NDC
NATIONAL DAIRY COUNCIL™

FOOD MODELS

2% REDUCED FAT MILK
1 cup

BABY CARROTS
½ cup

GROUND BEEF HAMBURGER
3 ounces

APPLE
1 small

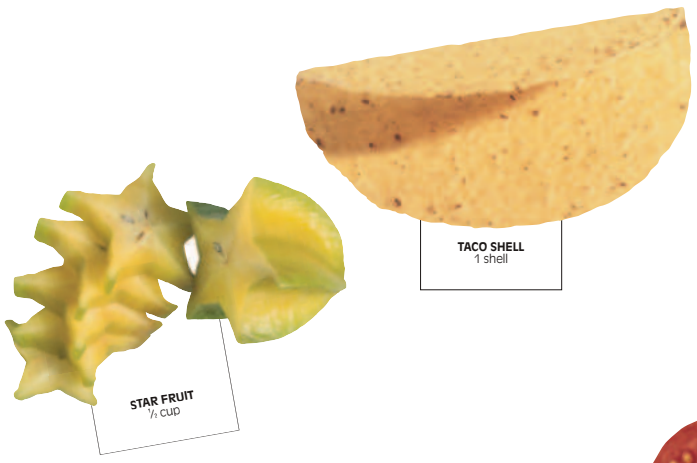
WHOLE WHEAT BREAD
1 slice

CHEESE ENCHILADA
1 enchilada

National Dairy Council® presents 200 life-size food images. These are an ideal tool for teaching nutrition and complement the 2015 Dietary Guidelines and the ChooseMyPlate.gov food guidance system.

National Dairy Council® Food Models make teaching about nutrition easy and fun. These versatile Food Models can help you teach the nutrition recommendations in the 2015 Dietary Guidelines and MyPlate. The Guidelines recommend that all Americans, ages 2 years and older make smart nutrition choices every day. A healthy eating plan is one that includes low-fat or fat free milk and milk products, fruits (especially whole fruits), a variety of vegetables from all of the subgroups, grains (at least half of which are whole grains), a variety of protein foods, and oils. A healthy eating plan is one that limits saturated fats and trans fats, added sugars, and sodium.

The Food Models are full-color images of foods in their common serving size. Nutrient information is provided on the back of the images in a format similar to the updated 2018 Nutrition Facts labels* and is helpful for teaching and comparing nutrient values. They are a perfect way for teaching "Balance, Variety and Moderation" — eating from all five food groups, eating a variety of foods within each food group and eating the recommended amounts from each food group every day. And, they are an ideal way for teaching portion size, a concept that's critical for helping children and adults balance their food intake to help achieve and maintain healthy weight.



Thank you for using **Food Models**.

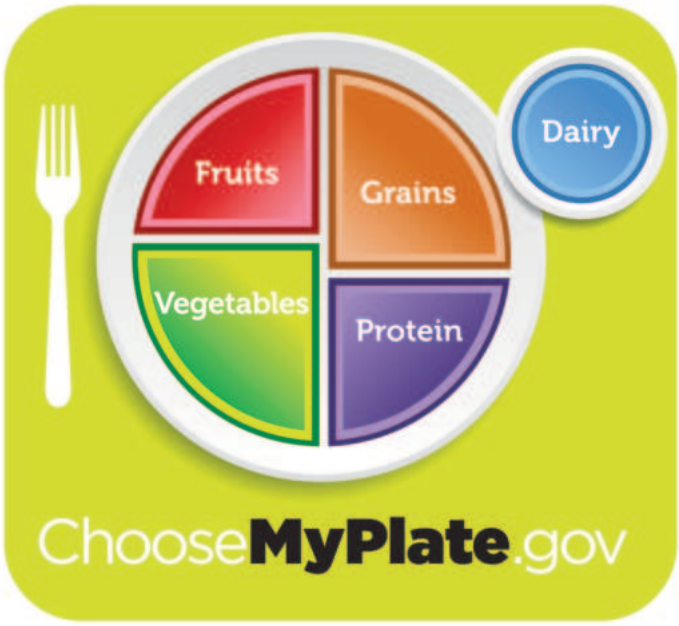
The **Food Models** depict their suggested serving size; follow the blue line when cutting out images.

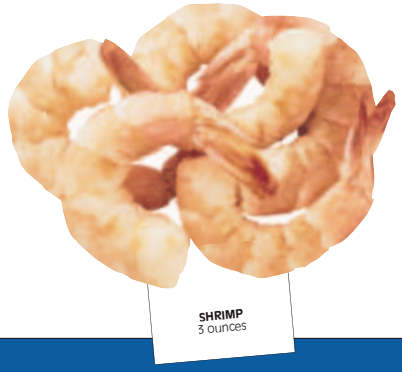
*Added sugar was not included in all food model nutrition information due to unavailable reliable data at time of printing.

These Food Models were designed by registered dietitian nutritionists to make it easy to teach nutrition as a stand-alone topic or as part of core curriculum subjects such as math or science. We have also included suggested lesson plans in this Leader Guide for using the Food Models as teaching tools. Other ideas for teaching with Food Models includes:

- Make food group mobiles or murals for an art project.
- Use Food Models to teach languages, shapes, and colors. For example, have students create a list of foods that are red, or learn how to say banana in French or Spanish.

FOOD MODELS





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Food Group†	Age Group	Servings per Day	Examples of Common Servings
Dairy Group Calcium and vitamin D help builds strong bones and teeth *Key Nutrients contributed to the diet:* ■ Calcium ■ Vitamin D ■ Potassium ■ Protein	4-8 years old 9-13 years old	2 1/2 cups 3 cups	Milk – 1 cup (8 oz) Yogurt – 8 oz Cheese – 1 1/2 - 2 oz Pudding – 1/2 cup Frozen yogurt – 1/2 cup
Protein Group Protein helps maintain healthy muscles *Key Nutrients contributed to the diet:* ■ Protein ■ Iron ■ B vitamins (niacin, thiamin, riboflavin, vitamin B_6) ■ Vitamin E ■ Zinc ■ Magnesium	4-8 years old 9-13 years old	4 oz equivalents* 5 oz equivalents*	Cooked lean meat, poultry, fish – 2-3 oz Egg – 1 (1 oz) Peanut butter – 2 Tbsp (2 oz) Peas and beans – 1/2 cup cooked (2 oz) Nuts, seeds – 1/3 cup (1.5 oz)
Vegetable Group Vitamin A helps keep eyes and skin healthy *Key Nutrients contributed to the diet:* ■ Potassium ■ Folate ■ Vitamin C ■ Vitamin A ■ Fiber	4-8 years old 9-13 years old	1 1/2 cups 2 – 2 1/2 cups	Cooked vegetables – 1/2 cup Chopped vegetables – 1/2 cup Raw, leafy greens – 1 cup Vegetable juice – 3/4 cup
Fruit Group Vitamin C helps heal cuts and bruises *Key Nutrients contributed to the diet:* ■ Vitamin C ■ Potassium ■ Fiber ■ Folate	4-8 years old 9-13 years old	1 – 1 1/2 cups 1 1/2 cups	Apple, banana, orange, pear – 1 medium Grapefruit – 1/2 fruit Cantaloupe – 1/4 fruit Dried fruit, raisins – 1/4 cup 100% fruit juice – 3/4 cup
Grain Group Provides energy and fiber to support digestion *Key Nutrients contributed to the diet:* ■ Carbohydrates ■ Fiber ■ B vitamins (thiamin, riboflavin, niacin, and folate) ■ Minerals (iron, magnesium, and selenium)	4-8 years old 9-13 years old	5 oz equivalents** 5-6 oz equivalents**	Bread – 1 slice Tortilla, roll, muffin -1 small Bagel, hamburger bun – 1/2 Rice, pasta – 1/2 cup Ready to eat cereal – 1 cup Pancake, waffle – 1 (4 in diameter)

† **https://www.choosemyplate.gov/** was used as a reference for all information above

* In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the Protein Foods Group.

** In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce-equivalent from the Grains Group.

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Lesson Plan (Grade 1+)

Food Model Concentration

Source:
National Dairy Council

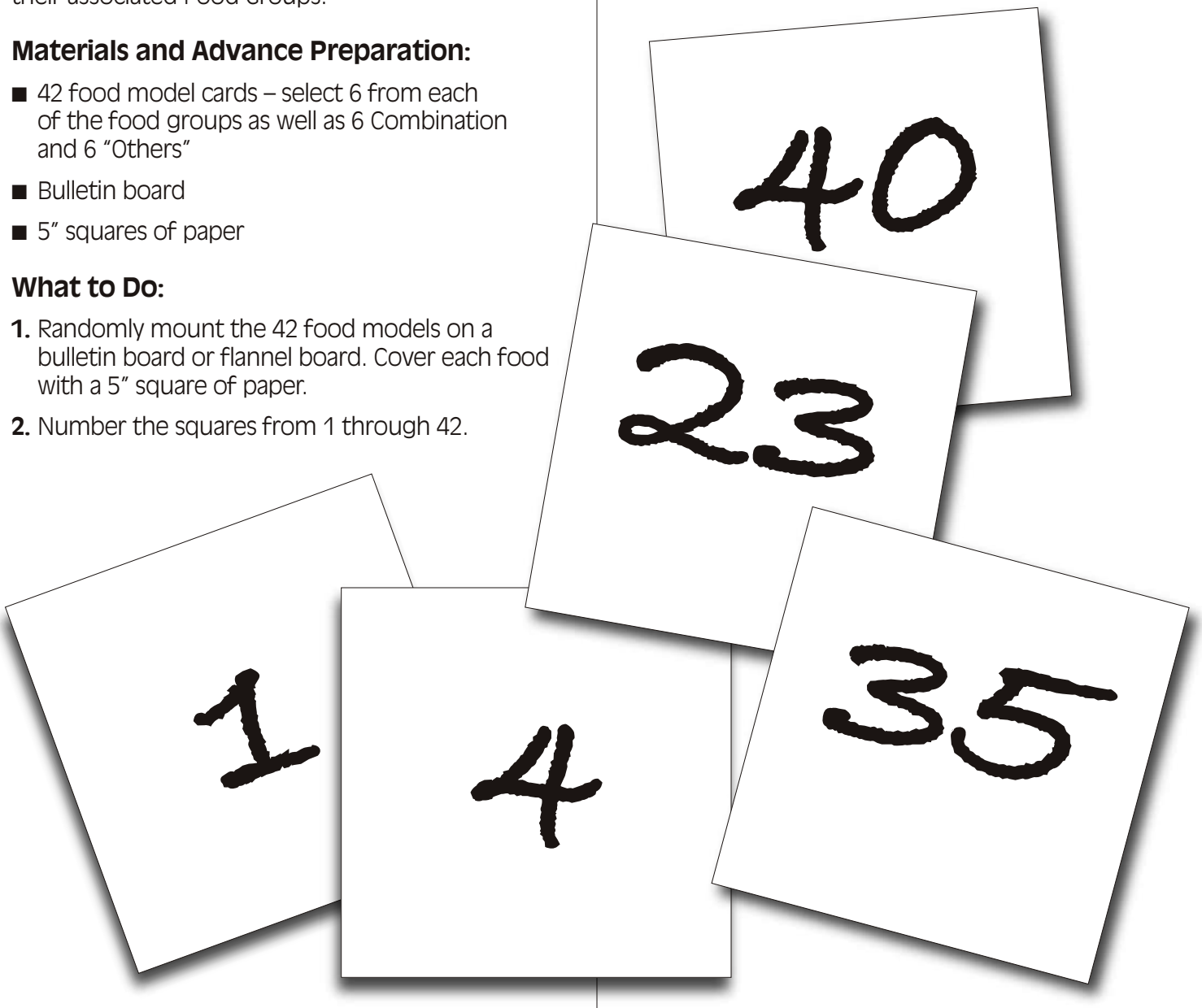
Objective:
This activity will familiarize students with the Food Models while testing their memory skills.

Activity Outcome:
Students will be able to identify Food Models and their associated Food Groups.

Materials and Advance Preparation:
- 42 food model cards – select 6 from each of the food groups as well as 6 Combination and 6 "Others"
- Bulletin board
- 5" squares of paper

What to Do:
1. Randomly mount the 42 food models on a bulletin board or flannel board. Cover each food with a 5" square of paper.
2. Number the squares from 1 through 42.

How to Play:
1. Divide participants into two teams.
2. The first participant calls out 2 numbers. The foods under those numbers are uncovered.
   - If the foods are both from the same food group (ex. Cheese and yogurt are both from the Dairy Group) the team receives the two food models.
   - If the foods do not come from the same food group, the foods are covered again.
3. A player from the other team then selects two numbers. Play continues until all the foods are matched. The team with the most food models wins.



Lesson Plan (Grade 1+)

Fishing for Food Models

Source:
National Dairy Council

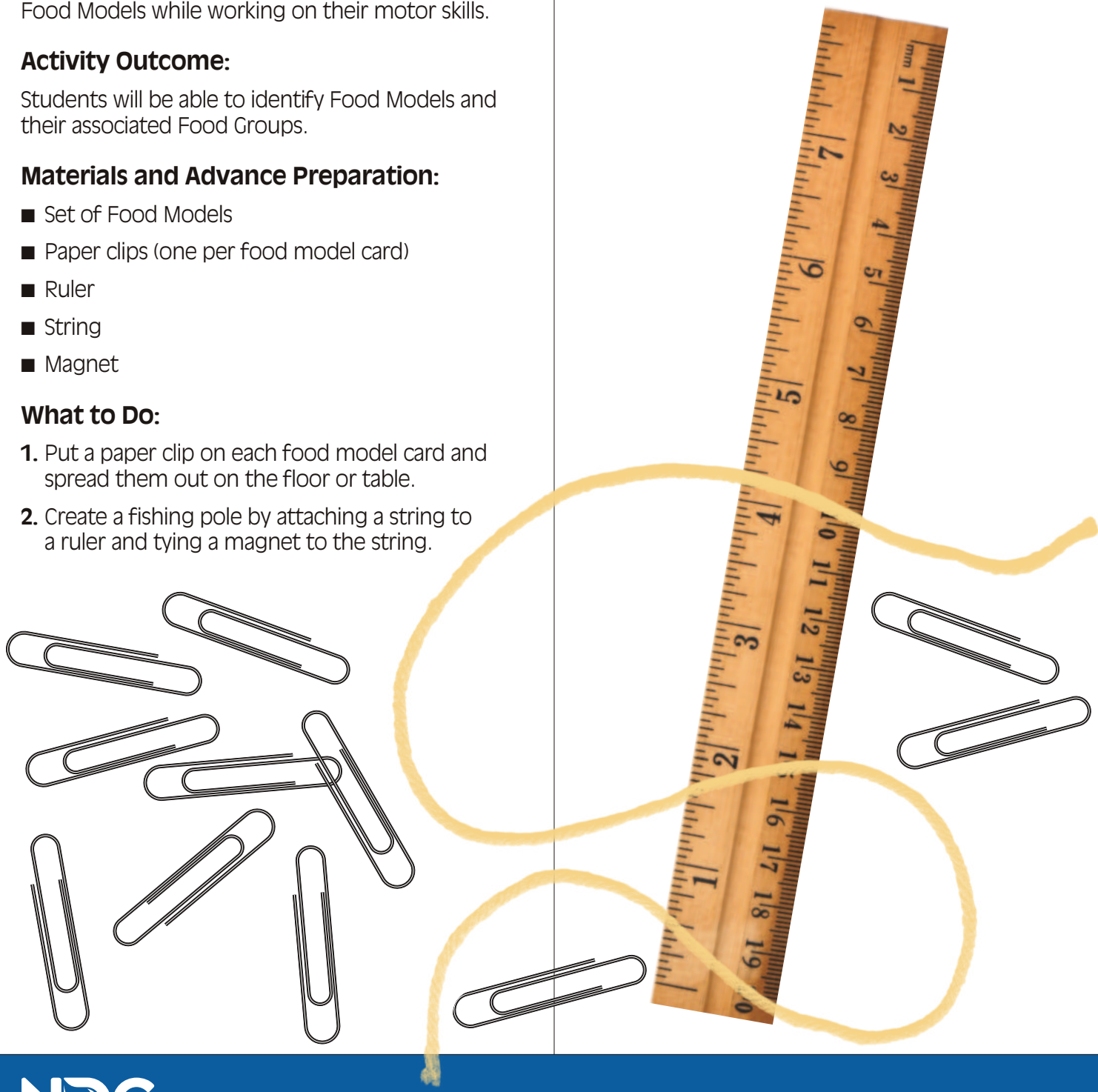
Objective:
This activity will familiarize students with the Food Models while working on their motor skills.

Activity Outcome:
Students will be able to identify Food Models and their associated Food Groups.

Materials and Advance Preparation:
- Set of Food Models
- Paper clips (one per food model card)
- Ruler
- String
- Magnet

What to Do:
1. Put a paper clip on each food model card and spread them out on the floor or table.
2. Create a fishing pole by attaching a string to a ruler and tying a magnet to the string.

How to Play:
1. Each participant has a chance to fish until a food model is "caught".
2. If the participant can correctly name the food and its food group, the model can be kept. If not, it goes back into the "water".
3. Continue rotating through students until all food models have been "caught".
4. The participant with the most models at the end of the game wins.



Lesson Plan (Grade 2-8)

Sort Out MyPlate

Source:

Washington State Dairy Council

Objective:

This activity will familiarize participants with MyPlate while helping them identify specific foods, and the food groups in which they belong.

Activity Outcome:

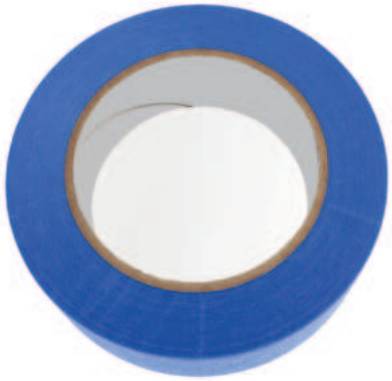
Students will be able to name and categorize foods into the correct Five Food Groups (Dairy, Fruit, Vegetable, Grain, and Protein Foods).

