g	
Protein 1g	
Vitamin A 120% • Vitamin C 100%	
Calcium 2% • Iron 0%	

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

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LOW=5% or less HIGH=20% or more
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32. Carrots, canned

Nutrition Facts	
Serving Size 1/2 cup (73g)	
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 30mg	1 %
Total Carbohydrate 4g	1 %
Dietary Fiber 1g	4 %
Sugars 2g	
Protein 0g	
Vitamin A 200% • Vitamin C 4%	
Calcium 0% • Iron 2%	

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

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LOW=5% or less HIGH=20% or more
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33. Carrots, raw

Nutrition Facts	
Serving Size 2/3 cup (89g)	
Servings Per Container 6	
Amount Per Serving	
Calories 40	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 45mg	2 %
Total Carbohydrate 9g	3 %
Dietary Fiber 3g	11 %
Sugars 5g	
Protein 1g	
Vitamin A 460% • Vitamin C 8%	
Calcium 2% • Iron 2%	

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

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LOW=5% or less HIGH=20% or more
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34. 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.

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LOW=5% or less HIGH=20% or more
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35. Cereal, corn flakes

Nutrition Facts	
Serving Size 1 cup (25g)	
Servings Per Container 13	
Amount Per Serving	
Calories 100	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 240mg	10 %
Total Carbohydrate 22g	7 %
Dietary Fiber 0g	0 %
Sugars 2g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

36. Cereal, corn flakes, sweetened

Nutrition Facts	
Serving Size 3/4 cup (29g)	
Servings Per Container 13	
Amount Per Serving	
Calories 110	Calories from Fat 10
%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.

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LOW=5% or less HIGH=20% or more
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37. Cereal, fruit scoops

Nutrition Facts	
Serving Size 1 cup (32g)	
Servings Per Container 13	
Amount Per Serving	
Calories 120	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 150mg	6 %
Total Carbohydrate 28g	9 %
Dietary Fiber 1g	4 %
Sugars 15g	
Protein 2g	
Vitamin A 15%	Vitamin C 25%
Calcium 0%	Iron 25%

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

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LOW=5% or less HIGH=20% or more
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38. Cereal, granola style

Nutrition Facts	
Serving Size 1/2 cup (61g)	
Servings Per Container 10	
Amount Per Serving	
Calories 280	Calories from Fat 140
%Daily Value*	
Total Fat 15g	23 %
Saturated Fat 3g	14 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 15mg	1 %
Total Carbohydrate 32g	11 %
Dietary Fiber 6g	26 %
Sugars 17g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

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

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LOW=5% or less HIGH=20% or more
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39. Cereal, oatmeal

Nutrition Facts	
Serving Size 1 cup (234g)	
Servings Per Container 10	
Amount Per Serving	
Calories 150	Calories from Fat 20
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 25g	8 %
Dietary Fiber 4g	16 %
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

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

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LOW=5% or less HIGH=20% or more
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40. Cheese, American

Nutrition Facts	
Serving Size 1 ounce (28g)	
Servings Per Container 16	
Amount Per Serving	
Calories 106	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12 %
Saturated Fat 5g	25 %
Trans Fat 0g	
Cholesterol 27mg	9 %
Sodium 422mg	18 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 6g	
Vitamin A 5%	Vitamin C 0%
Calcium 15%	Iron 0%

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

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LOW=5% or less HIGH=20% or more
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41. Cheese, cheddar, shredded

Nutrition Facts	
Serving Size 1/4 cup (28g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 80
%Daily Value*	
Total Fat 9g	14 %
Saturated Fat 6g	30 %
Trans Fat 0g	
Cholesterol 30mg	10 %
Sodium 170mg	7 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

42. Cheese, cottage 2%

Nutrition Facts	
Serving Size 1/4 cup (113g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
%Daily Value*	
Total Fat 2g	3 %
Saturated Fat 1.5g	7 %
Trans Fat 0g	
Cholesterol 10mg	3 %
Sodium 460mg	19 %
Total Carbohydrate 4g	1 %
Dietary Fiber 0g	0 %
Sugars 4g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 0%

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

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

43. Cheese, cream

Nutrition Facts	
Serving Size 2 tbsp (29g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 50
%Daily Value*	
Total Fat 10g	16 %
Saturated Fat 6g	32 %
Trans Fat 0g	
Cholesterol 30mg	11 %
Sodium 85mg	4 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 2%	Iron 0%

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

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

44. 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.

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

45. Cheese, Parmesan, grated

Nutrition Facts	
Serving Size 1 tbsp (5g)	
Servings Per Container 32	
Amount Per Serving	
Calories 25	Calories from Fat 15
%Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 5mg	0 %
Sodium 95mg	4 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 0%

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

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

46. Cheese, whipped cream

Nutrition Facts	
Serving Size 2 tbsp (21g)	
Servings Per Container 18	
Amount Per Serving	
Calories 70	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 4.5g	23 %
Trans Fat 0g	
Cholesterol 25mg	8 %
Sodium 85mg	4 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 1g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 0%

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

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

47. 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.

