

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*

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|--|--|
| 87. Kiwi fruit | 129. Pudding, chocolate cup |
| 88. Lentils, boiled | 130. Pudding snacks, rice style |
| 89. Lettuce, romaine | 131. Raisins |
| 90. Mango | 132. Rice, fried |
| 91. Margarine, stick | 133. Rice, plain, boiled |
| 92. Margarine, tub (soft) | 134. Salad dressing, fat free |
| 93. Mayonnaise-type salad dressing | 135. Salad dressing, French |
| 94. Milk, 0% fat free | 136. Salad dressing, Italian |
| 95. Milk, 1% lowfat | 137. Salad dressing, lowfat |
| 96. Milk, 1% lowfat chocolate | 138. Salad greens |
| 97. Milk, 1% lowfat strawberry | 139. Salsa, home style |
| 98. Milk, 2% reduced fat | 140. Sauce, cheese |
| 99. Milk, 3.3% whole | 141. Sauce, prepared spaghetti |
| 100. Muffin, plain | 142. Sauce, tartar |
| 101. Mushrooms | 143. Shake, vanilla |
| 102. Noodles, egg, cooked | 144. Soda, cola |
| 103. Nuts, mixed | 145. Soda, low-calorie cola |
| 104. Nuts, peanuts | 146. Soda, low-calorie orange |
| 105. Oil, vegetable | 147. Soda, orange |
| 106. Okra | 148. Soda, root beer |
| 107. Orange | 149. Sour cream |
| 108. Pasta with Alfredo sauce | 150. Spinach, boiled |
| 109. Pasta with tomato basil sauce | 151. Sports drink |
| 110. Pastry, Danish | 152. Strawberries |
| 111. Peach halves, canned in light syrup | 153. Sweet potato, canned |
| 112. Peanut butter, smooth | 154. Toaster pastry, fruit |
| 113. Pear halves, canned in juice | 155. Tomato |
| 114. Peas | 156. Tortilla chips |
| 115. Peas with butter sauce, frozen | 157. Tortilla, corn |
| 116. Pineapple chunks, canned in juice | 158. Tortilla, flour |
| 117. Pizza, cheese | 159. Vegetable soup, chunky |
| 118. Pizza, pepperoni | 160. Waffle, plain, frozen |
| 119. Popcorn, microwave | 161. Watermelon |
| 120. Popcorn, buttered | 162. Whipped cream |
| 121. Pork loin chop, lean, broiled | 163. Whipped cream topping |
| 122. Pork, spareribs | 164. Yogurt, fat free |
| 123. Potato chips | 165. Yogurt, fruit flavored |
| 124. Potato, baked | 166. Yogurt, lowfat vanilla |
| 125. Potato, French fries, small | 167. Yogurt, lowfat with fruit |
| 126. Potato, French fries, super size | 168. Yogurt, soft-serve vanilla, frozen |
| 127. Potato, hash browns | 169. Yogurt, soft-serve strawberry, frozen |
| 128. Pretzels, tiny twists | 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%
* Percent Daily Values are based on a 2,000 calorie diet.		



Nutrition Facts Cards

6. Bacon

Nutrition Facts		
Serving Size 2 slices (13g)		
Servings Per Container 10		
Amount Per Serving		
Calories 70	Calories from Fat 60	
%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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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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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.



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.



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.



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.



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.



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.



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 %

Trans 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.



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 %

Trans 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.



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 %

Trans 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.



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 %

Trans 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.



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 %

Trans 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.



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 %

Trans 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.



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.



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%

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



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%

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



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.



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.



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.



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 %
Trans 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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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 %
Trans 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 %
Trans 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 %
Trans 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 %
Trans 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 %
Trans 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	
%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 ↑

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.		

↓ LOW=5% or less HIGH=20% or more ↑

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.		

↓ LOW=5% or less HIGH=20% or more ↑

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.		

↓ LOW=5% or less HIGH=20% or more ↑

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.		

↓ LOW=5% or less HIGH=20% or more ↑

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.		

↓ LOW=5% or less HIGH=20% or more ↑



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.



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.



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.



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.



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.



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.



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.

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

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.

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

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.

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

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.

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

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.

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

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.

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



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** 40

%Daily Value*

Total Fat 4.5g **7 %**Saturated Fat 4g **19 %**

Trans 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.

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 %**

Trans 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.

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 %**

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.

57. Corn bread

Nutrition Facts

Serving Size 1 piece (65g)

Servings Per Container 8

Amount Per Serving

Calories 170 **Calories from Fat** 40

%Daily Value*

Total Fat 4.5g **7 %**Saturated Fat 1g **5 %**

Trans 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.

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 %**

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.

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 %**

Trans 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.

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.



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.



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.



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.



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.



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.



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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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 %
Trans 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.		

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

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

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

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

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

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



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.



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.



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.



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.



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.



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 %
Trans 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 %
Trans 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 %
Trans 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 %
Trans 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 %
Trans 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 %
Trans 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

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.



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.



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.



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.



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.



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.



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

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.



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.



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



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.



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



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.



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



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.



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



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.



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



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.



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



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 **8 %**

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.

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.

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.

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.

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.

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.



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.



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



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.



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



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.



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



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.



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



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.



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



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.



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



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 %

Trans Fat 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.



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

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 %

Trans Fat 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.



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

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 %

Trans Fat 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.



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