Materials and Advance Preparation:

- Remove the "Combination" and "Others" category food models from the set
- One roll of painters or masking tape
- One piece of colored paper in purple, blue, red, green and orange
- Four hula hoops or baskets

What to Do:

1. Using the tape, make a large MyPlate on the floor.
2. Tape the pieces of colored paper in their correct places on the MyPlate outline.
3. Place approximately twenty food models in each of the four baskets or hula hoops randomly.
4. Divide students into four teams.



How to Play:

1. Explain that MyPlate has Five Food Groups and that each food group has a color. Talk about each food group and the types of foods that belong in each.
2. Explain that each team will be assigned a basket or hula hoop which will contain twenty food models.
3. The object of the game is for each team to place all the food models from their basket in the correct MyPlate food group.
4. Ask student teams to line up behind each basket or hula hoop.
5. The first person in line will pick out a food, run to the MyPlate outline and place it in the correct food group. The instructor will stand by the MyPlate to make sure each food model is placed correctly. If the food is place incorrectly, her/she will need to take it back to their hula hoop or basket, tag the next team member, and go to the end of the line.
6. If a food is placed correctly he/she will run back to their team and tag the next person in line.
7. The first team to place all their food models on the MyPlate correctly wins!

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Lesson Plan (Grade 2-8)

Food Group Memory Relay

Source:

Washington State Dairy Council

Objective:

Memory relay gives students the chance to work on concentration, memory and team building skills, while learning to categorize foods according to food groups.

Activity Outcome:

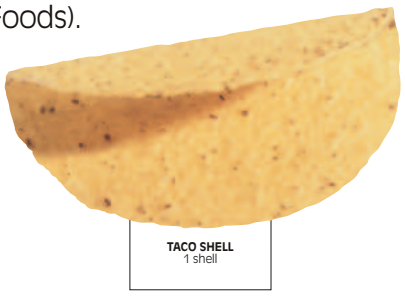
Students will be able to name and categorize foods into the correct Five Food Groups (Dairy, Fruit, Vegetable, Grain, and Protein Foods).

Materials and Advance Preparation:

- 25 food model cards (5 Dairy, 5 Protein, 5 Grain, 5 Fruit, and 5 Vegetable)
- 25 cones
- Determine a line the teams will use as a starting point
- From the starting line, measure 20 meters and scatter cones
- Randomly place all 25 food models under the 25 cones with the food label facing up (1 food model per cone)

What to Do:

1. Divide your class into 5 teams as evenly as possible.
2. Ask teams to line up in single file lines spaced evenly along the starting line.
3. Assign each of the 5 teams a different food group identity (Dairy, Fruit, Vegetable, Grain, and Protein Foods).



How to Play:

1. Explain to the teams that there is a food model under every cone, but only five of them are from their assigned food group.
2. The object of the game is for each team to collect all five of the food models from their food group as quickly as possible.
3. When the whistle is blown one member from each team will run to a cone and look to see if the food model is from his or her assigned food group.
4. If the food model is from their food group, the runner will pick it up and return to his/her team. When a high five is given to the next team member, it is that member's turn to try and find a food model from their assigned food group. The team member who has just completed his/her turn, goes to the end of the line.
5. If the food model under the cone is NOT in their team's food group, then that player must return to the team empty handed, give a high five to the next team member and go to the back of the line.
6. Each team needs to work together to remember which cones have been visited and which cones have not.
7. A team will sit down to signal they have all their five foods.
8. Ask each team to identify their food group and name the five food models to confirm there is a match.

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Lesson Plan (Grade 4+)

Slow Food Movement

Source:

Washington State Dairy Council

Objective:

Participants will learn to categorize foods according to their food group and identify nutrients in the foods while moving.

Activity Outcome:

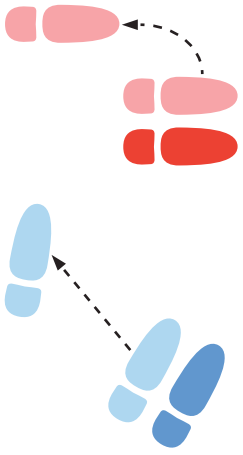
Students will be able to categorize foods into the correct Five Food Groups (Dairy, Fruit, Vegetable, Grain and Protein Foods).

Materials and Advance Preparation:

- Remove the "Combination" and "Others" category food models from the set
- Attach a string or lanyard to each food model to create a necklace. To do this you can punch holes in the food models or use painters tape

What to Do:

1. Divide your food models equally between the Five Food Groups and give each participant a necklace.
2. Designate the area in which the game will be played. A large area, cafeteria or gym works best.



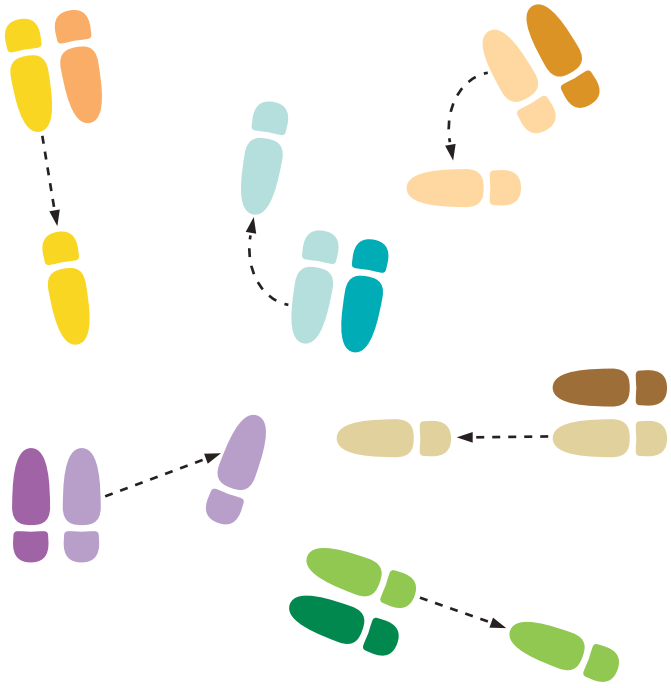
How to Play:

1. Ask the players to look around at the food models they are wearing around their necks. Ask them which food group they belong to.
2. Next show them the area defined for the game. Encourage them to give themselves space from other players. You as the leader, will be calling out, "Step". At this time, each player can move one of their feet in any direction.
3. The objective is to tag other players who are wearing food model necklaces with foods from ANOTHER food group. If a player is tagged, he/she will sit down right where they are – and become an "ankle biter".
4. Every time the leader says, "Step" each player can take ONE step. If anyone moves both feet during a step, they sit down and become an ankle biter.

   The ankle biters, sitting at all times, can tag the players still standing if they get close enough. However, ankle biters can only tag below the knee.

   Play until there are only two players remaining and announce they are the "Co-Slow-Mo champs" for round one.

   Have everyone stand up and play again after switching their food model necklace with another player.



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Lesson Plan (Grade 3+)

A Day In the Life

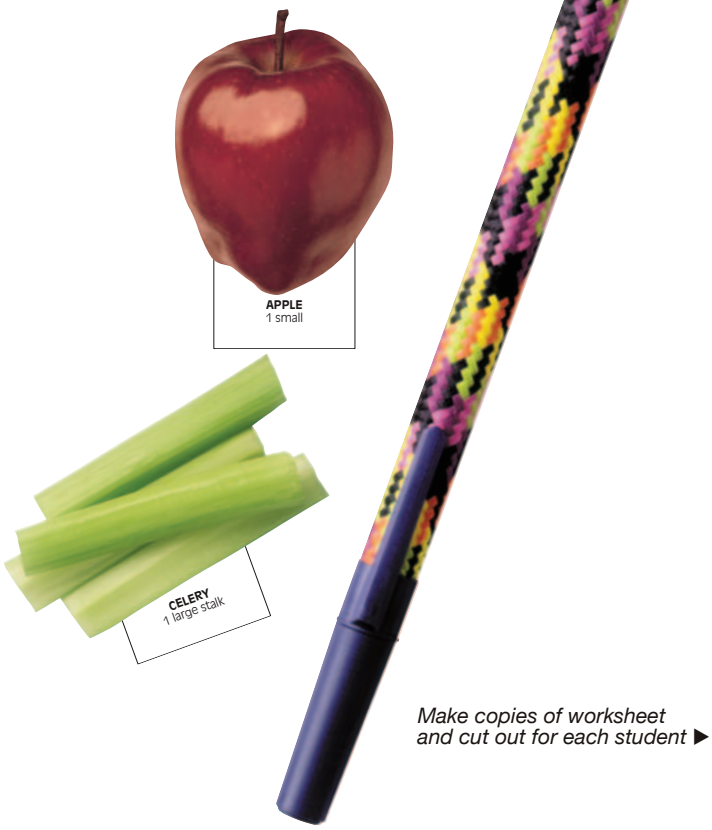
Source:
Washington State Dairy Council

Objective:
Encourage children to think about the life of a fruit or vegetable starting from its "birth" on a farm.

Activity Outcome:
Students will be able to use creative skills to describe how foods grow, where they come from, and how they get to the stores we buy them at. They will also identify why this food is nutritious.

Materials and Advance Preparation:
- Set of Food Models
- Sheet of paper for each student with template opposite

What to Do:
1. Assign each child a fruit or vegetable food model. Pass out worksheet template as shown opposite.



Make copies of worksheet and cut out for each student ▶

A Day In the Life Worksheet

Name:_____

Date:_____

What's your favorite fruit or vegetable?

_____

Imagine what it would be like to live a day in the life of your fruit or veggie. Write a short story, poem, or song about it.

_____

_____

_____

_____

_____

Questions to think about and get you started:

1. Where does it live?

_____

Where does it grow?

_____

What it would do each day?

_____

2. What it would see, hear, and feel?

_____

Where would it want to go?

_____

3. What would it want to be when it grows up?

_____

4. Look at back of the food model for nutrition facts. This food has a purpose for you as well.

How does this food help you grow?

_____

What nutrient does it give you that's good for you?

_____

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Lesson Plan (Grade 4+)

Food Fight Tag

Source:

Washington State Dairy Council

Objective:

This highly energized game of tag requires participants to work together as a team and quickly identify food models and the food group in which they belong.

Activity Outcome:

Students will be able to categorize foods into the Five Food Groups (Dairy, Fruit, Vegetable, Grain and Protein Foods).

Materials and Advance Preparation:

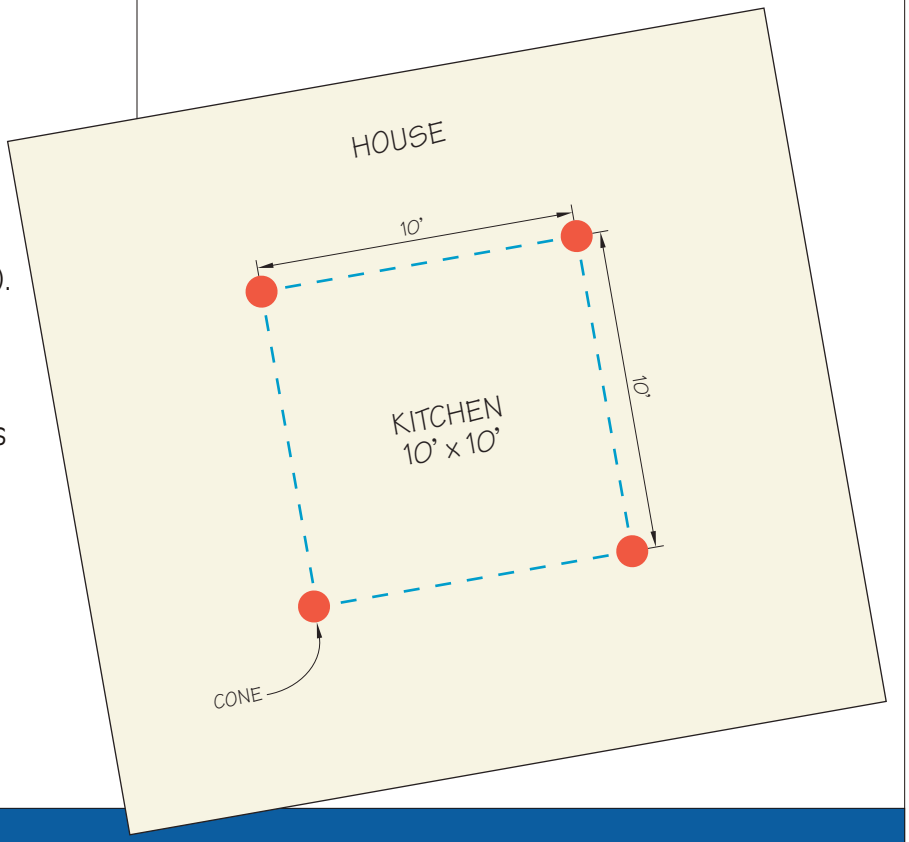
- Remove the "Combination" and "Others" category food models from the set
- Attach a string or lanyard to each food model to create a necklace. To do this you can punch holes in the food models or use painters tape
- One or two identifying shirts or vests for the cleanup crew (taggers)
- Use 4 marker cones to define a 10 x 10 ft. "kitchen" area

What to Do:

1. Divide your class into 5 equal teams.
2. Pass out to each team food model necklaces from a single food group, (so each team represents one food group).
3. Designate the area in which the game will be played. This is the "house". Note the boundaries. Within this area, create a ten by ten square, with cones or tape, which is the "kitchen".
4. Select one or two individuals to be "it" the tagger/s. The individuals playing this role are the cleanup crew. Have them wear the identifying shirts or vests.

How to Play:

1. Ask the teams to look at the food models they are wearing around their necks. Ask them to name which food group they belong to.
2. Next, show them the area defined for the game, the house. Then show the kitchen area. Explain to the teams that they are foods that have escaped from the kitchen in a food fight.
3. The goal of each food is to stay away from the cleanup crew. The cleanup crew goes around freezing the food by tapping them lightly on the arm or back. When a food is frozen it must stop where it is. If a food steps out of bounds (house) they are frozen.
4. For a food to "defrost", a free or untagged food from its food group must link arms with the frozen food and escort them back to the kitchen where the cleanup crew cannot go. When a food is being escorted back to the kitchen, both foods are safe and cannot be tagged. The frozen food will then do five jumping jacks to defrost before they can go back in the game. A defrosted food can only stay in the kitchen for 5 seconds. No other foods should be in the kitchen area. The game ends when all the foods from a food group are frozen or when it is time to switch out the cleanup crew (taggers) with new participants.



Lesson Plan (Middle School+)

Food Model Continuum

Source:
National Dairy Council

Objective:

This activity will familiarize students with the Food Models while helping them get to know each other better.

Activity Outcome:

Students will be able to identify Food Models and their relationships with different foods.

Materials and Advance Preparation:

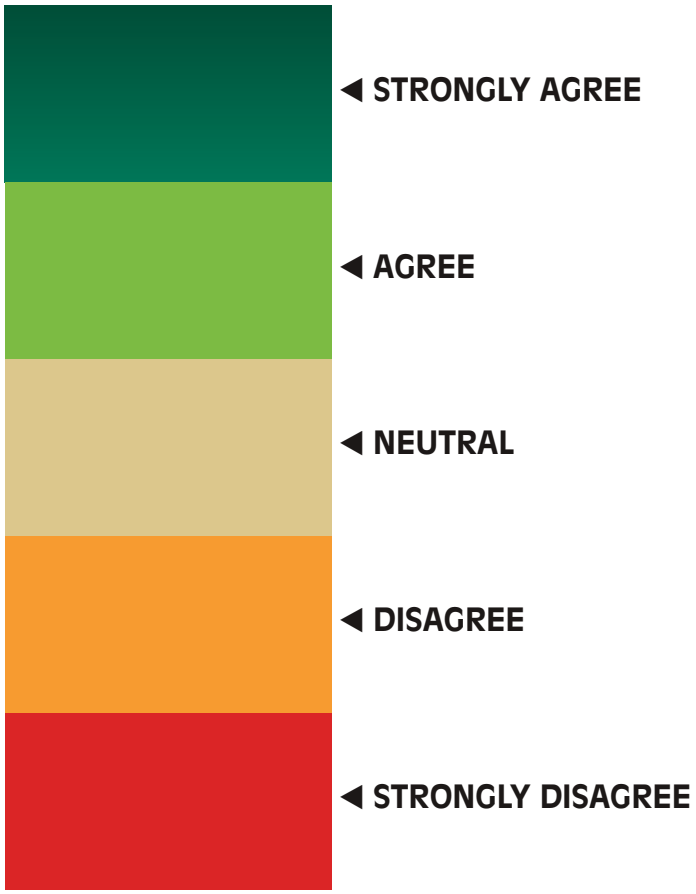
- Set of Food Models
- Bulletin board
- 5 large sheets of paper

What to Do:

1. Prepare the following signs and display them on the walls of the room:
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

How to Play:

1. Prepare and hang signs as instructed before participants enter the room.
2. As participants enter the room, have them select a food model for a food they like.
3. Once everyone has arrived, read the following statements, one at a time. Have participants move under the sign that expresses how they feel about their food.
   - I always have this food around the house
   - I often eat this for a snack
   - This food is easy to prepare
   - This food is expensive
   - This food is nutritious
   - This food is high in calories
   - This food is high in fat
4. These questions can be modified to lead into the topic being discussed.



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Lesson Plan (Middle School+)

Let's Make a Meal

Source:

National Dairy Council

Objective:

Small groups work together to "make a meal" from the mystery lunch bag of food items.

Activity Outcome:

Students will be able to demonstrate their knowledge of the Five Food Groups by designing a complete meal through the identification of the missing food group.