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



Nutrition Facts Cards

48. Chicken breast, baked with skin

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 2	
Amount Per Serving	
Calories 170	Calories from Fat 60
%Daily Value*	
Total Fat 7g	10 %
Saturated Fat 2g	9 %
Trans Fat 0g	
Cholesterol 70mg	24 %
Sodium 60mg	3 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 25g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%

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

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49. Chicken breast, fried with skin

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12 %
Saturated Fat 2g	10 %
Trans Fat 0g	
Cholesterol 75mg	25 %
Sodium 65mg	3 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 27g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%

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

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50. Chili without beans

Nutrition Facts	
Serving Size 1 cup (130g)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11 %
Saturated Fat 2.5g	13 %
Trans Fat 0g	
Cholesterol 30mg	10 %
Sodium 670mg	28 %
Total Carbohydrate 14g	5 %
Dietary Fiber 4g	15 %
Sugars 0g	
Protein 11g	
Vitamin A 10%	• Vitamin C 20%
Calcium 4%	• Iron 10%

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

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LOW=5% or less HIGH=20% or more
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51. Chili, meatless (vegetarian)

Nutrition Facts	
Serving Size 1 cup (240g)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 320mg	13 %
Total Carbohydrate 28g	9 %
Dietary Fiber 12g	48%
Sugars 7g	
Protein 13g	
Vitamin A 100%	• Vitamin C 20%
Calcium 4%	• Iron 20%

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

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LOW=5% or less HIGH=20% or more
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52. Cookies, chocolate chip

Nutrition Facts	
Serving Size 3 cookies (36g)	
Servings Per Container 18	
Amount Per Serving	
Calories 170	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12 %
Saturated Fat 2.5g	12 %
Trans Fat 1.5g	
Cholesterol 5mg	0 %
Sodium 125mg	5 %
Total Carbohydrate 23g	8 %
Dietary Fiber 1g	0 %
Sugars 14g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%

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

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LOW=5% or less HIGH=20% or more
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53. Cookies, fat free

Nutrition Facts	
Serving Size 2 cookies (29g)	
Servings Per Container 10	
Amount Per Serving	
Calories 100	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 60mg	3 %
Total Carbohydrate 24g	8 %
Dietary Fiber 1g	4 %
Sugars 14g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

54. Coconut, shredded

Nutrition Facts		
Serving Size 2 tbsp (12g)		
Servings Per Container 8		
Amount Per Serving		
Calories 60	Calories from Fat 20	
%Daily Value*		
Total Fat 4.5g		7 %
Saturated Fat 4g		19 %
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0 %
Sodium 30mg		1 %
Total Carbohydrate 6g		2 %
Dietary Fiber 1g		0 %
Sugars 4g		
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 ↑

55. Coleslaw, creamy style

Nutrition Facts		
Serving Size 3/4 cup (90g)		
Servings Per Container 4		
Amount Per Serving		
Calories 60	Calories from Fat 20	
%Daily Value*		
Total Fat 2.5g		4 %
Saturated Fat 0g		0 %
<i>Trans</i> Fat 0g		
Cholesterol 5mg		2 %
Sodium 20mg		1 %
Total Carbohydrate 11g		4 %
Dietary Fiber 1g		5 %
Sugars 0g		
Protein 1g		
Vitamin A 10%	•	Vitamin C 50%
Calcium 4%	•	Iron 2%

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

↓ LOW=5% or less HIGH=20% or more ↑

56. 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 %
<i>Trans</i> 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 ↑

57. Corn bread

Nutrition Facts		
Serving Size 1 piece (65g)		
Servings Per Container 8		
Amount Per Serving		
Calories 170	Calories from Fat 20	
%Daily Value*		
Total Fat 4.5g		7 %
Saturated Fat 1g		5 %
<i>Trans</i> Fat 0g		
Cholesterol 25mg		9 %
Sodium 430mg		18 %
Total Carbohydrate 28g		9 %
Dietary Fiber 1g		6 %
Sugars 1g		
Protein 4g		
Vitamin A 4%	•	Vitamin C 0%
Calcium 15%	•	Iron 10%

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

↓ LOW=5% or less HIGH=20% or more ↑

58. 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 %
<i>Trans</i> 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 ↑

59. 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.

↓ LOW=5% or less HIGH=20% or more ↑

Nutrition Facts Cards

60. 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 %
Trans 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.

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61. 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 %
Trans 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.

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62. Fish, baked

Nutrition Facts	
Serving Size 3 ounces (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 60
%Daily Value*	
Total Fat 6g	10 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 65mg	22 %
Sodium 55mg	2 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 21g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%

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

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63. 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 %
Trans 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.

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LOW=5% or less HIGH=20% or more
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64. Fruit drink, orange w/10% juice

Nutrition Facts	
Serving Size 12 FL OZ (240g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 30mg	1 %
Total Carbohydrate 31g	10 %
Dietary Fiber 0g	0 %
Sugars 29g	
Protein 0g	
Vitamin A 0%	Vitamin C 70%
Calcium 0%	Iron 0%

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

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65. Fruit juice, apple

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 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 5mg	0 %
Total Carbohydrate 29g	10 %
Dietary Fiber 0g	0 %
Sugars 27g	
Protein 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 6%

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

66. 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 %
Trans 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.

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LOW=5% or less HIGH=20% or more
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67. Fruit juice, orange

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 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0g	0 %
Sugars 22g	
Protein 1g	
Vitamin A 0%	Vitamin C 50%
Calcium 2%	Iron 0%

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

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LOW=5% or less HIGH=20% or more
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68. Fruit juice, orange with 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 %
Trans 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.

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LOW=5% or less HIGH=20% or more
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69. Fruit juice, pineapple

Nutrition Facts	
Serving Size 8 FL OZ (250g)	
Servings Per Container 8	
Amount Per Serving	
Calories 140	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 34g	11 %
Dietary Fiber 1g	0 %
Sugars 31g	
Protein 1g	
Vitamin A 0%	Vitamin C 45%
Calcium 4%	Iron 4%

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

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LOW=5% or less HIGH=20% or more
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70. Fruit juice, tomato

Nutrition Facts	
Serving Size 5.5 FL OZ (163g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 380mg	16 %
Total Carbohydrate 5g	2 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 2g	
Vitamin A 20%	Vitamin C 100%
Calcium 0%	Iron 10%

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

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LOW=5% or less HIGH=20% or more
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71. 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 %
Trans 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.