Materials and Advance Preparation:

- Remove the "Combination" category food models from the set
- Lunch bag for each group of 2-3 participants
- List of Food Models located at back of leader guide

What to Do:

1. Break out students in small groups of 2-3 per team.
2. Place 5-7 food model cards in each lunch bag. Each bag should contain foods from only 4 of the 5 main food groups (Fruit, Vegetable, Dairy, Protein, and Grains), plus an additional food or two from any of those same 4 food groups. For example, one bag might contain milk (dairy), celery sticks (vegetable), a slice of cheese (dairy), and apple (fruit), of whole wheat bread (grain), and a candy bar. (A Protein Group food is missing).

How to Play:

1. Explain that the first step in eating a nutritious diet is to select foods from all of the Five Food Groups. Review the foods included in each food group. (Utilize the ***List of Food Models***).
2. Distribute a lunch bag to each group. Let them know that each bag is missing an important food group item.
3. Groups determine "this missing item" and then exchange foods with other groups to "make a meal" that includes a food from all Five Food Groups.
4. The first group that designs a meal with all five food groups yells ***"Let's Make a Meal."***

Advanced:

In each lunch bag, place 5-7 foods which make up a typical meal. Have other food models available for substitutions. Depending on the interests of the group, one of the following challenges could be given:

- To increase the amount of calcium in the meal
- To increase the amount of iron in the meal
- To increase the protein in the meal

Participants examine their foods and the nutrient values on the back and suggest ways to modify the meal.

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Lesson Plan (Middle School+)

Label It Nutrition

Source:

Western Dairy Association

Objective:

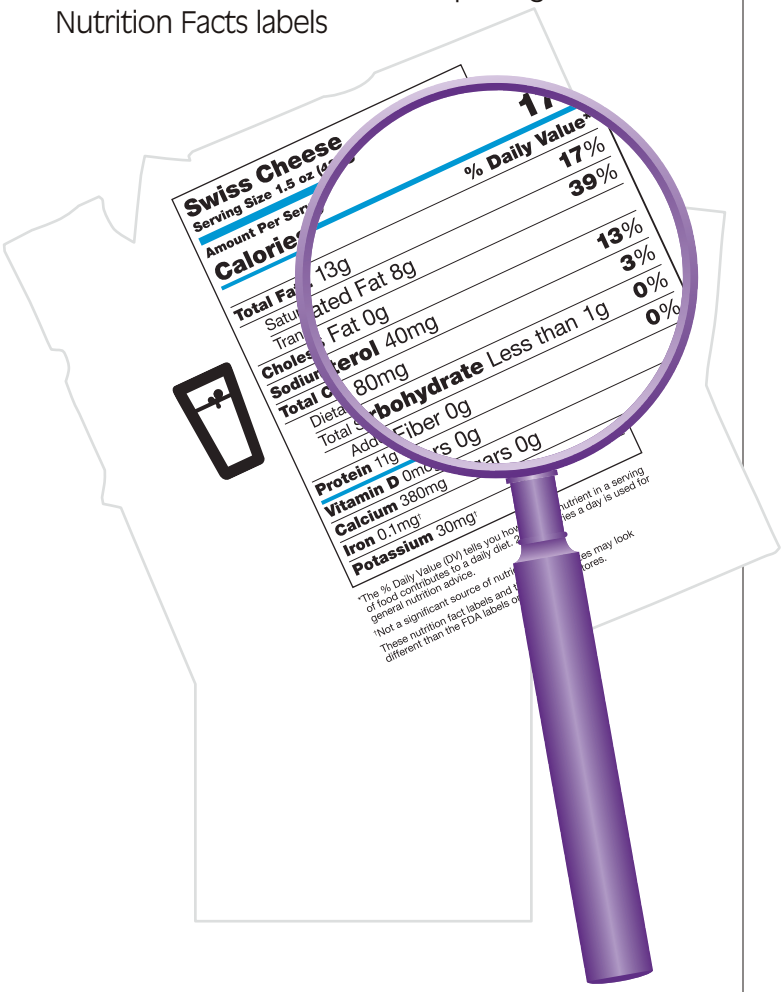
Volunteers practice reading food labels and food models by ranking foods for a particular nutrient. In small groups, students then look through labels and food models to generate a list of foods that meet a particular criterion.

Activity Outcome:

Students will be able to read a food model/ Nutrition Facts label and use the information to compare the caloric or nutrient values of food.

Materials and Advance Preparation:

- Select food models to use
- Collect an assortment of food packages with Nutrition Facts labels



Teaching Plan:

1. Explain that with so much nutrition information available, it's often difficult to know how to make good choices. Point out that one reliable, easy-to-find source of nutrition information is in the refrigerator or cupboard – on the Nutrition Facts label.
2. Explain that the backs of the Food Models are similar to the Nutrition Facts panel on food labels. If necessary, provide instructions on how to read the Nutrition Facts on a food label or the Food Models.
3. Ask a volunteer to come to the front of the room. Display four or five food model cards and have the volunteer rank the foods from highest to lowest in calories or by a particular nutrient – without using the information on the back. (For example, he/she might be asked to rank the following models by calories: frozen yogurt, brownie, and apple pie).

   Solicit feedback from the rest of the group on the ranking. Then have the volunteer read the values for the nutrient in question, and determine if the ranking was accurate.
4. Ask for another volunteer. Have this person rank four foods by a particular nutrient, such as fiber, protein, or calcium. Get the rest of the group actively involved in verbally giving feedback. Then have the volunteer read the values for that nutrient and, if necessary, revise the ranking.
5. Once the group seems to understand the ranking process, divide students into groups of two to three. Assign each group a different nutrient. Ask them to look through the food models and food labels and come up with a list of four to five foods high or low in their assigned nutrient. (You may want to give the groups a specific minimum/maximum value for their nutrient.) When students have completed this task, have a representative from each group share their findings.
6. Wrap up the session by emphasizing how easy it is to use labels to compare foods and make informed choices.

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Lesson Plan (High School+)

Labels and Math Skills

Source:
National Dairy Council

Objective:

This activity will familiarize students with reading food labels in a math setting.

Activity Outcome:

Students will be able to identify/compare nutrients on the food label and explain why they are important.

Materials and Advance Preparation:

- Set of Food Models
- Worksheet for each group of students
- Food Models to include:

  Group 1 Chocolate Milkshake, 10% Fruit Juice, Iced Tea (Sugar Sweetened), Whole Milk

  Group 2 Vanilla Milkshake, Fat Free Milk, Soft Drink (Regular), 2% Reduced Fat Chocolate Milk

  Group 3 Fruit Smoothie, 2% Reduced Fat Milk, Iced Tea (Unsweetened), 1% Lowfat Chocolate Milk

How to Play:

1. Break students up into groups at tables or groups of desks. Give each group of students a group of food models as listed at left.
2. Have students use the labels to add up the following categories: calories, carbohydrates, and protein.
3. Have students take these numbers and perform an "analysis" of which drinks fit into the following categories: Lowest calories, highest calories, lowest carbohydrates, highest carbohydrates, lowest protein and highest protein. Have them express the analysis of each nutrient in terms of % of total calories.
4. Have students identify how each drink fits into a healthy dietary pattern. For example, "We would choose this drink less often because it has the highest fat" or "We would choose this drink when we are playing sports because it has the highest carbohydrates".
5. Have students test their own nutrition knowledge by discussing why we prioritize certain nutrients for different functions.

Make copies of worksheet and cut out for each group

Analysis Worksheet

Group Number_____

Calories:

_____

Carbohydrates:

_____

Protein:

_____

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Lesson Plan (High School+)

Moving on Down the Line

Source:

National Dairy Council

Objective:

Participants learn a few key principles of eating well. They then go through a "cafeteria" of Food Model foods and select a meal – putting into practice the principles they just learned.

Activity Outcome:

Participants will be able to plan a meal using a few basic nutrition principles.

Materials and Advance Preparation:

- Food Models
- Paper plates or trays – one for each participant
- Optional calculator

What to Do:

1. Layout the food model cards on a long table, in a cafeteria style arrangement.
2. If using paper plates, cut 4-5 slits in each. The slits should be wide enough to hold the tabs from the food models.

How to Play:

1. Begin by discussing a food preparation/selection topic of interest to your audience, using the food models. Examples include:

- Increasing your calcium intake
- How to reduce caloric intake in a meal
- Ways to add flavor to a low-sodium diet
- Techniques to get children to try more fruits and vegetables

2. Point out the "cafeteria" of foods to participants. Explain that each of them will have a chance to go through the cafeteria line and select a meal they might eat.
3. Outline any criteria you would like participants to follow when selecting meals. For example, if calcium was discussed, participants might be instructed to choose a lunch that contains foods from all Five Food Groups and that provides at least 30% of the Daily Value for calcium.
4. Give participants a paper plate or tray and have them go through the cafeteria line.
5. When they're finished, have participants total up the nutrient they are focusing on. For the calcium example, they might total up the calcium in their meals. Or you could act as "cashier" and check out their food selections using a calculator.
6. Have participants share their choices with the person next to them. Have several share their choices with the entire group. If the participant did not meet the criteria outlined, ask the rest of the group for suggestions on how the meal could be modified.

Variations:

Give participants one of the following challenges before they go through the cafeteria line:

- Plan a portable meal that could be taken on a hike or picnic
- Plan a meal that could be prepared in 30 minutes or less
- Plan a hot weather meal that doesn't use the oven
- Plan a breakfast that could be prepared in 3 minutes
- Plan a lunch for your child to take to school or for you to take to work
- Plan meal that you could fix for just yourself
- Plan a meal that's easy to chew

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Access Educational Resources Online

Name of Lesson Plan	Age Group	Website Link
True or False Foods	Grade 2-8	http://bit.ly/FMActivity1
Sort Out MyPlate	Grade 2-8	http://bit.ly/FMActivity2
Food Group Memory Relay	Grade 2-8	http://bit.ly/FMActivity3
Food Fight Tag	Grade 4+	http://bit.ly/FMActivity4
Slow Food Movement	Grade 4+	http://bit.ly/FMActivity5
The Hungry Snake	Grade 5+	http://bit.ly/FMActivity6
Foods of a Feather	Grade 6+	http://bit.ly/FMActivity7
Wake Up and Fuel Up	Grade School+	http://bit.ly/FMActivity8
MyPlate Snack Tips	Grade School+	http://bit.ly/FMActivity9
Label it Nutrition	Middle School+	http://bit.ly/FMActivity10
Think Your Drink	Middle School+	http://bit.ly/FMActivity11

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List of FOOD MODELS

DAIRY *Group*

CHEESE
- AMERICAN CHEESE
- CHEDDAR CHEESE
- COTTAGE CHEESE
  - Creamed
  - Lowfat, 2% milkfat
- MOZZARELLA CHEESE
- MUENSTER CHEESE
- PARMESAN CHEESE
- STRING CHEESE
- SWISS CHEESE

MILK
- FAT FREE MILK
  - Fat free milk
- 2% REDUCED FAT MILK
  - (2 models)
- WHOLE MILK
- CHOCOLATE MILK
- 1% LOWFAT CHOCOLATE MILK
- 2% REDUCED FAT CHOCOLATE MILK
- 1% LOWFAT STRAWBERRY MILK

MILKSHAKES/ PUDDING/ICE CREAM
- ICE CREAM
  - Soft serve
- ICE CREAM
  - Hardened, 10% fat
  - Hardened, 16% fat
- MILKSHAKE
  - Chocolate
  - Vanilla
- PUDDING
  - Ready-to-eat
  - Instant

YOGURT
- FROZEN YOGURT
- LOWFAT FRUIT-FLAVORED YOGURT
- LOWFAT PLAIN YOGURT
- NONFAT PLAIN GREEK YOGURT
- DRINKABLE YOGURT
- SQUEEZABLE YOGURT

PROTEIN *Group*

BEEF
- GROUND BEEF HAMBURGER
  - Ground sirloin-round
  - Ground beef
- ROAST BEEF
  - Separable lean
  - Separable lean and fat
- STEAK
  - Sirloin
  - T-bone
  - Rib Eye

EGGS
- FRIED EGG
- HARD-COOKED EGG
- SCRAMBLED EGG

LEGUMES
- BLACK-EYED PEAS
  - Dried, cooked
  - Canned
- BLACK BEANS
  - Dried, cooked
  - Canned
- HUMMUS
- LENTILS
- NAVY BEANS
  - Dried, cooked
  - Canned
- REFRIED BEANS
  - Pinto, dried, cooked
  - Refried canned
- TOFU
  - With calcium sulfate

LUNCHEON MEATS
- BOLOGNA
  - Beef
  - Turkey
- HOT DOG
  - Beef hot dog

NUTS/SEEDS
- ALMONDS
- PEANUT BUTTER
- PEANUTS
  - Oil-roasted
- SUNFLOWER SEEDS
  - Dry-roast
  - Oil-roast
- WALNUTS

PORK
- BACON
  - Bacon
  - Canadian bacon
- HAM
  - 11% fat
  - 5% fat
  - Turkey
- PORK CHOP
  - Chop broiled
  - Roast roasted
- ITALIAN SAUSAGE
- PORK SAUSAGE

POULTRY
- FRIED CHICKEN
  - Flour coated
  - Batter dipped
- CHICKEN NUGGETS
- ROASTED CHICKEN
  - Meat and skin
  - Meat only
- TURKEY
  - Dark meat
  - Light meat

SEAFOOD
- FISH STICKS
  - Frozen, oven-heated
- HALIBUT
- SALMON
  - Fresh, baked, broiled or microwaved
  - Canned, fish and bones
- SHRIMP
  - Boiled
  - Breaded and fried
- TUNA
  - In water
  - In oil

VEGETABLE *Group*

- GREEN BEANS
  - Fresh, cooked
  - Frozen, cooked
- BROCCOLI
  - Fresh, cooked
- CABBAGE
  - Fresh, cooked
- BABY CARROTS
  - Fresh, cooked
- CAULIFLOWER
  - Fresh
  - Fresh, cooked
- CELERY
- CORN
  - Frozen, cooked
  - Canned, cream style
- CORN ON COB
  - Fresh, cooked
- LETTUCE
  - Iceberg
  - Romaine
  - Looseleaf
- GREEN PEAS
  - Canned, cooked
  - Frozen, cooked
- SNOW PEAS
  - Frozen, cooked
- GREEN PEPPER
- BAKED POTATO
  - Flesh only
  - Flesh and skin
- FRENCH-FRIED POTATOES
- HASHED BROWN POTATOES
- MASHED POTATOES
- SWEET POTATO
- SPINACH
  - Fresh
  - Fresh, cooked
- WINTER SQUASH
  - Baked
- TOMATO
  - Fresh
  - Canned
- TOMATO JUICE
- TOSSED SALAD
- ZUCCHINI
  - Fresh
  - Fresh, cooked

FRUIT *Group*

- APPLE
- DRIED APPLE RINGS
- APPLESAUCE
- DRIED APRICOTS
- AVOCADO
  - Sliced
  - Pureed
- BANANA
- BLUEBERRIES
- CANTALOUPE
- FRUIT COCKTAIL
  - In juice
  - In heavy syrup
- GRAPEFRUIT
- GRAPES
- KIWIFRUIT
- LYCHEE
- MANGO
- NECTARINE
- ORANGE
- ORANGE JUICE
  - Frozen, reconstituted
- PEACHES, canned
  - In juice
  - In light syrup
  - In heavy syrup
- PEAR
- PEARS, canned
  - In juice
  - In light syrup
  - In heavy syrup
- PINEAPPLE
  - Fresh
  - Canned in heavy syrup
- RAISINS
- STAR FRUIT
- STRAWBERRIES
- WATERMELON

GRAIN *Group*

BAGELS/ BISCUITS
- BAGEL
- BISCUIT

BREAD
- PITA BREAD
- RYE BREAD
  - Rye
  - Pumpernickel
- WHITE BREAD
- WHOLE WHEAT BREAD
  - Whole wheat
  - Cracked wheat

CEREAL
- BRAN FLAKES
  - Bran flakes
  - Raisin bran
- CORN FLAKES
  - Corn flakes
  - Sugar frosted flakes
- GRANOLA
- GRITS
- OATMEAL
  - Oatmeal
  - Cream of wheat

CRACKERS
- CHEDDAR CHEESE CRACKERS
- GRAHAM CRACKERS
- RYE CRACKERS
  - Rye
  - Whole wheat
- SALTINE CRACKERS
- SNACK CRACKERS

MUFFINS
- ENGLISH MUFFIN
- MUFFIN

PANCAKES
- PANCAKE
  - Plain 4"
  - Buckwheat 4"

PASTA
- EGG NOODLES
- PASTA
  - Plain
  - Vegetable
- SOBA NOODLES

RICE
- RICE
  - White, long-grain
  - Brown, long-grain
  - Wild
- BROWN RICE
- COUSCOUS
- POLENTA

ROLLS
- DINNER ROLL
- WHOLE WHEAT DINNER ROLL
- HOT DOG BUN
- HAMBURGER BUN

TORTILLAS
- TORTILLA
  - Corn
  - Flour
- TACO SHELL

WAFFLES
- WHOLE WHEAT WAFFLE
  - Homemade
  - Frozen

COMBINATION *Foods*

CHINESE
- CHOP SUEY/CHOW MEIN
  - Beef and pork
  - Chicken
- CHICKEN STIR FRY
- VEGETABLE FRIED RICE

THAI
- VEGETABLE SPRING ROLL

JAPANESE
- NORI MAKI

ITALIAN
- LASAGNA
  - Without meat
  - With meat
- PIZZA
  - Cheese
  - Cheese and Pepperoni
  - Cheese. meat and vegetables
- SPAGHETTI WITH MEAT BALLS
  - Homemade
  - Canned

MEXICAN
- BURRITO
  - Bean
  - Beef
- CHILI
- ENCHILADA
- TACO

OTHER COMBINATION FOODS
- BAKED BEANS
  - With pork
  - Vegetarian
- BEEF AND VEGETABLE STEW
- CHEF'S SALAD
- CHICKEN POT PIE
  - Frozen, baked
- FRUIT SMOOTHIE
- MACARONI AND CHEESE
  - From box, cooked
- CHEESE OMELET
- TUNA SALAD

SANDWICHES
- CHEESEBURGER
  - Regular
  - Large
- CHICKEN CAESAR WRAP
- FISH SANDWICH
  - Without cheese
  - With cheese
- PEANUT BUTTER AND JELLY SANDWICH
- ROAST BEEF SANDWICH
- SUBMARINE SANDWICH
- TURKEY SANDWICH

SOUP
- CHICKEN NOODLE SOUP
  - Canned
  - Dehydrated
- CLAM CHOWDER
  - With whole milk
  - With water
- CREAM OF TOMATO SOUP
  - With whole milk
  - With water

"OTHERS" *Category*

CHIPS AND RELATED PRODUCTS
- POPCORN
  - Buttered
  - Oil-popped
  - Air-popped
- POTATO CHIPS
- PRETZELS
- TORTILLA CHIPS
  - Tortilla
  - Corn

CONDIMENTS
- KETCHUP
- MUSTARD
- PICKLE
  - Dill

FATS AND OILS
- BEEF GRAVY
  - Gravy, beef, canned
- BUTTER
- CREAM CHEESE
- LIGHT RANCH DRESSING
- ITALIAN DRESSING
- MAYONNAISE
- SOUR CREAM

OTHER BEVERAGES
- ICED TEA
  - Sugar sweetened
  - Unsweetened
- SOFT DRINK
  - Regular
  - Low calorie

SWEETS
- ANGEL FOOD CAKE
- BROWNIE
- CHOCOLATE CAKE
- CHOCOLATE CANDY BAR
  - Dark chocolate
- CHOCOLATE CHIP COOKIES
  - Homemade
  - Commercial
- DOUGHNUT
  - Cake-type, plain
  - Yeast, glazed
- GELATIN
- GRANOLA BAR
- JELLY
- MAPLE SYRUP
- PIE
  - Apple
  - Pecan
- SUGAR
- SWEET ROLL
  - Fruit
  - Cinnamon
- 10% JUICE DRINK

This list includes all the foods contained in a set of **Food Models**. Foods whose nutrient values appear on the back of the model are listed below the appropriate **Food Model**.