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

72. Graham crackers, honey

Nutrition Facts		
Serving Size 4 crackers (28g)		
Servings Per Container 12		
Amount Per Serving		
Calories	120	Calories from Fat 25
%Daily Value*		
Total Fat	3g	4 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	170mg	7 %
Total Carbohydrate	22g	7 %
Dietary Fiber	1g	0 %
Sugars	5g	
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

73. Grapes

Nutrition Facts		
Serving Size 1 cup (160g)		
Servings Per Container 5		
Amount Per Serving		
Calories	110	Calories from Fat 10
%Daily Value*		
Total Fat	1g	1 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	28g	9 %
Dietary Fiber	2g	6 %
Sugars	29g	
Protein	1g	
Vitamin A	2%	• Vitamin C 30%
Calcium	0%	• Iron 2%

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

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

74. 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 %
Trans 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

75. Green beans

Nutrition Facts		
Serving Size 2/3 cup (90g)		
Servings Per Container 3.3		
Amount Per Serving		
Calories	20	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	240mg	10 %
Total Carbohydrate	4g	1 %
Dietary Fiber	2g	7 %
Sugars	1g	
Protein	1g	
Vitamin A	6%	• Vitamin C 8%
Calcium	2%	• Iron 4%

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

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

76. Green bean casserole

Nutrition Facts		
Serving Size 2/3 cup (109g)		
Servings Per Container 6		
Amount Per Serving		
Calories	130	Calories from Fat 80
%Daily Value*		
Total Fat	9g	14 %
Saturated Fat	4.5g	23 %
Trans Fat	0g	
Cholesterol	15mg	5 %
Sodium	510mg	21 %
Total Carbohydrate	10g	3 %
Dietary Fiber	2g	8 %
Sugars	2g	
Protein	2g	
Vitamin A	8%	• Vitamin C 8%
Calcium	4%	• Iron 4%

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

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

77. Ham, roasted

Nutrition Facts		
Serving Size 3 ounces (85g)		
Servings Per Container 18		
Amount Per Serving		
Calories	150	Calories from Fat 70
%Daily Value*		
Total Fat	8g	12 %
Saturated Fat	2.5g	13 %
Trans Fat	0g	
Cholesterol	50mg	17 %
Sodium	1280mg	53 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	19g	
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

78. Hamburger bun

Nutrition Facts	
Serving Size 1 bun (43g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 20
%Daily Value*	
Total Fat 2g	3 %
Saturated Fat 0.5g	3 %
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0 %
Sodium 240mg	10 %
Total Carbohydrate 22g	7 %
Dietary Fiber 1g	5 %
Sugars 3g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%

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

↓ LOW=5% or less HIGH=20% or more ↑

79. Honey

Nutrition Facts	
Serving Size 1 tbsp (21g)	
Servings Per Container 18	
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 17g	6 %
Dietary Fiber 0g	0 %
Sugars 17g	
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 ↑

80. Hot dog without bun

Nutrition Facts	
Serving Size 1 hot dog (76g)	
Servings Per Container 1	
Amount Per Serving	
Calories 240	Calories from Fat 200
%Daily Value*	
Total Fat 22g	34 %
Saturated Fat 9g	45 %
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15 %
Sodium 690mg	29 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 9g	
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 ↑



81. Hushpuppies

Nutrition Facts	
Serving Size 1 piece (23g)	
Servings Per Container 12	
Amount Per Serving	
Calories 60	Calories from Fat 25
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 3g	
Cholesterol 0mg	0 %
Sodium 25mg	1 %
Total Carbohydrate 9g	3 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%

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

↓ LOW=5% or less HIGH=20% or more ↑

82. Ice cream, low-fat vanilla

Nutrition Facts	
Serving Size 1/2 cup (92g)	
Servings Per Container 18	
Amount Per Serving	
Calories 170	Calories from Fat 25
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 1.5g	8 %
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7 %
Sodium 50mg	2 %
Total Carbohydrate 29g	10 %
Dietary Fiber 0g	0 %
Sugars 15g	
Protein 7g	
Vitamin A 6%	• 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 ↑

83. 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 ↑

Nutrition Facts Cards

84. Ice Popsicle

Nutrition Facts		
Serving Size 1 item (59g)		
Servings Per Container 10		
Amount Per Serving		
Calories 40		
%Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	0%
Sugars	10g	
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 ↑

85. Iced tea, sweetened

Nutrition Facts		
Serving Size 8 FL OZ (240g)		
Servings Per Container 1.5		
Amount Per Serving		
Calories 90		
%Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	21g	7%
Dietary Fiber	0g	0%
Sugars	21g	
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 ↑

86. Jelly

Nutrition Facts		
Serving Size 1 tbsp (19g)		
Servings Per Container 32		
Amount Per Serving		
Calories 50		
%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	0g	0%
Sugars	8g	
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 ↑

87. 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%
Trans 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 ↑

88. Lentils, boiled

Nutrition Facts		
Serving Size 1/2 cup (99g)		
Servings Per Container 4		
Amount Per Serving		
Calories 110		
%Daily Value*		
Total Fat	0g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	20g	7%
Dietary Fiber	8g	31%
Sugars	2g	
Protein	9g	
Vitamin A	0%	Vitamin C 2%
Calcium	0%	Iron 20%

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

↓ LOW=5% or less HIGH=20% or more ↑

89. Lettuce, Romaine

Nutrition Facts		
Serving Size 1 1/2 cup (0g)		
Servings Per Container 6		
Amount Per Serving		
Calories 10		
%Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	1g	6%
Sugars	2g	
Protein	1g	
Vitamin A	45%	Vitamin C 35%
Calcium	4%	Iron 6%

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

↓ LOW=5% or less HIGH=20% or more ↑



Nutrition Facts Cards

90. Mango

Nutrition Facts	
Serving Size 1/2 mango (103g)	
Servings Per Container 2	
Amount Per Serving	
Calories 70	
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	7%
Sugars 15g	
Protein 1g	
Vitamin A 80% • Vitamin C 50%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

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LOW=5% or less HIGH=20% or more
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91. Margarine, stick

Nutrition Facts	
Serving Size 1 tbsp (14g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 100
%Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	11%
<i>Trans</i> Fat 2.5g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 10% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

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LOW=5% or less HIGH=20% or more
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92. Margarine, tub (soft)

Nutrition Facts	
Serving Size 1 tbsp (14g)	
Servings Per Container 15	
Amount Per Serving	
Calories 100	Calories from Fat 100
%Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 10% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

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LOW=5% or less HIGH=20% or more
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93. Mayonnaise-type salad dressing

Nutrition Facts	
Serving Size 1 tbsp (15g)	
Servings Per Container 28	
Amount Per Serving	
Calories 70	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	0%
Sodium 95mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	

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LOW=5% or less HIGH=20% or more
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94. Milk, 0% fat-free

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol < 5mg	0%
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.	

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LOW=5% or less HIGH=20% or more
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95. Milk, 1% low-fat

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.	

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

96. Milk, 1% low-fat chocolate

Nutrition Facts		
Serving Size 8 fl oz (250g)		
Servings Per Container 8		
Amount Per Serving		
Calories 170	Calories from Fat 20	
%Daily Value*		
Total Fat 2.5g		4 %
Saturated Fat 1.5g		8 %
Trans Fat 0g		
Cholesterol 5mg		2 %
Sodium 190mg		6 %
Total Carbohydrate 29g		9 %
Dietary Fiber 1g		5 %
Sugars 27g		
Protein 8g		
Vitamin A 10%	•	Vitamin C 6%
Calcium 30%	•	Iron 4%

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

↓ LOW=5% or less HIGH=20% or more ↑

97. Milk, 1% low-fat strawberry

Nutrition Facts		
Serving Size 8 fl oz (240g)		
Servings Per Container 8		
Amount Per Serving		
Calories 200	Calories from Fat 45	
%Daily Value*		
Total Fat 5g		8 %
Saturated Fat 3g		15 %
Trans Fat 0g		
Cholesterol 20mg		7 %
Sodium 120mg		5 %
Total Carbohydrate 32g		11 %
Dietary Fiber 0g		0 %
Sugars 32g		
Protein 8g		
Vitamin A 10%	•	Vitamin C 0%
Calcium 25%	•	Iron 0%

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

↓ LOW=5% or less HIGH=20% or more ↑

98. Milk, 2% reduced fat

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 8		
Amount Per Serving		
Calories 120	Calories from Fat 40	
%Daily Value*		
Total Fat 4.5g		7 %
Saturated Fat 3g		15 %
Trans Fat 0g		
Cholesterol 20mg		6 %
Sodium 120mg		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 ↑

99. Milk, 3.3% whole

Nutrition Facts		
Serving Size 8 fl oz (244g)		
Servings Per Container 8		
Amount Per Serving		
Calories 150	Calories from Fat 70	
%Daily Value*		
Total Fat 8g		13 %
Saturated Fat 5g		25 %
Trans Fat 0g		
Cholesterol 35mg		11 %
Sodium 120mg		5 %
Total Carbohydrate 11g		4 %
Dietary Fiber 0g		0 %
Sugars 12g		
Protein 8g		
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 ↑

100. Muffin, plain

Nutrition Facts		
Serving Size 1 muffin (50g)		
Servings Per Container 4		
Amount Per Serving		
Calories 140	Calories from Fat 40	
%Daily Value*		
Total Fat 4.5g		7 %
Saturated Fat 1g		6 %
Trans Fat 0g		
Cholesterol 35mg		11 %
Sodium 230mg		10 %
Total Carbohydrate 23g		8 %
Dietary Fiber 3g		13 %
Sugars 0g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 8%

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

↓ LOW=5% or less HIGH=20% or more ↑

101. Mushrooms

Nutrition Facts		
Serving Size 1/2 cup (78g)		
Servings Per Container 2		
Amount Per Serving		
Calories 20		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Trans Fat 0g		
Cholesterol 0mg		0 %
Sodium 330mg		14 %
Total Carbohydrate 4g		1 %
Dietary Fiber 2g		7 %
Sugars 1g		
Protein 1g		
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 ↑



Nutrition Facts Cards

102. Noodles, egg, cooked

Nutrition Facts		
Serving Size 3/4 cup (120g)		
Servings Per Container 6		
Amount Per Serving		
Calories	160	Calories from Fat 15
%Daily Value*		
Total Fat	2g	3 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	40mg	13 %
Sodium	200mg	8 %
Total Carbohydrate	30g	10 %
Dietary Fiber	1g	5 %
Sugars	2g	
Protein	6g	
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 ↑

103. Nuts, mixed, dry roasted

Nutrition Facts		
Serving Size 1/4 cup (34g)		
Servings Per Container 10		
Amount Per Serving		
Calories	200	Calories from Fat 160
%Daily Value*		
Total Fat	17g	27 %
Saturated Fat	2.5g	12 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	9g	3 %
Dietary Fiber	3g	12 %
Sugars	1g	
Protein	6g	
Vitamin A	0%	• Vitamin C 0%
Calcium	2%	• Iron 6%