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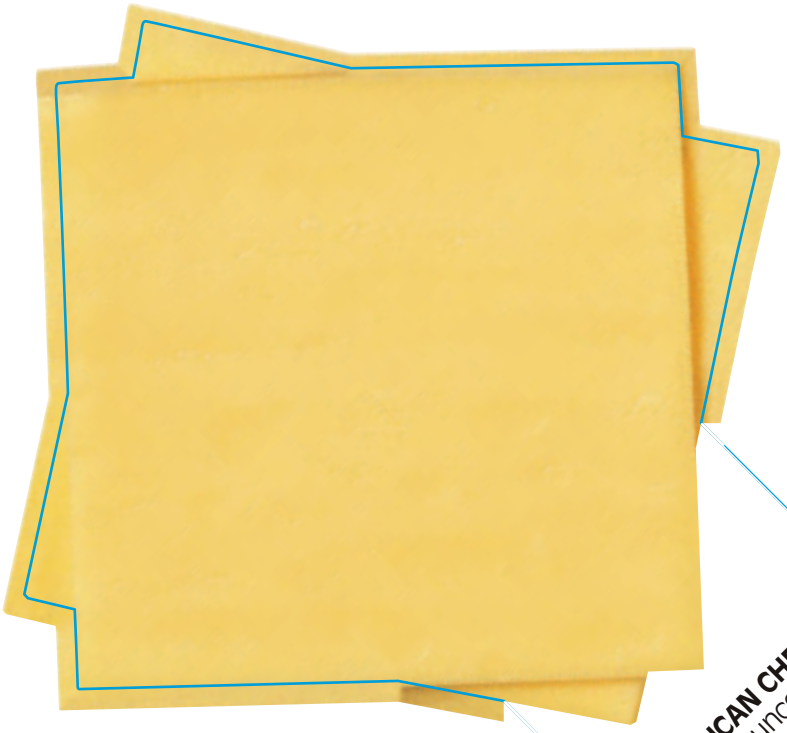
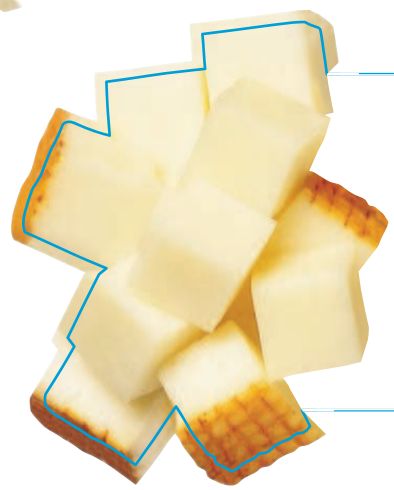


AMERICAN CHEESE
2 ounces

CHEDDAR CHEESE
1 ½ ounces

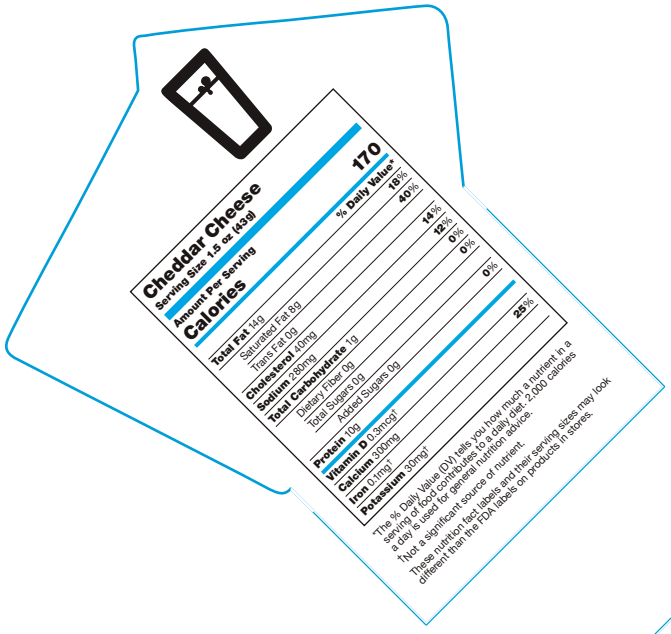
MOZZARELLA CHEESE
1 ½ ounces

COTTAGE CHEESE
½ cup



MUENSTER CHEESE
1 ½ ounces

CARD 1

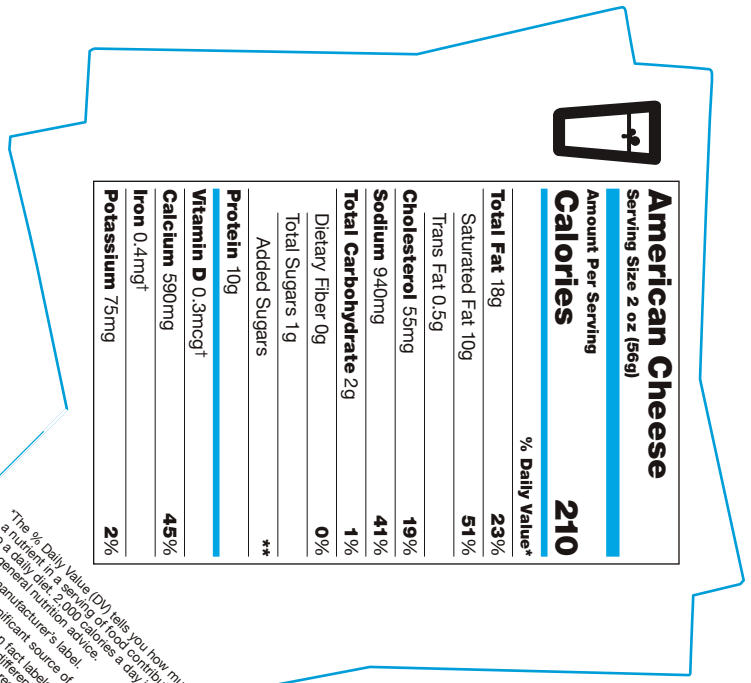


Cheddar Cheese
Serving Size 1.5 oz (43g)

Amount Per Serving
Calories 170

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 280mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 10g	
Vitamin D 0.3mcg†	25%
Calcium 300mg	
Iron 0.1mg†	
Potassium 30mg†	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.



American Cheese
Serving Size 2 oz (56g)

Amount Per Serving
Calories 210

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 10g	51%
Trans Fat 0.5g	
Cholesterol 55mg	19%
Sodium 940mg	41%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Added Sugars	**
Protein 10g	
Vitamin D 0.3mcg†	
Calcium 590mg	45%
Iron 0.4mg†	
Potassium 75mg	2%

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**See manufacturer's label.
†Not a significant source of nutrient.
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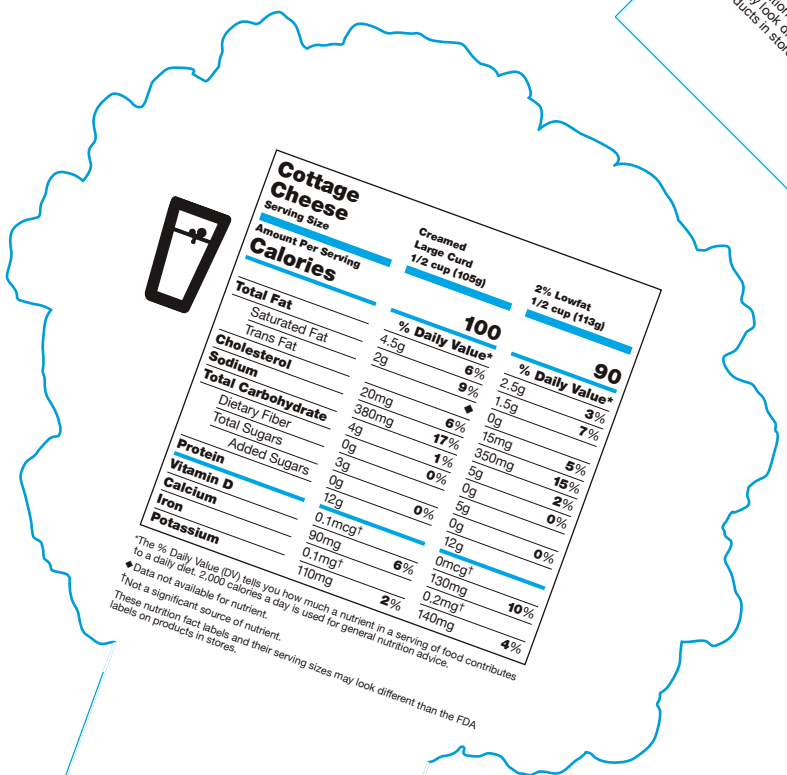

Cottage Cheese
Serving Size

Amount Per Serving	Creamed Large Curd 1/2 cup (105g)		2% Lowfat 1/2 cup (113g)	
Calories	100		90	
		% Daily Value*		% Daily Value*
Total Fat	4.5g	6%	2.5g	3%
Saturated Fat	2g	9%	1.5g	7%
Trans Fat		◆	0g	
Cholesterol	20mg	6%	15mg	5%
Sodium	380mg	17%	350mg	15%
Total Carbohydrate	4g	1%	5g	2%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	3g		5g	
Added Sugars	0g	0%	0g	0%
Protein	12g		12g	
Vitamin D	0.1mcg†	0%	0mcg†	
Calcium	90mg		130mg	10%
Iron	0.1mg†	6%	0.2mg†	
Potassium	110mg	2%	140mg	4%

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◆Data not available for nutrient.
†Not a significant source of nutrient.
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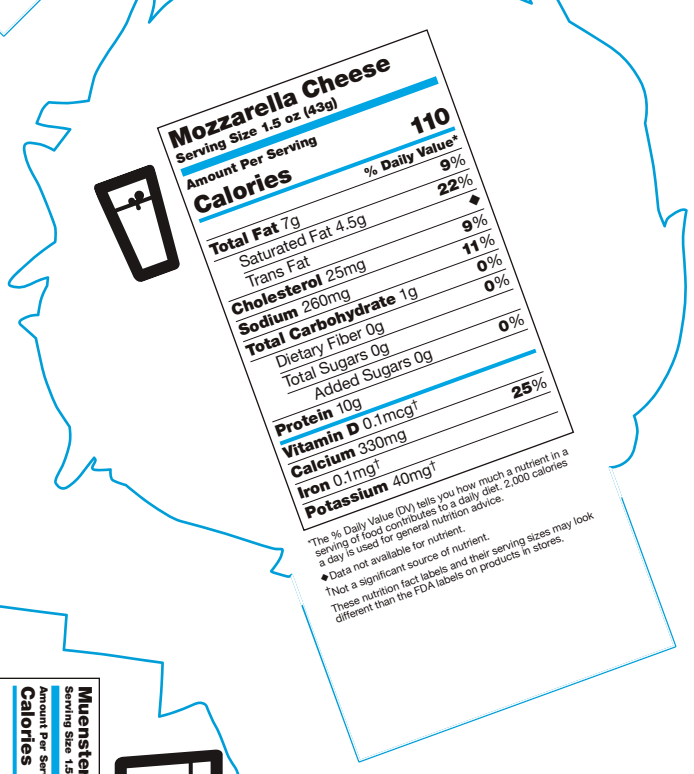

Mozzarella Cheese
Serving Size 1.5 oz (43g)

Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4.5g	22%
Trans Fat	◆
Cholesterol 25mg	9%
Sodium 260mg	11%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 10g	
Vitamin D 0.1mcg†	25%
Calcium 330mg	
Iron 0.1mg†	
Potassium 40mg†	

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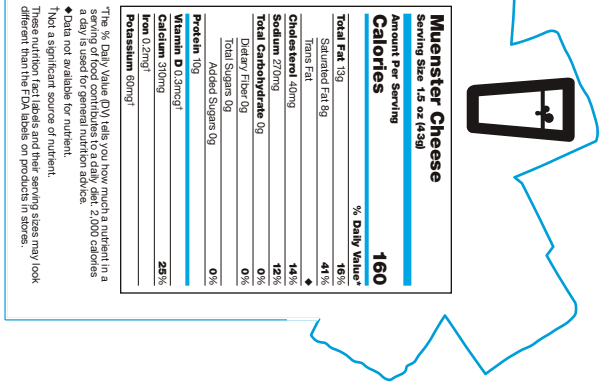

Muenster Cheese
Serving Size 1.5 oz (43g)

Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 13g	16%
Saturated Fat 8g	41%
Trans Fat	◆
Cholesterol 40mg	14%
Sodium 270mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 10g	
Vitamin D 0.3mcg†	
Calcium 310mg	25%
Iron 0.2mg†	
Potassium 60mg†	

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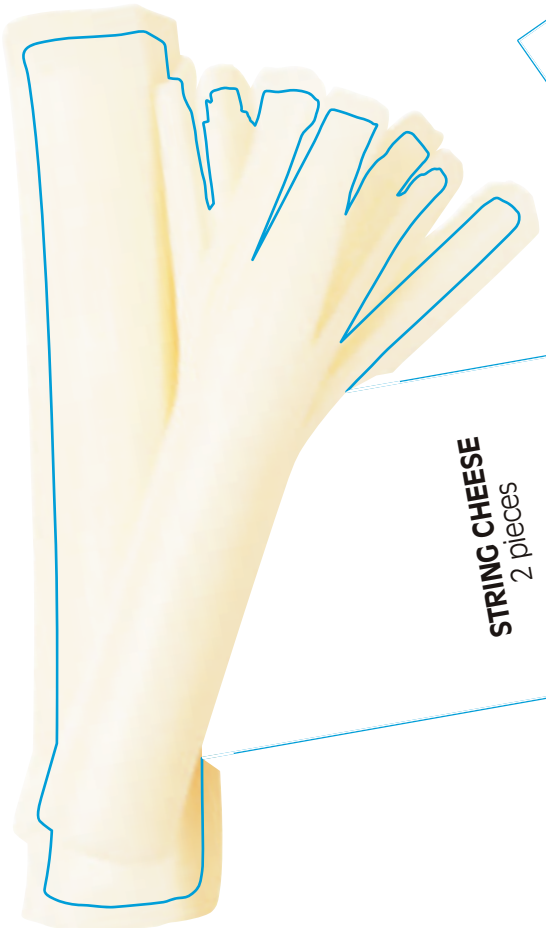
2% REDUCED FAT CHOCOLATE MILK
1 cup

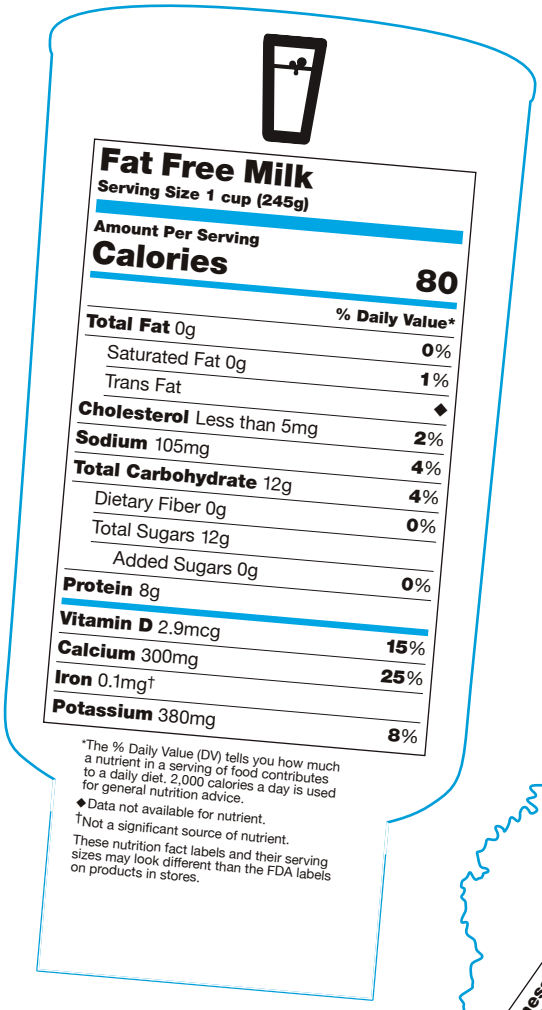
FAT FREE MILK
1 cup

PARMESAN CHEESE
1 tablespoon



STRING CHEESE
2 pieces

SWISS CHEESE
1 ½ ounces



Fat Free Milk

Serving Size 1 cup (245g)

Amount Per Serving

Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	◆
Cholesterol Less than 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Added Sugars 0g	0%
Protein 8g	
Vitamin D 2.9mcg	15%
Calcium 300mg	25%
Iron 0.1mg†	8%
Potassium 380mg	

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◆Data not available for nutrient.

†Not a significant source of nutrient.

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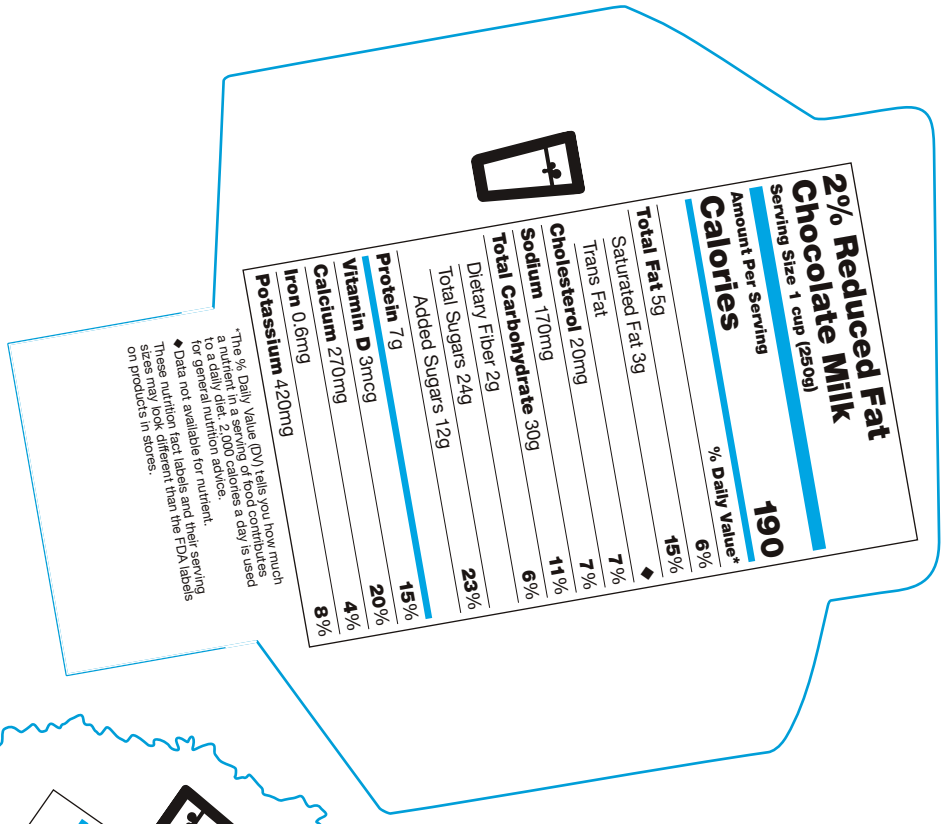

2% Reduced Fat Chocolate Milk

Serving Size 1 cup (250g)

Amount Per Serving

Calories 190

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat	◆
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	6%
Total Sugars 24g	
Added Sugars 12g	23%
Protein 7g	15%
Vitamin D 3mcg	20%
Calcium 270mg	4%
Iron 0.6mg	8%
Potassium 420mg	

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◆Data not available for nutrient.

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Parmesan Cheese

Serving Size 1 Tbsp (5g)

Amount Per Serving

Calories 20

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 90mg	4%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	
Protein 1g	0%
Vitamin D 0mcg†	
Calcium 70mg	4%
Iron 0mg†	
Potassium 10mg†	

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†Not a significant source of nutrient.

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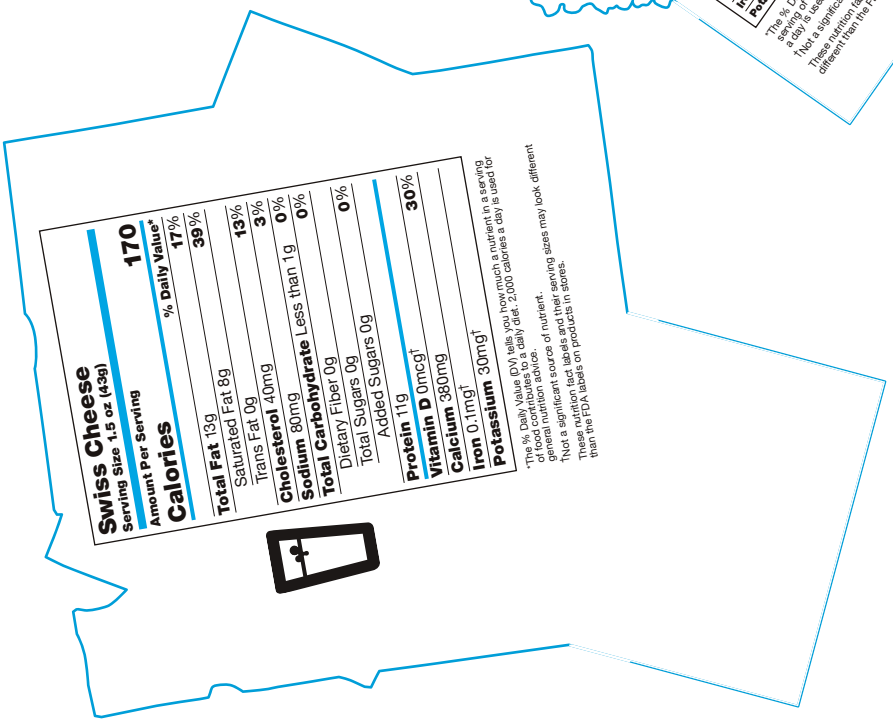

Swiss Cheese

Serving Size 1.5 oz (43g)

Amount Per Serving

Calories 170

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 8g	39%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 11g	
Vitamin D 0mcg†	30%
Calcium 380mg	
Iron 0.1mg†	30mg†
Potassium	

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†Not a significant source of nutrient.

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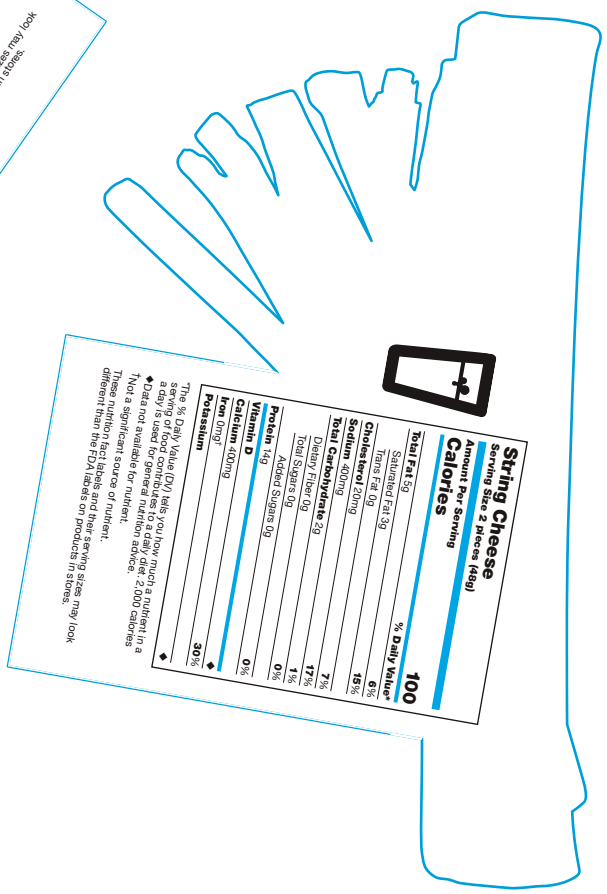

String Cheese

Serving Size 2 pieces (48g)

Amount Per Serving

Calories 100

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 400mg	17%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	
Protein 14g	
Vitamin D	◆
Calcium 400mg	30%
Iron 0mg†	
Potassium	

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◆Data not available for nutrient.

†Not a significant source of nutrient.

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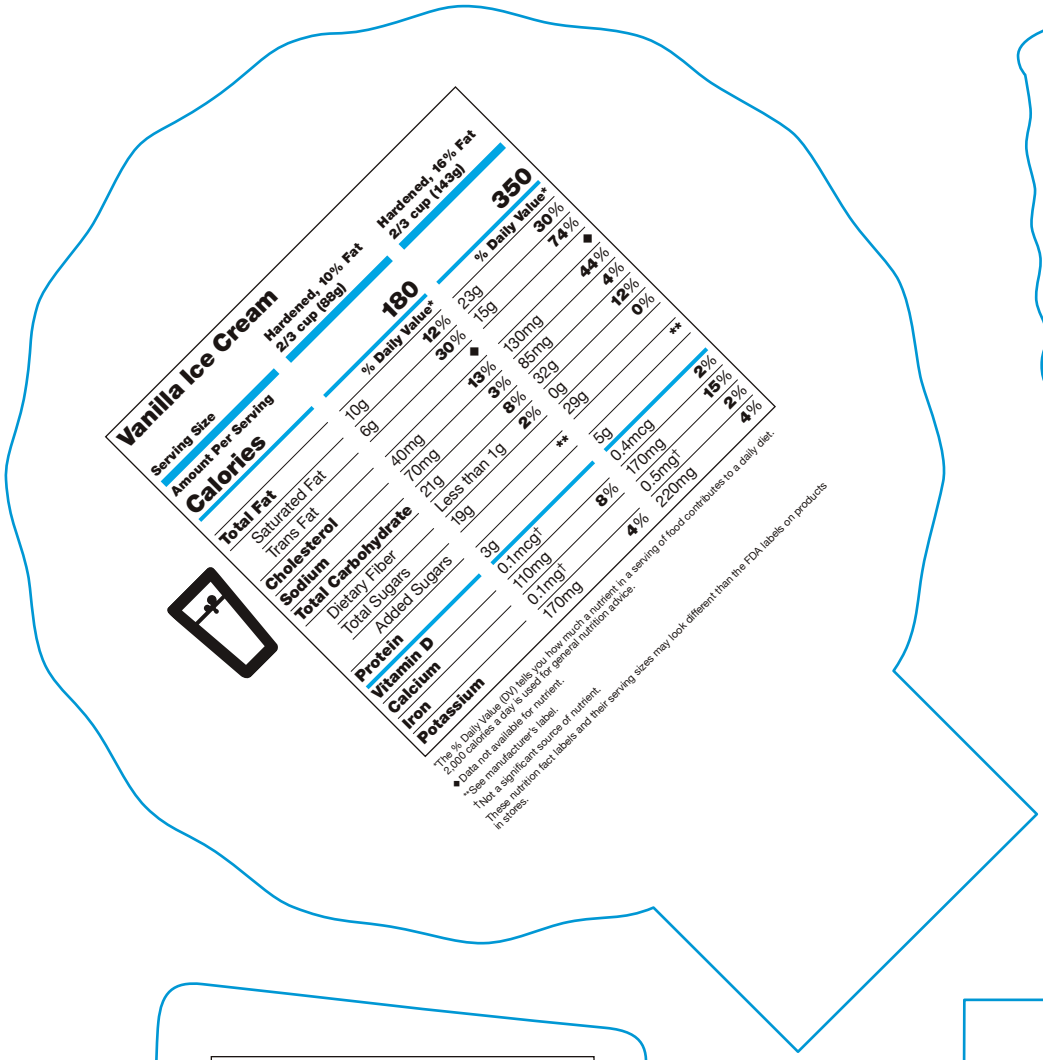
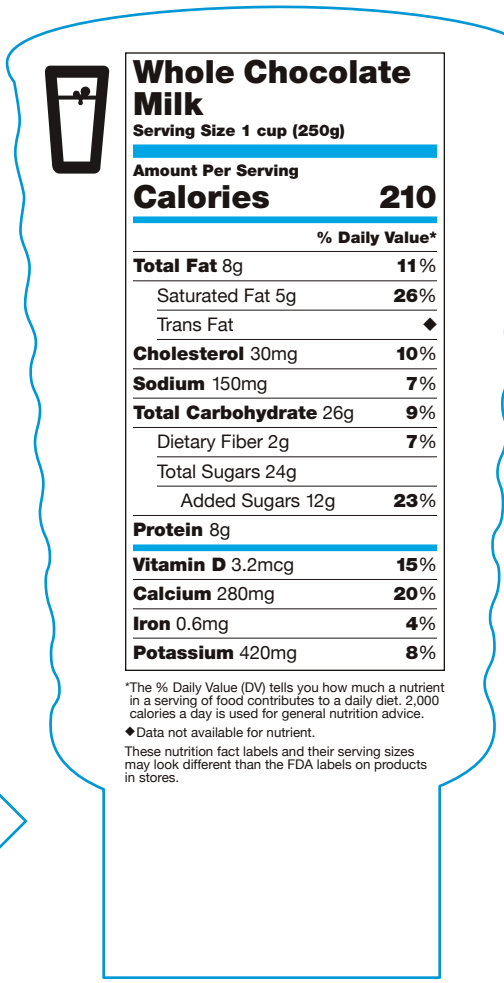
WHOLE CHOCOLATE MILK
1 cup

ICE CREAM
⅔ cup

MILKSHAKE
8 fluid ounces

2% REDUCED FAT MILK
1 cup


Vanilla Ice Cream
Serving Size
Hardened, 10% Fat 2/3 cup (88g)
Hardened, 16% Fat 2/3 cup (143g)
Amount Per Serving
Calories
180
350
% Daily Value*
Total Fat
10g
23g
12%
30%
74%
Saturated Fat
6g
15g
30%
■
44%
Trans Fat
4%
Cholesterol
40mg
130mg
13%
44%
Sodium
70mg
85mg
3%
4%
Total Carbohydrate
21g
32g
8%
12%
Dietary Fiber
Less than 1g
0g
2%
0%
Total Sugars
19g
29g
**
Added Sugars
5g
**
Protein
3g
Vitamin D
0.1mcg†
0.4mcg
2%
Calcium
110mg
170mg
8%
15%
Iron
0.1mg†
0.5mg†
2%
Potassium
170mg
220mg
4%
4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
■Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.


Whole Chocolate Milk
Serving Size 1 cup (250g)
Amount Per Serving
Calories 210
% Daily Value*
Total Fat 8g 11%
Saturated Fat 5g 26%
Trans Fat ◆
Cholesterol 30mg 10%
Sodium 150mg 7%
Total Carbohydrate 26g 9%
Dietary Fiber 2g 7%
Total Sugars 24g
Added Sugars 12g 23%
Protein 8g
Vitamin D 3.2mcg 15%
Calcium 280mg 20%
Iron 0.6mg 4%
Potassium 420mg 8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆Data not available for nutrient.
These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.