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

↓ LOW=5% or less HIGH=20% or more ↑

104. Nuts, peanuts

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 %
Trans 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 ↑



105. Oil, vegetable

Nutrition Facts		
Serving Size 1 tbsp (14g)		
Servings Per Container 32		
Amount Per Serving		
Calories	120	Calories from Fat 130
%Daily Value*		
Total Fat	14g	22 %
Saturated Fat	1.5g	8 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
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 ↑

106. Okra

Nutrition Facts		
Serving Size 1/2 cup (80g)		
Servings Per Container 4		
Amount Per Serving		
Calories	25	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	6g	2 %
Dietary Fiber	2g	8 %
Sugars	2g	
Protein	1g	
Vitamin A	10%	• Vitamin C 20%
Calcium	6%	• Iron 2%

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

↓ LOW=5% or less HIGH=20% or more ↑

107. 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 %
Trans 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 ↑

Nutrition Facts Cards

108. Pasta with Alfredo sauce

Nutrition Facts		
Serving Size 2 1/2 ounces (70g)		
Servings Per Container 4		
Amount Per Serving		
Calories	270	Calories from Fat 60
%Daily Value*		
Total Fat	6g	10 %
Saturated Fat	2g	9 %
Trans Fat	0.5g	
Cholesterol	5mg	0 %
Sodium	910mg	38 %
Total Carbohydrate	46g	15 %
Dietary Fiber	2g	8 %
Sugars	4g	
Protein	9g	
Vitamin A	0%	• Vitamin C 0%
Calcium	6%	• Iron 10%

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

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

109. Pasta with tomato basil sauce

Nutrition Facts		
Serving Size 1 serving (272g)		
Servings Per Container 1		
Amount Per Serving		
Calories	260	Calories from Fat 60
%Daily Value*		
Total Fat	7g	11 %
Saturated Fat	2.5g	13 %
Trans Fat	0g	
Cholesterol	10mg	3 %
Sodium	360mg	15 %
Total Carbohydrate	40g	13 %
Dietary Fiber	3g	12 %
Sugars	4g	
Protein	10g	
Vitamin A	15%	• Vitamin C 15%
Calcium	15%	• Iron 10%

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

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

110. Pastry, Danish

Nutrition Facts		
Serving Size 1 danish (57g)		
Servings Per Container 1		
Amount Per Serving		
Calories	220	Calories from Fat 110
%Daily Value*		
Total Fat	12g	18 %
Saturated Fat	3.5g	18 %
Trans Fat	1.5g	
Cholesterol	50mg	16 %
Sodium	220mg	9 %
Total Carbohydrate	26g	9 %
Dietary Fiber	1g	0 %
Sugars	0g	
Protein	4g	
Vitamin A	0%	• Vitamin C 0%
Calcium	6%	• Iron 6%

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

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

111. 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 %
Trans 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

112. Peanut butter, smooth

Nutrition Facts		
Serving Size 2 tbsp (32g)		
Servings Per Container 18		
Amount Per Serving		
Calories	190	Calories from Fat 150
%Daily Value*		
Total Fat	16g	25 %
Saturated Fat	3.5g	17 %
Trans Fat	0g	
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	0%	• Iron 4%

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

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

113. Pear halves, in juice

Nutrition Facts		
Serving Size 1/2 cup (140g)		
Servings Per Container 4		
Amount Per Serving		
Calories	60	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	0mg	2 %
Total Carbohydrate	16g	5 %
Dietary Fiber	2g	8 %
Sugars	12g	
Protein	0g	
Vitamin A	0%	• Vitamin C 4%
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

114. 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 %
Trans 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.

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LOW=5% or less HIGH=20% or more
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115. Peas with butter sauce, frozen

Nutrition Facts	
Serving Size 3/4 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 20
%Daily Value*	
Total Fat 2g	3 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	
Cholesterol 5mg	0 %
Sodium 400mg	17 %
Total Carbohydrate 16g	5 %
Dietary Fiber 5g	20 %
Sugars 4g	
Protein 4g	
Vitamin A 10% • Vitamin C 8%	
Calcium 0% • Iron 8%	

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

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LOW=5% or less HIGH=20% or more
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116. Pineapple chunks, 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 %
Trans 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.

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LOW=5% or less HIGH=20% or more
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117. Pizza, cheese, microwave

Nutrition Facts	
Serving Size 1 small pizza (104g)	
Servings Per Container 1	
Amount Per Serving	
Calories 240	Calories from Fat 100
%Daily Value*	
Total Fat 11g	17 %
Saturated Fat 3.5g	18 %
Trans Fat 0g	
Cholesterol 15mg	5 %
Sodium 540mg	23 %
Total Carbohydrate 26g	9 %
Dietary Fiber 1g	4 %
Sugars 3g	
Protein 10g	
Vitamin A 0% • Vitamin C 0%	
Calcium 20% • Iron 10%	

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

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LOW=5% or less HIGH=20% or more
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118. 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 %
Trans Fat 0.5g	
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.

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LOW=5% or less HIGH=20% or more
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119. Popcorn, microwave

Nutrition Facts	
Serving Size 4 cup (30g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15 %
Saturated Fat 2.5g	13 %
Trans Fat 2g	
Cholesterol 0mg	0 %
Sodium 280mg	12 %
Total Carbohydrate 16g	5 %
Dietary Fiber 3g	12 %
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

120. Popcorn, buttered

Nutrition Facts	
Serving Size 1 cup (10g)	
Servings Per Container 7	
Amount Per Serving	
Calories 60	Calories from Fat 40
%Daily Value*	
Total Fat 4g	7 %
Saturated Fat 0.5g	4 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 50mg	2 %
Total Carbohydrate 4g	1 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

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LOW=5% or less HIGH=20% or more
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121. 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.