2% Reduced Fat Milk
Serving Size 1 cup (244g)
Amount Per Serving
Calories 120
% Daily Value*
Total Fat 5g 6%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 20mg 7%
Sodium 115mg 5%
Total Carbohydrate 12g 4%
Dietary Fiber 0g 0%
Total Sugars 12g
Added Sugars 0g 0%
Protein 8g
Vitamin D 2.9mcg 15%
Calcium 290mg 25%
Iron 0.1mg† 8%
Potassium 340mg 8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
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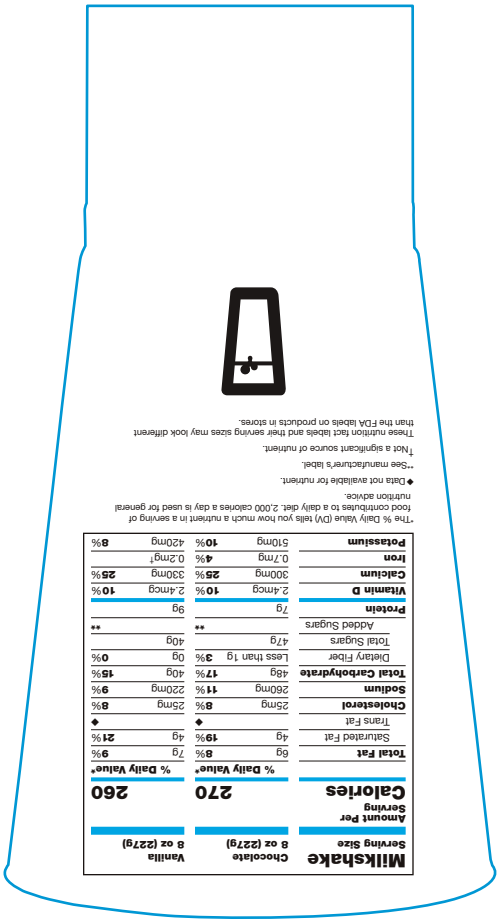
MilkShake
Serving Size
Chocolate 8 oz (227g)
Vanilla 8 oz (227g)
Amount Per Serving
Calories 270 260
% Daily Value*
Total Fat 6g 8% 7g 9%
Saturated Fat 4g 19% 4g 21%
Trans Fat ◆ ◆
Cholesterol 25mg 8% 25mg 8%
Sodium 260mg 11% 220mg 9%
Total Carbohydrate 48g 17% 40g 15%
Dietary Fiber Less than 1g 3% 0g 0%
Total Sugars 47g 40g
Added Sugars ** **
Protein 7g 9g
Vitamin D 2.4mcg 10% 2.4mcg 10%
Calcium 300mg 25% 330mg 25%
Iron 0.7mg 4% 0.2mg† 8%
Potassium 510mg 10% 420mg 8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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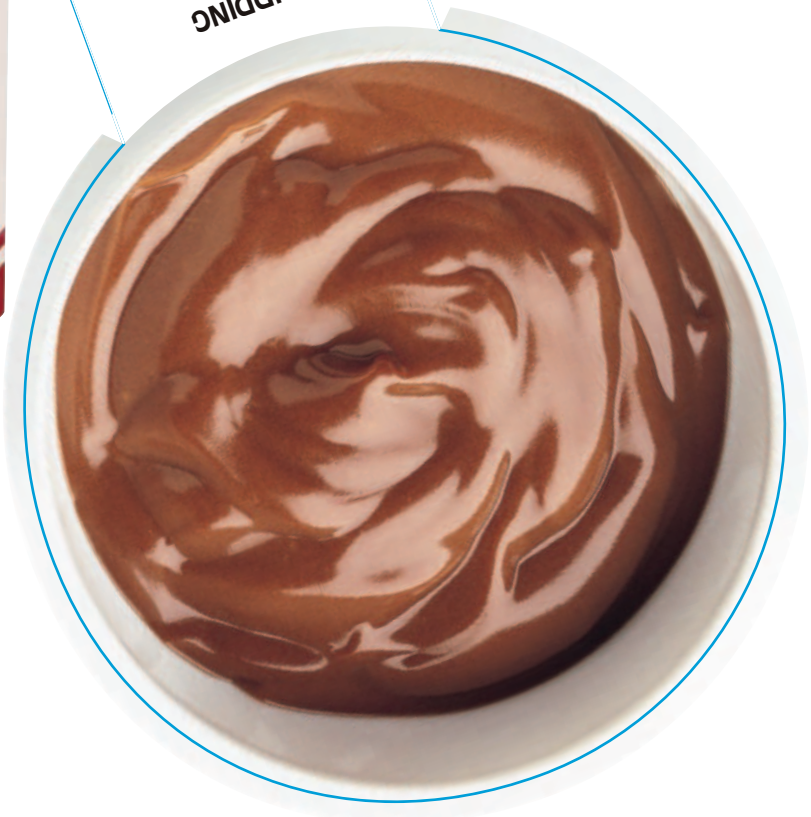
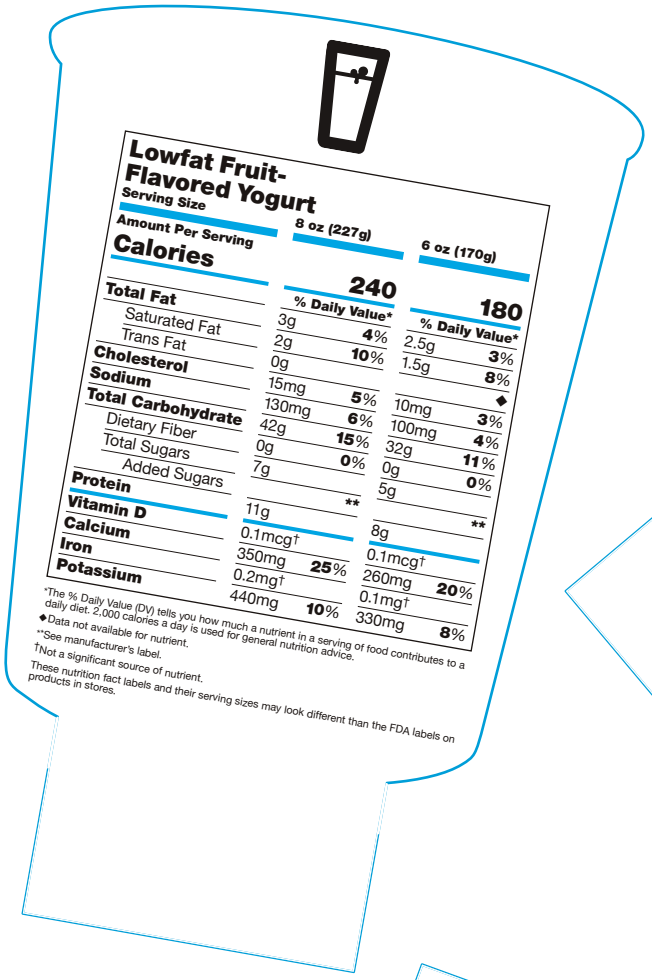
FROZEN YOGURT
⅔ cup

LOWFAT FRUIT-FLAVORED YOGURT
8 ounce container

WHOLE MILK
1 cup

PUDDING
½ cup





Lowfat Fruit-Flavored Yogurt

Serving Size	8 oz (227g)	6 oz (170g)
Amount Per Serving		
Calories	**240**	**180**
	% Daily Value*	% Daily Value*
Total Fat	3g **4%**	2.5g **3%**
Saturated Fat	2g **10%**	1.5g **8%**
Trans Fat	0g	◆
Cholesterol	15mg **5%**	10mg **3%**
Sodium	130mg **6%**	100mg **4%**
Total Carbohydrate	42g **15%**	32g **11%**
Dietary Fiber	0g **0%**	0g **0%**
Total Sugars	7g	5g
Added Sugars	**	**
Protein	11g	8g
Vitamin D	0.1mcg†	0.1mcg†
Calcium	350mg **25%**	260mg **20%**
Iron	0.2mg†	0.1mg†
Potassium	440mg **10%**	330mg **8%**

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◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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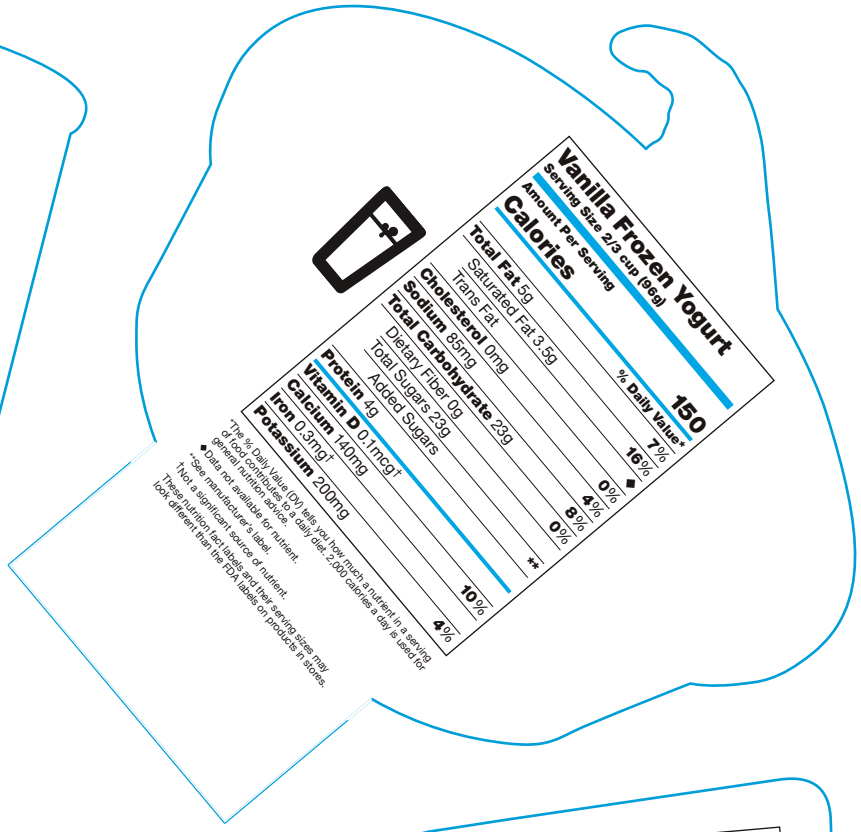

Vanilla Frozen Yogurt

Serving Size 2/3 cup (96g)	
Amount Per Serving	
Calories	**150**
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 3.5g	**16%**
Trans Fat	■
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 23g	
Added Sugars	**
Protein 4g	
Vitamin D 0.1mcg†	
Calcium 140mg	**10%**
Iron 0.3mg†	
Potassium 200mg	**4%**

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■Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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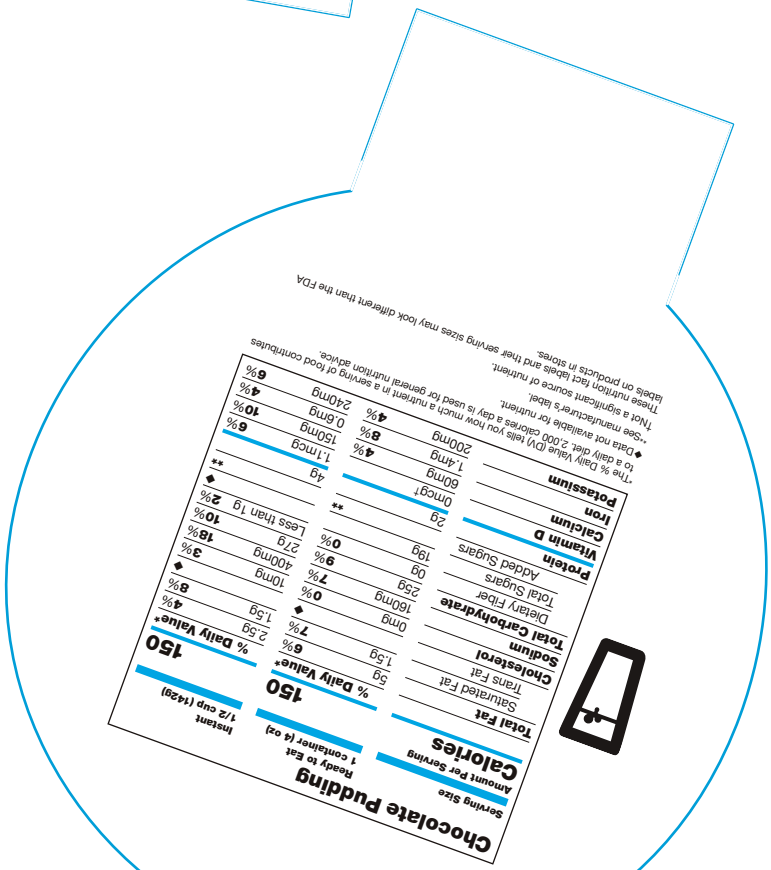

Chocolate Pudding

Serving Size	Instant 1/2 cup (142g)	Ready to Eat 1 container (4 oz)
Amount Per Serving		
Calories	**150**	**150**
	% Daily Value*	% Daily Value*
Total Fat	2.5g **3%**	5g **6%**
Saturated Fat	1.5g **8%**	3g **15%**
Trans Fat	◆	0g
Cholesterol	10mg **3%**	15mg **5%**
Sodium	270mg **12%**	220mg **10%**
Total Carbohydrate	36mg **13%**	27g **10%**
Dietary Fiber	1g **4%**	0g **0%**
Total Sugars	25g	19g
Added Sugars	25g **50%**	19g **38%**
Protein	2g	2g
Vitamin D	2mcg **10%**	2mcg **10%**
Calcium	150mg **10%**	150mg **10%**
Iron	0.3mg†	0.3mg†
Potassium	150mg **4%**	150mg **4%**

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◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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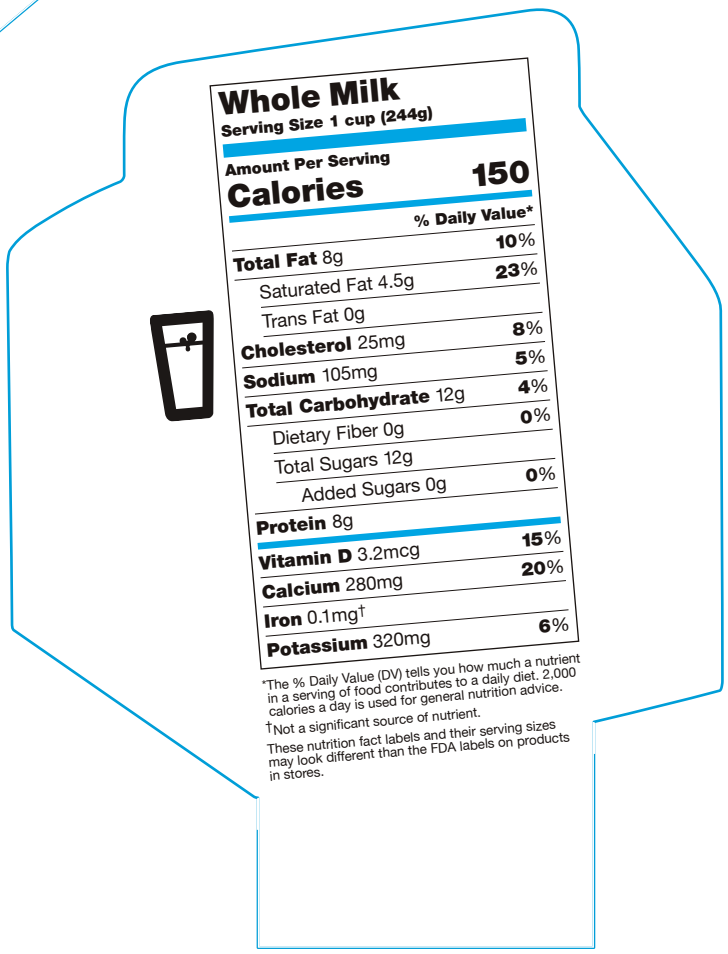

Whole Milk

Serving Size 1 cup (244g)

Amount Per Serving	
Calories	**150**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 105mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Added Sugars 0g	**0%**
Protein 8g	
Vitamin D 3.2mcg	**15%**
Calcium 280mg	**20%**
Iron 0.1mg†	
Potassium 320mg	**6%**

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†Not a significant source of nutrient.
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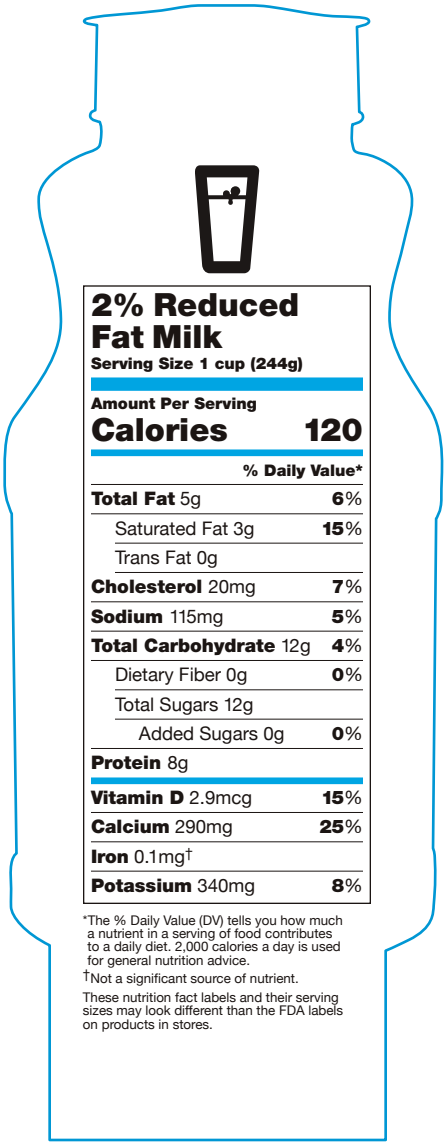
ICE CREAM SOFT SERVE
⅔ cup

2% REDUCED FAT MILK
1 cup

LOWFAT PLAIN YOGURT
8 ounce container

NONFAT PLAIN GREEK YOGURT
8 ounce container



2% Reduced Fat Milk

Serving Size 1 cup (244g)

Amount Per Serving

Calories 120

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 115mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Added Sugars 0g	**0%**
Protein 8g	
Vitamin D 2.9mcg	**15%**
Calcium 290mg	**25%**
Iron 0.1mg†	
Potassium 340mg	**8%**

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†Not a significant source of nutrient.

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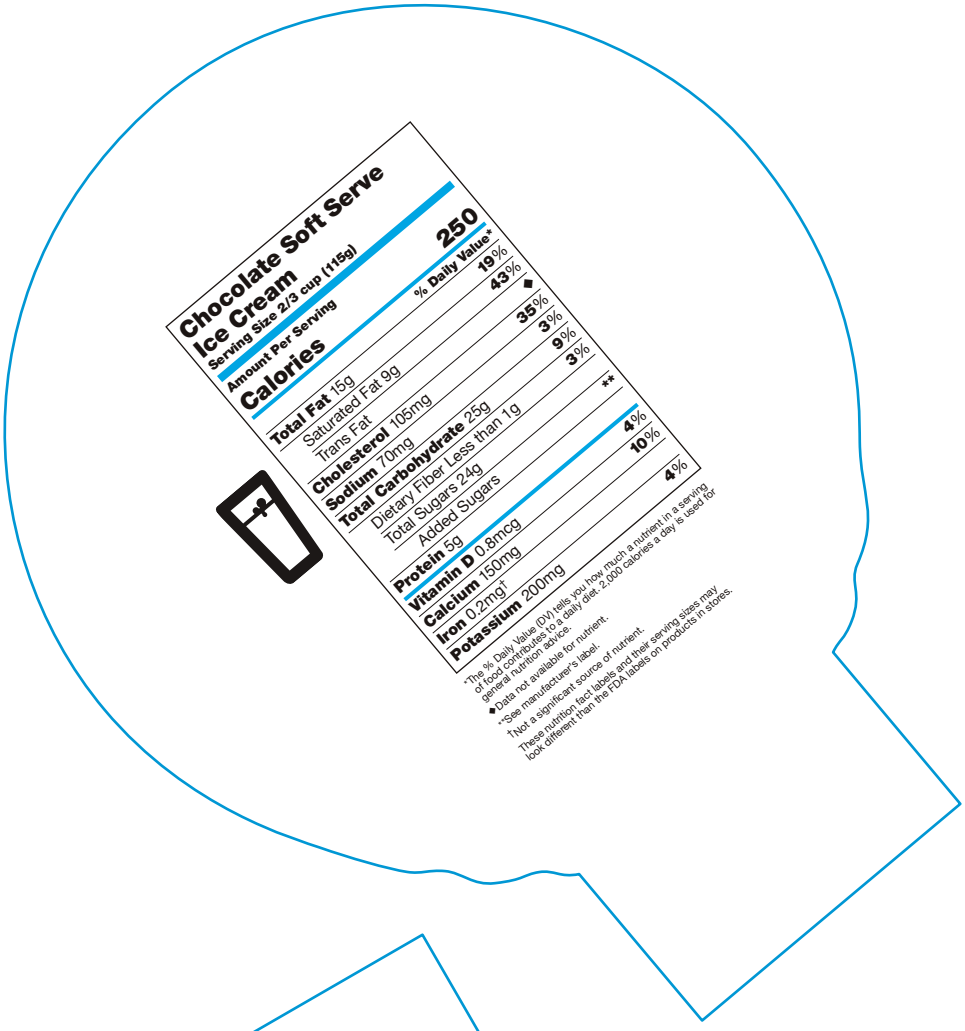

Chocolate Soft Serve Ice Cream

Serving Size 2/3 cup (115g)

Amount Per Serving

Calories 250

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 9g	**43%** ◆
Trans Fat	
Cholesterol 105mg	**35%**
Sodium 70mg	**3%**
Total Carbohydrate 25g	**9%**
Dietary Fiber Less than 1g	**3%**
Total Sugars 24g	**
Added Sugars	
Protein 5g	
Vitamin D 0.8mcg	**4%**
Calcium 150mg	**10%**
Iron 0.2mg†	
Potassium 200mg	**4%**

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◆Data not available for nutrient.