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LOW=5% or less HIGH=20% or more
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122. 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.

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LOW=5% or less HIGH=20% or more
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123. Potato chips

Nutrition Facts	
Serving Size 1 ounces (28g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15 %
Saturated Fat 3g	15 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 170mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 1g	5 %
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 2%

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

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LOW=5% or less HIGH=20% or more
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124. Potato, baked

Nutrition Facts	
Serving Size 1 potato (202g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 15mg	1 %
Total Carbohydrate 51g	17 %
Dietary Fiber 5g	19 %
Sugars 3g	
Protein 5g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 15%

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

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LOW=5% or less HIGH=20% or more
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125. Potato, French fries, small

Nutrition Facts	
Serving Size 1 serving (68g)	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 90
%Daily Value*	
Total Fat 10g	15 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 135mg	6 %
Total Carbohydrate 26g	9 %
Dietary Fiber 2g	8 %
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 2%

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

126. 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	0g	
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

127. Potato, hash browns

Nutrition Facts		
Serving Size 1 item 2 ounces (53g)		
Servings Per Container 1		
Amount Per Serving		
Calories	130	Calories from Fat 70
%Daily Value*		
Total Fat	8g	12 %
Saturated Fat	1.5g	8 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	330mg	14 %
Total Carbohydrate	14g	5 %
Dietary Fiber	1g	4 %
Sugars	0g	
Protein	1g	
Vitamin A	0%	• Vitamin C 4%
Calcium	0%	• Iron 2%

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

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

128. Pretzels, tiny twists

Nutrition Facts		
Serving Size 1 ounce (28g)		
Servings Per Container 1		
Amount Per Serving		
Calories	100	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	420mg	18 %
Total Carbohydrate	23g	8 %
Dietary Fiber	1g	4 %
Sugars	1g	
Protein	3g	
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

129. 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

130. Pudding snacks, rice style

Nutrition Facts		
Serving Size 1/2 cup (112g)		
Servings Per Container 1		
Amount Per Serving		
Calories	170	Calories from Fat 50
%Daily Value*		
Total Fat	6g	8 %
Saturated Fat	2g	10 %
Trans Fat	0g	
Cholesterol	70mg	24 %
Sodium	250mg	11 %
Total Carbohydrate	26g	9 %
Dietary Fiber	1g	4 %
Sugars	0g	
Protein	6g	
Vitamin A	8%	• Vitamin C 0%
Calcium	15%	• Iron 6%

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

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

131. Raisins

Nutrition Facts		
Serving Size 1/4 cup (41g)		
Servings Per Container 6		
Amount Per Serving		
Calories	120	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	32g	11 %
Dietary Fiber	2g	7 %
Sugars	27g	
Protein	1g	
Vitamin A	0%	• Vitamin C 2%
Calcium	2%	• Iron 4%

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

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



Nutrition Facts Cards

132. Rice, fried

Nutrition Facts	
Serving Size 2/3 cup (147g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 35
%Daily Value*	
Total Fat 4g	6 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 105mg	35 %
Sodium 490mg	20 %
Total Carbohydrate 30g	10 %
Dietary Fiber 1g	4 %
Sugars 1g	
Protein 6g	
Vitamin A 4%	Vitamin C 4%
Calcium 2%	Iron 10%

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

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

133. Rice, plain, boiled

Nutrition Facts	
Serving Size 1/2 cup (88g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 22g	7 %
Dietary Fiber 0g	0 %
Sugars 0g	
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

134. Salad dressing, fat free

Nutrition Facts	
Serving Size 2 tbsp (33g)	
Servings Per Container 18	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 430mg	18 %
Total Carbohydrate 4g	1 %
Dietary Fiber 0g	0 %
Sugars 2g	
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

135. Salad dressing, French

Nutrition Facts	
Serving Size 2 tbsp (31g)	
Servings Per Container 16	
Amount Per Serving	
Calories 130	Calories from Fat 110
%Daily Value*	
Total Fat 13g	20 %
Saturated Fat 3g	15 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 420mg	18 %
Total Carbohydrate 5g	2 %
Dietary Fiber 0g	0 %
Sugars 4g	
Protein 0g	
Vitamin A 8%	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

136. Salad dressing, Italian

Nutrition Facts	
Serving Size 2 tbsp (29g)	
Servings Per Container 16	
Amount Per Serving	
Calories 140	Calories from Fat 130
%Daily Value*	
Total Fat 14g	22 %
Saturated Fat 2g	10 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 230mg	10 %
Total Carbohydrate 3g	1 %
Dietary Fiber 0g	0 %
Sugars 1g	
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

137. Salad dressing, lowfat

Nutrition Facts	
Serving Size 2 tbsp (33g)	
Servings Per Container 16	
Amount Per Serving	
Calories 45	Calories from Fat 15
%Daily Value*	
Total Fat 2g	3 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 260mg	11 %
Total Carbohydrate 7g	2 %
Dietary Fiber 0g	0 %
Sugars 6g	
Protein 0g	
Vitamin A 8%	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

138. 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

139. Salsa, home style

Nutrition Facts	
Serving Size 2 tbsp (31g)	
Servings Per Container 24	
Amount Per Serving	
Calories 10	
	%Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 200mg	8 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 10%	
Calcium 0% • Iron 0%	

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

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

140. Sauce, cheese

Nutrition Facts	
Serving Size 1/4 cup (70g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 80
	%Daily Value*
Total Fat 9g	14 %
Saturated Fat 4g	21 %
Trans Fat 0g	
Cholesterol 20mg	7 %
Sodium 580mg	24 %
Total Carbohydrate 5g	2 %
Dietary Fiber 0g	0 %
Sugars 0g	
Protein 5g	
Vitamin A 4% • Vitamin C 0%	
Calcium 15% • Iron 0%	

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

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

141. Sauce, prepared spaghetti

Nutrition Facts	
Serving Size 1/2 cup (120g)	
Servings Per Container 10	
Amount Per Serving	
Calories 140	Calories from Fat 40
	%Daily Value*
Total Fat 4.5g	7 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 610mg	25 %
Total Carbohydrate 23g	8 %
Dietary Fiber 2g	8 %
Sugars 15g	
Protein 2g	
Vitamin A 20% • Vitamin C 15%	
Calcium 4% • Iron 8%	

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

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

142. Sauce, tartar

Nutrition Facts	
Serving Size 2 tbsp (28g)	
Servings Per Container 32	
Amount Per Serving	
Calories 140	Calories from Fat 130
	%Daily Value*
Total Fat 14g	22 %
Saturated Fat 2g	11 %
Trans Fat 0g	
Cholesterol 10mg	4 %
Sodium 200mg	8 %
Total Carbohydrate 4g	1 %
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.

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

143. Shake, vanilla

Nutrition Facts	
Serving Size 15 ounces (414g)	
Servings Per Container 1	
Amount Per Serving	
Calories 360	Calories from Fat 80
	%Daily Value*
Total Fat 9g	14 %
Saturated Fat 6g	30 %
Trans Fat 0g	
Cholesterol 40mg	13 %
Sodium 250mg	10 %
Total Carbohydrate 59g	20 %
Dietary Fiber 0g	0 %
Sugars 55g	
Protein 11g	
Vitamin A 6% • Vitamin C 2%	
Calcium 35% • Iron 2%	

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

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



Nutrition Facts Cards

144. Cola Soda

Nutrition Facts		
Serving Size 8 fl oz (240g)		
Servings Per Container 1.5		
Amount Per Serving		
Calories	100	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	35mg	0 %
Total Carbohydrate	27g	9 %
Dietary Fiber	0g	0 %
Sugars	27g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

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

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LOW=5% or less HIGH=20% or more
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145. Soda, low-calorie cola

Nutrition Facts		
Serving Size 8 fl oz (240g)		
Servings Per Container 1		
Amount Per Serving		
Calories	0	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	30mg	1 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

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

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LOW=5% or less HIGH=20% or more
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146. Soda, low-calorie orange

Nutrition Facts		
Serving Size 8 fl oz (237g)		
Servings Per Container 1.5		
Amount Per Serving		
Calories	0	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	40mg	2 %
Total Carbohydrate	0g	0 %
Dietary Fiber	0g	0 %
Sugars	0g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

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

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LOW=5% or less HIGH=20% or more
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147. 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.

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LOW=5% or less HIGH=20% or more
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148. Soda, root beer

Nutrition Facts		
Serving Size 12 fl oz (360g)		
Servings Per Container 1		
Amount Per Serving		
Calories	170	
		%Daily Value*
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	5mg	0 %
Total Carbohydrate	43g	14 %
Dietary Fiber	0g	0 %
Sugars	43g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

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

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LOW=5% or less HIGH=20% or more
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149. Sour cream

Nutrition Facts		
Serving Size 2 tbsp (24g)		
Servings Per Container 18		
Amount Per Serving		
Calories	50	Calories from Fat 45
		%Daily Value*
Total Fat	5g	8 %
Saturated Fat	3g	16 %
Trans Fat	0g	
Cholesterol	10mg	4 %
Sodium	15mg	1 %
Total Carbohydrate	1g	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.

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

150. Spinach, boiled

Nutrition Facts	
Serving Size 1/2 cup (90g)	
Servings Per Container 8	
Amount Per Serving	
Calories 20	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 65mg	3 %
Total Carbohydrate 3g	1 %
Dietary Fiber 2g	9 %
Sugars 0g	
Protein 3g	
Vitamin A 150% • Vitamin C 15%	
Calcium 10% • Iron 20%	

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

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LOW=5% or less HIGH=20% or more
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151. Sports drink

Nutrition Facts	
Serving Size 8 fl oz (240g)	
Servings Per Container 2	
Amount Per Serving	
Calories 70	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 55mg	2 %
Total Carbohydrate 20g	7 %
Dietary Fiber 0g	0 %
Sugars 19g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

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

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LOW=5% or less HIGH=20% or more
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152. 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 %
Trans 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.

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LOW=5% or less HIGH=20% or more
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153. Sweet potato, canned

Nutrition Facts	
Serving Size 3/4 cup (147g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 55mg	2 %
Total Carbohydrate 37g	12 %
Dietary Fiber 4g	18 %
Sugars 23g	
Protein 2g	
Vitamin A 210% • Vitamin C 25%	
Calcium 2% • Iron 8%	

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

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LOW=5% or less HIGH=20% or more
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154. Toaster pastry, fruit

Nutrition Facts	
Serving Size 1 pastry (52g)	
Servings Per Container 1	
Amount Per Serving	
Calories 200 Calories from Fat 50	
%Daily Value*	
Total Fat 5g	8 %
Saturated Fat 1g	4 %
Trans Fat 1g	
Cholesterol 0mg	0 %
Sodium 220mg	9 %
Total Carbohydrate 37g	12 %
Dietary Fiber 1g	4 %
Sugars 16g	
Protein 2g	
Vitamin A 10% • Vitamin C 0%	
Calcium 0% • Iron 10%	

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

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LOW=5% or less HIGH=20% or more
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155. 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 %
Trans 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.