**See manufacturer's label.

†Not a significant source of nutrient.

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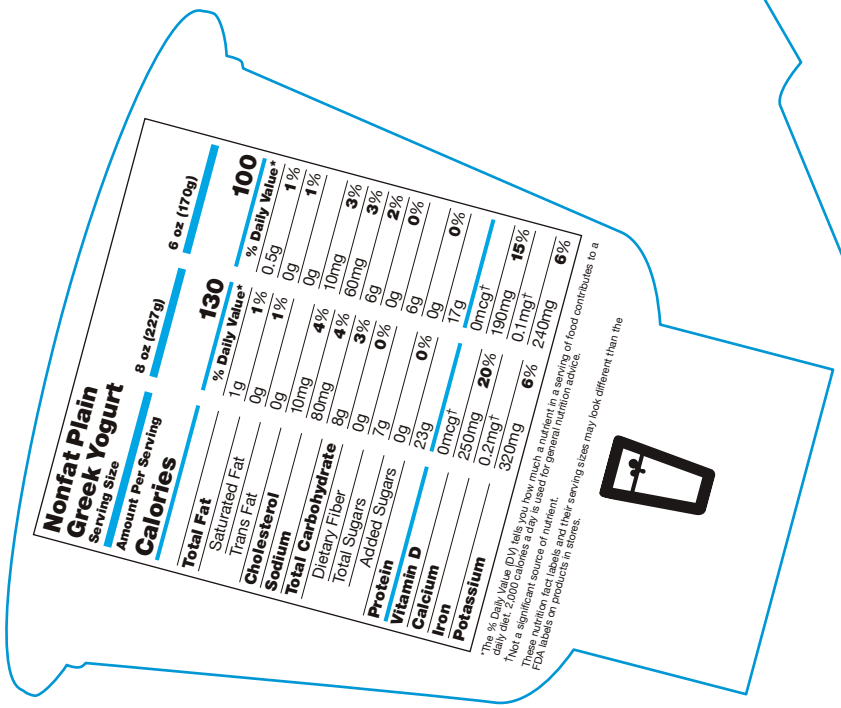

Nonfat Plain Greek Yogurt

Serving Size 8 oz (227g) | 6 oz (170g)

Amount Per Serving

Calories 130 | 100

	% Daily Value*	% Daily Value*
Total Fat 1g	**1%**	0.5g **1%**
Saturated Fat 0g	**1%**	0g **1%**
Trans Fat 0g		0g
Cholesterol 10mg	**4%**	10mg **3%**
Sodium 80mg	**4%**	60mg **3%**
Total Carbohydrate 8g	**3%**	6g **2%**
Dietary Fiber 0g	**0%**	0g **0%**
Total Sugars 7g		6g
Added Sugars 0g	**0%**	0g **0%**
Protein 23g		17g
Vitamin D 0mcg†	**0%**	0mcg†
Calcium 250mg	**20%**	190mg **15%**
Iron 0.2mg†		0.1mg†
Potassium 320mg	**6%**	240mg **6%**

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†Not a significant source of nutrient.

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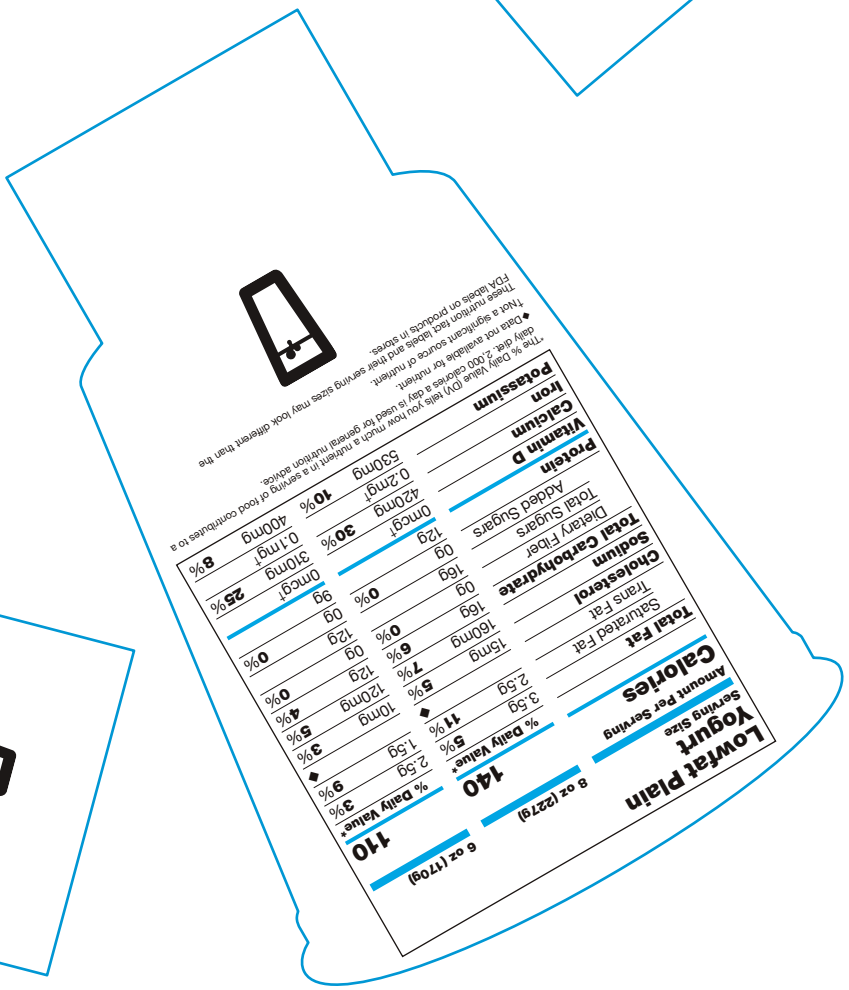

LowFat Plain Yogurt

Serving Size 8 oz (227g) | 6 oz (170g)

Amount Per Serving

Calories 140 | 110

	% Daily Value*	% Daily Value*
Total Fat 3.5g	**5%**	2.5g **3%**
Saturated Fat 2.5g	**11%** ◆	1.5g **9%** ◆
Trans Fat 0g		0g
Cholesterol 15mg	**5%**	10mg **3%**
Sodium 160mg	**7%**	120mg **5%**
Total Carbohydrate 16g	**6%**	12g **4%**
Dietary Fiber 0g	**0%**	0g **0%**
Total Sugars 16g		12g
Added Sugars 0g	**0%**	0g **0%**
Protein 9g		9g
Vitamin D 0mcg†	**0%**	0mcg†
Calcium 300mg	**30%**	220mg **15%**
Iron 0.2mg†	**10%**	0.2mg†
Potassium 530mg		400mg **8%**

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◆Data not available for nutrient.

†Not a significant source of nutrient.

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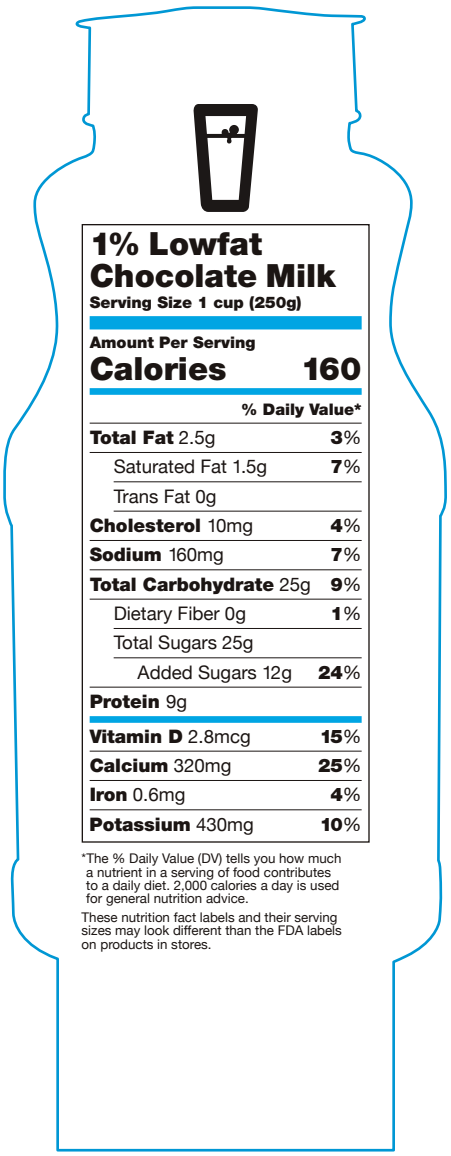
1% LOWFAT STRAWBERRY MILK
1 cup

FRUIT-FLAVORED DRINKABLE YOGURT
3 ounce container

1% LOWFAT CHOCOLATE MILK
1 cup

FRUIT-FLAVORED SQUEEZABLE YOGURT
1 pouch



1% Lowfat Chocolate Milk

Serving Size 1 cup (250g)

Amount Per Serving

Calories 160

	% Daily Value*
Total Fat 2.5g	**3**%
Saturated Fat 1.5g	**7**%
Trans Fat 0g	
Cholesterol 10mg	**4**%
Sodium 160mg	**7**%
Total Carbohydrate 25g	**9**%
Dietary Fiber 0g	**1**%
Total Sugars 25g	
Added Sugars 12g	**24**%
Protein 9g	
Vitamin D 2.8mcg	**15**%
Calcium 320mg	**25**%
Iron 0.6mg	**4**%
Potassium 430mg	**10**%

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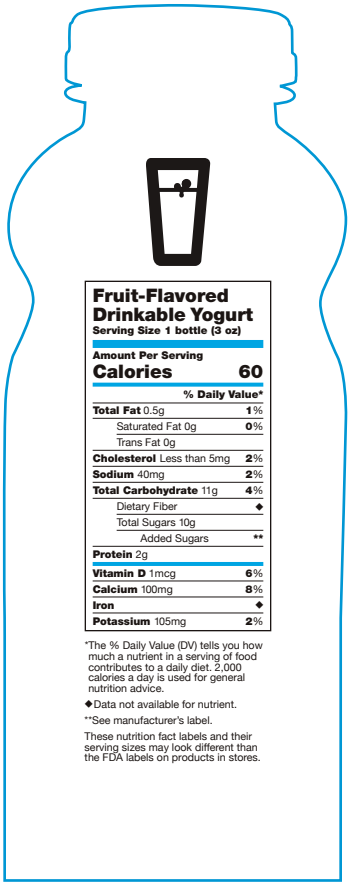

Fruit-Flavored Drinkable Yogurt

Serving Size 1 bottle (3 oz)

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol Less than 5mg	**2**%
Sodium 40mg	**2**%
Total Carbohydrate 11g	**4**%
Dietary Fiber	◆
Total Sugars 10g	
Added Sugars	**
Protein 2g	
Vitamin D 1mcg	**6**%
Calcium 100mg	**8**%
Iron	◆
Potassium 105mg	**2**%

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◆Data not available for nutrient.

**See manufacturer's label.

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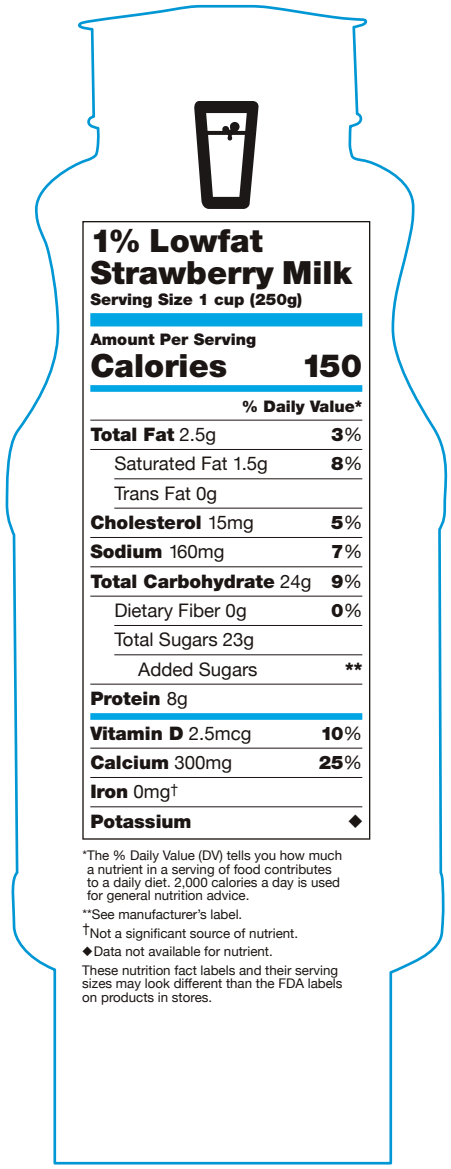

1% Lowfat Strawberry Milk

Serving Size 1 cup (250g)

Amount Per Serving

Calories 150

	% Daily Value*
Total Fat 2.5g	**3**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 160mg	**7**%
Total Carbohydrate 24g	**9**%
Dietary Fiber 0g	**0**%
Total Sugars 23g	
Added Sugars	**
Protein 8g	
Vitamin D 2.5mcg	**10**%
Calcium 300mg	**25**%
Iron 0mg†	
Potassium	◆

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**See manufacturer's label.

†Not a significant source of nutrient.

◆Data not available for nutrient.

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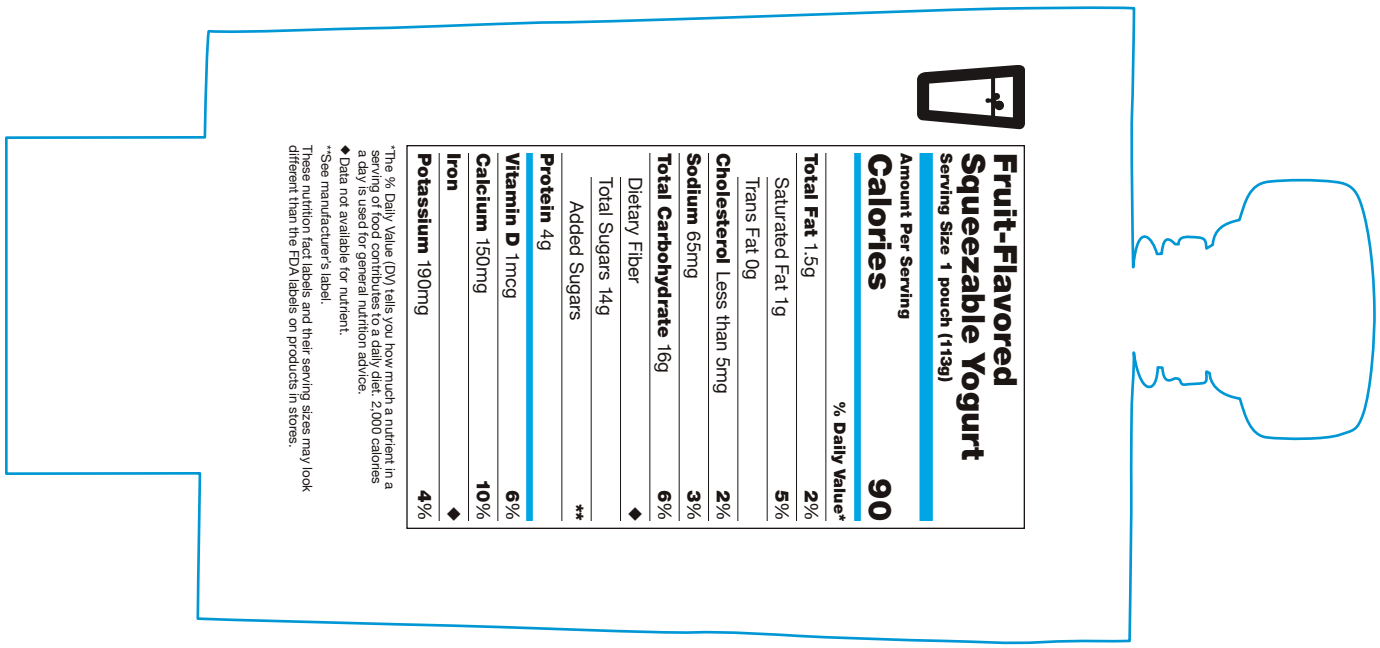

Fruit-Flavored Squeezable Yogurt

Serving Size 1 pouch (113g)

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 1.5g	**2**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol Less than 5mg	**2**%
Sodium 65mg	**3**%
Total Carbohydrate 16g	**6**%
Dietary Fiber	◆
Total Sugars 14g	
Added Sugars	**
Protein 4g	
Vitamin D 1mcg	**6**%
Calcium 150mg	**10**%
Iron	◆
Potassium 190mg	**4**%

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◆ Data not available for nutrient.