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

156. 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	3 %
Trans 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 ↑

157. 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 %
Trans 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 ↑

158. Tortilla, flour

Nutrition Facts	
Serving Size 1 tortilla (32g)	
Servings Per Container 15	
Amount Per Serving	
Calories 100	Calories from Fat 20
%Daily Value*	
Total Fat 2.5g	3 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 150mg	6 %
Total Carbohydrate 18g	6 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%

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

↓ LOW=5% or less HIGH=20% or more ↑

159. 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 %
Trans 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 ↑

160. Waffle, plain, frozen

Nutrition Facts	
Serving Size 2 waffles (78g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9 %
Saturated Fat 1g	5 %
Trans Fat 2g	
Cholesterol 15mg	6 %
Sodium 580mg	24 %
Total Carbohydrate 30g	10 %
Dietary Fiber 2g	7 %
Sugars 0g	
Protein 5g	
Vitamin A 20%	Vitamin C 0%
Calcium 15%	Iron 20%

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

↓ LOW=5% or less HIGH=20% or more ↑

161. Watermelon

Nutrition Facts	
Serving Size 1 3/4 cup (266g)	
Servings Per Container 8	
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 5mg	0 %
Total Carbohydrate 19g	6 %
Dietary Fiber 1g	5 %
Sugars 24g	
Protein 2g	
Vitamin A 20%	Vitamin C 45%
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

162. Whipped cream

Nutrition Facts		
Serving Size 2 tbsp (15g)		
Servings Per Container 18		
Amount Per Serving		
Calories 50	Calories from Fat 50	
%Daily Value*		
Total Fat 6g		9 %
Saturated Fat 3.5g		17 %
Trans Fat 0g		
Cholesterol 20mg		7 %
Sodium 5mg		0 %
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.

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LOW=5% or less HIGH=20% or more
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163. Whipped cream topping

Nutrition Facts		
Serving Size 2 tbsp (8g)		
Servings Per Container 12		
Amount Per Serving		
Calories 20	Calories from Fat 15	
%Daily Value*		
Total Fat 2g		3 %
Saturated Fat 1g		6 %
Trans Fat 0g		
Cholesterol 5mg		2 %
Sodium 10mg		0 %
Total Carbohydrate 1g		1 %
Dietary Fiber 0g		0 %
Sugars 2g		
Protein 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

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

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LOW=5% or less HIGH=20% or more
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164. Yogurt, fat-free, plain

Nutrition Facts		
Serving Size 1 cup (245g)		
Servings Per Container 1		
Amount Per Serving		
Calories 140		
%Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Trans Fat 0g		
Cholesterol 5mg		0 %
Sodium 190mg		8 %
Total Carbohydrate 19g		6 %
Dietary Fiber 0g		0 %
Sugars 13g		
Protein 14g		
Vitamin A 0%	Vitamin C 4%	
Calcium 50%	Iron 0%	

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

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LOW=5% or less HIGH=20% or more
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165. Yogurt, fruit flavored

Nutrition Facts		
Serving Size 6 ounces (170g)		
Servings Per Container 1		
Amount Per Serving		
Calories 190	Calories from Fat 30	
%Daily Value*		
Total Fat 3.5g		5 %
Saturated Fat 2g		10 %
Trans Fat 0g		
Cholesterol 15mg		5 %
Sodium 100mg		4 %
Total Carbohydrate 32g		11 %
Dietary Fiber 0g		0 %
Sugars 28g		
Protein 7g		
Vitamin A 0%	Vitamin C 0%	
Calcium 20%	Iron 0%	

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

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LOW=5% or less HIGH=20% or more
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166. Yogurt, low-fat 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 %
Trans 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.

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LOW=5% or less HIGH=20% or more
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167. Yogurt, low-fat with fruit

Nutrition Facts		
Serving Size 1 cup (245g)		
Servings Per Container 1		
Amount Per Serving		
Calories 280	Calories from Fat 70	
%Daily Value*		
Total Fat 7g		11 %
Saturated Fat 4.5g		24 %
Trans Fat 0g		
Cholesterol 25mg		8 %
Sodium 150mg		6 %
Total Carbohydrate 44g		15 %
Dietary Fiber 0g		0 %
Sugars 38g		
Protein 9g		
Vitamin A 4%	Vitamin C 20%	
Calcium 35%	Iron 0%	

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

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LOW=5% or less HIGH=20% or more
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Nutrition Facts Cards

168. Yogurt, soft-serve vanilla, frozen

Nutrition Facts	
Serving Size 1/2 cup (72g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 35
%Daily Value*	
Total Fat 4g	6 %
Saturated Fat 2.5g	12 %
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0 %
Sodium 65mg	3 %
Total Carbohydrate 17g	6 %
Dietary Fiber 0g	0 %
Sugars 13g	
Protein 3g	
Vitamin A 4%	Vitamin C 0%
Calcium 10%	Iron 0%

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

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LOW=5% or less HIGH=20% or more
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169. Yogurt, soft-serve strawberry, frozen

Nutrition Facts	
Serving Size 1/2 cup (113g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 35
%Daily Value*	
Total Fat 4g	6 %
Saturated Fat 2.5g	13 %
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5 %
Sodium 70mg	3 %
Total Carbohydrate 24g	8 %
Dietary Fiber 0g	0 %
Sugars 23g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 2%

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

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LOW=5% or less HIGH=20% or more
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170. Zucchini

Nutrition Facts	
Serving Size 3/4 cup (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 10	
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 2g	1 %
Dietary Fiber 1g	4 %
Sugars 2g	
Protein 1g	
Vitamin A 6%	Vitamin C 15%
Calcium 0%	Iron 0%

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

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