**See manufacturer's label.

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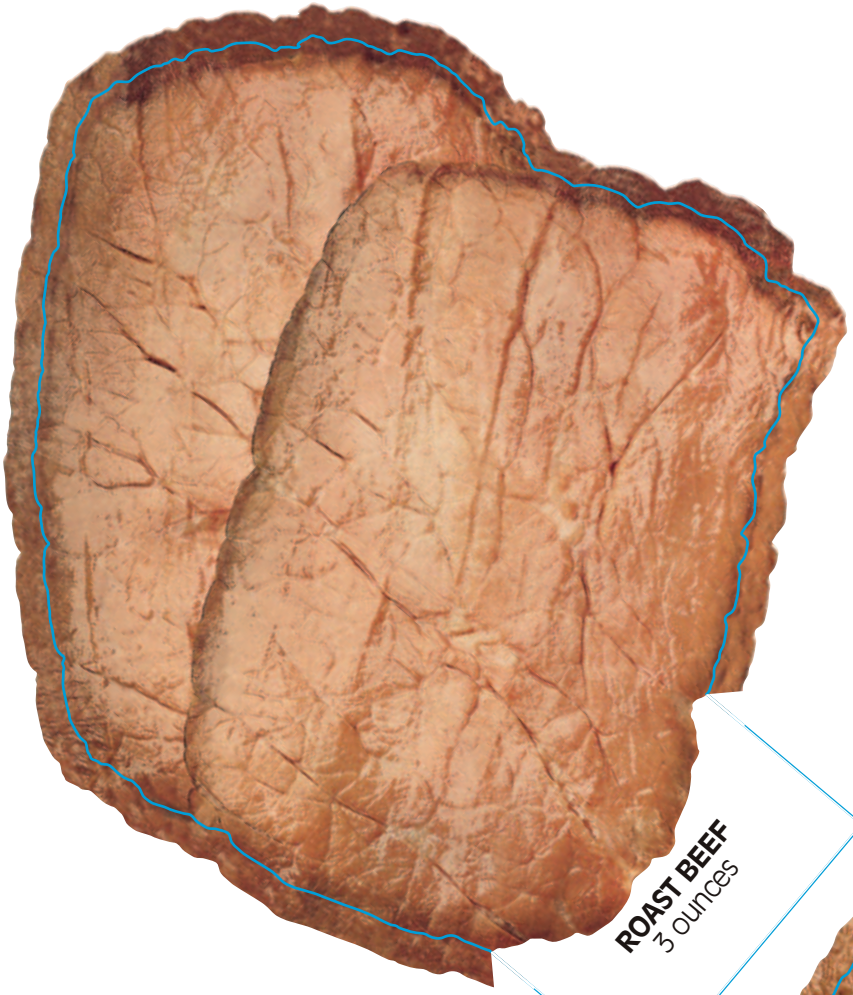
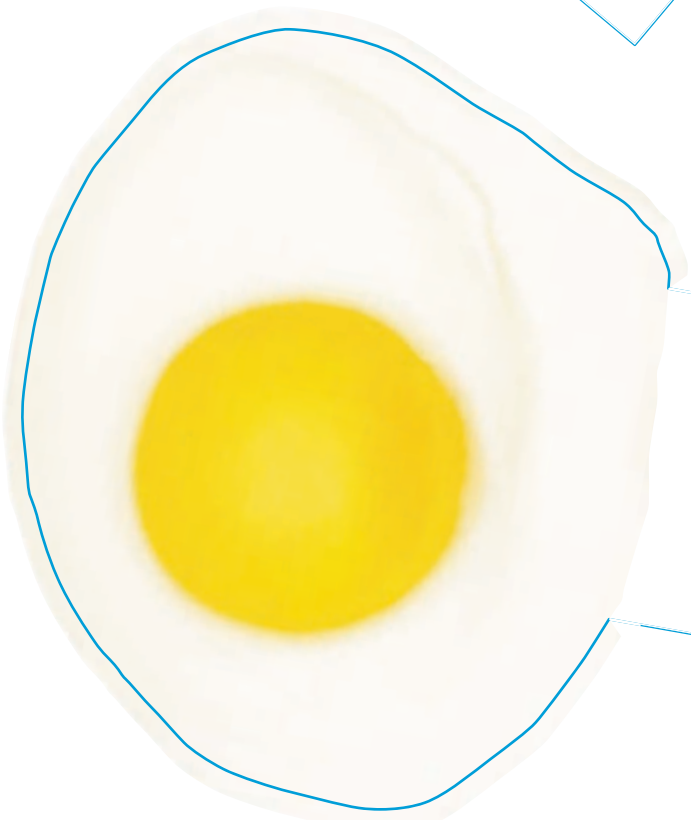
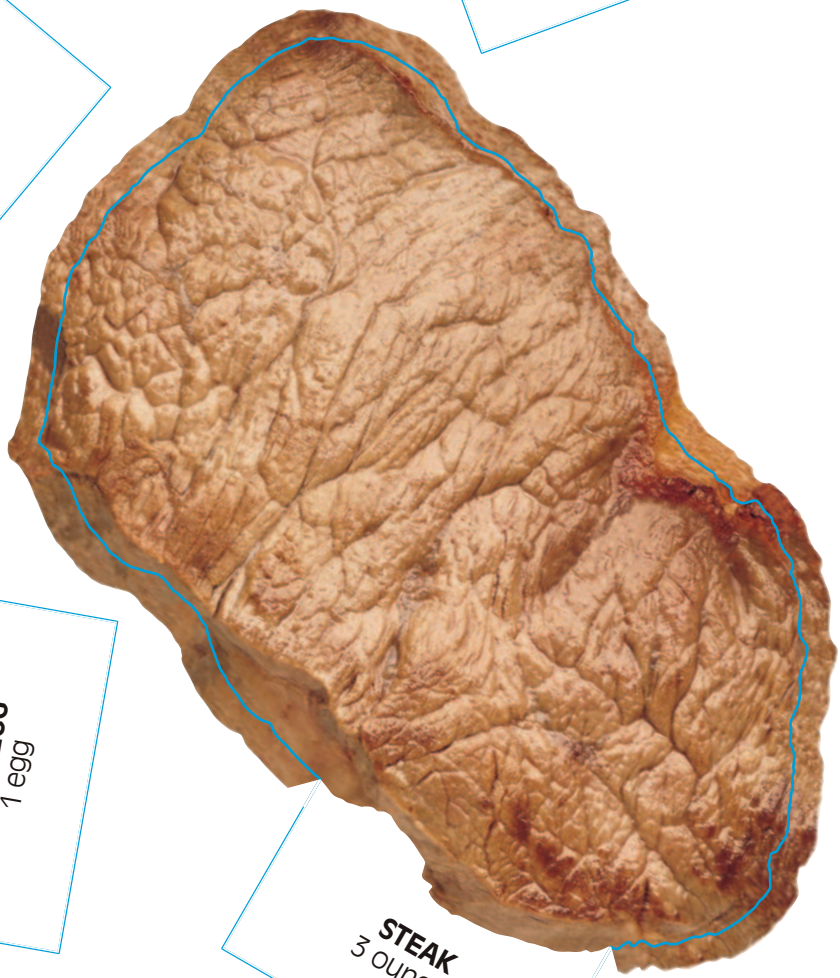


ROAST BEEF
3 ounces

GROUND BEEF HAMBURGER
3 ounces



FRIED EGG
1 egg



STEAK
3 ounces

Ground Beef Hamburger	Ground Sirloin 3 oz (84g)		Ground Beef 3 oz (85g)	
Serving Size				
Amount Per Serving				
Calories	**150**		**200**	
		% Daily Value*		% Daily Value*
Total Fat	8g	**11%**	12g	**16%**
Saturated Fat	3.5g	**17%**	5g	**24%**
Trans Fat	0g		0g	
Cholesterol	55mg	**19%**	70mg	**24%**
Sodium	55mg	**2%**	70mg	**3%**
Total Carbohydrate	0g	**0%**	Less than 1g	**0%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	0g		0g	
Added Sugars	0g	**0%**	0g	**0%**
Protein	17g		21g	
Vitamin D		◆	0.2mcg†	
Calcium	0mg†		20mg†	
Iron	1.5mg	**8%**	2.3mg	**15%**
Potassium		◆	300mg	**6%**

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◆Data not available for nutrient.

†Not a significant source of nutrient.

These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.

Roast Beef	Lean Only 3 oz (85g)		Lean and Fat 3 oz (85g)	
Serving Size				
Amount Per Serving				
Calories	**160**		**200**	
		% Daily Value*		% Daily Value*
Total Fat	7g	**9%**	13g	**17%**
Saturated Fat	3g	**15%**	5g	**27%**
Trans Fat	0g		1g	
Cholesterol	70mg	**24%**	70mg	**24%**
Sodium	70mg	**3%**	65mg	**3%**
Total Carbohydrate	0g	**0%**	0g	**0%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	0g		0g	
Added Sugars	0g	**0%**	0g	**0%**
Protein	23g		21g	
Vitamin D	0.1mcg†		0.1mcg†	
Calcium	20mg†		20mg†	
Iron	2.1mg	**10%**	1.9mg	**10%**
Potassium	290mg	**6%**	260mg	**6%**

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†Not a significant source of nutrient.

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Steak	Sirloin 3 oz (85g)		T-Bone 3 oz (85g)		Ribeye 3 oz (85g)	
Serving Size						
Amount Per Serving						
Calories	**180**		**130**		**180**	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	8g	**11%**	6g	**7%**	10g	**13%**
Saturated Fat	3g	**16%**	2g	**11%**	4g	**20%**
Trans Fat	0g		0g		0g	
Cholesterol	75mg	**25%**	50mg	**17%**	70mg	**23%**
Sodium	50mg	**2%**	35mg	**2%**	50mg	**2%**
Total Carbohydrate	0g	**0%**	0g	**0%**	0g	**0%**
Dietary Fiber	0g	**0%**	0g	**0%**	0g	**0%**
Total Sugars	0g		0g		0g	
Added Sugars	0g	**0%**	0g	**0%**	0g	**0%**
Protein	25g		19g		23g	
Vitamin D	0.2mcg†	**0%**	0.1mcg†	**0%**	0.1mcg†	**0%**
Calcium	20mg†		20mg†		10mg†	
Iron	1.6mg	**8%**	1.4mg	**8%**	2.3mg	**15%**
Potassium	310mg	**6%**	230mg	**4%**	240mg	**6%**

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Fried Egg	
Serving Size 1 egg (46g)	
Amount Per Serving	
Calories	**90**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 185mg	**61%**
Sodium 95mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Added Sugars 0g	**0%**
Protein 6g	**6%**
Vitamin D 1mcg	**2%**
Calcium 30mg	**4%**
Iron 0.9mg	
Potassium 70mg†	

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†Not a significant source of nutrient.

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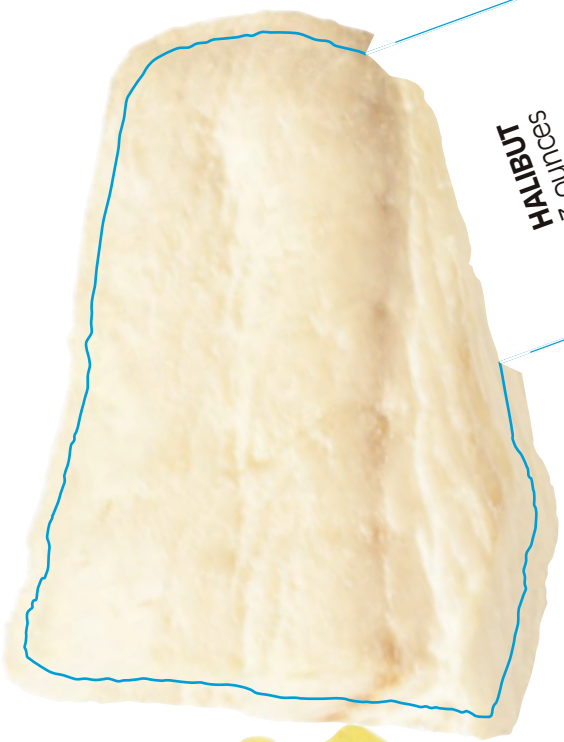
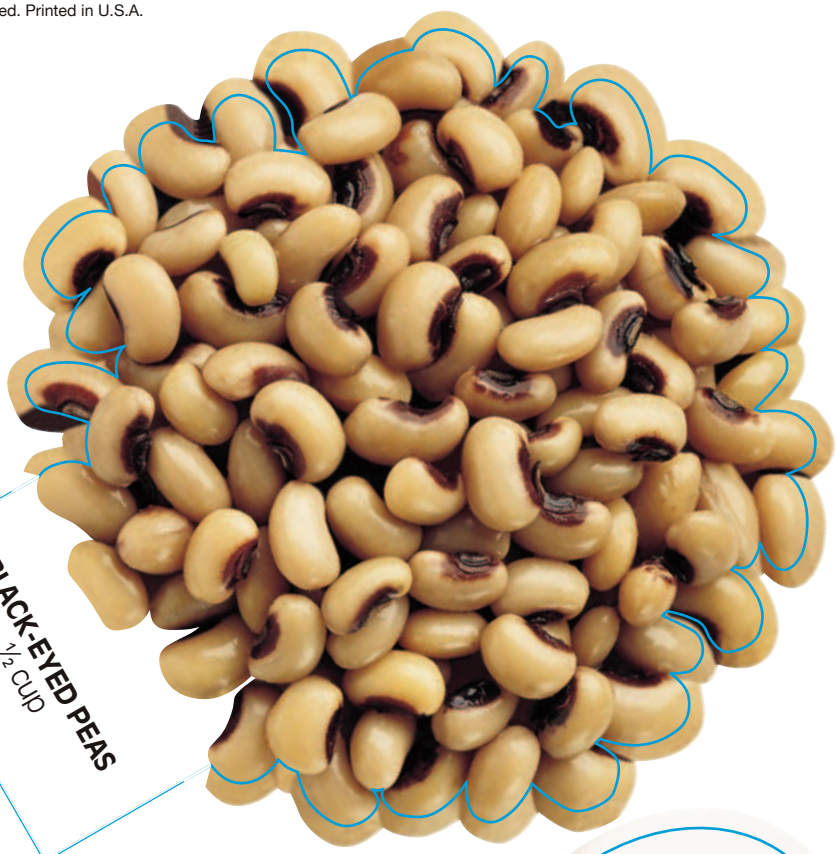


HALIBUT
3 ounces



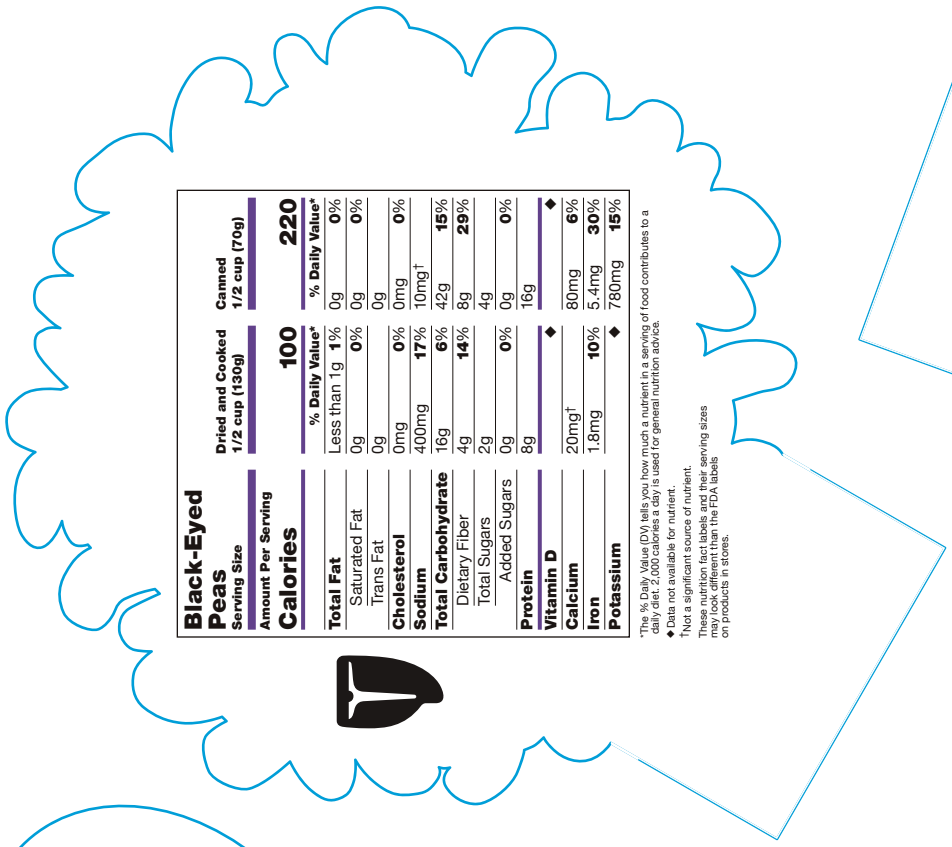
BLACK-EYED PEAS
½ cup

SCRAMBLED EGG
1 egg

HARD-COOKED EGG
1 egg

PEANUTS
1 ounce

CARD 8



Black-Eyed Peas

Serving Size	Dried and Cooked 1/2 cup (130g)		Canned 1/2 cup (70g)	
Amount Per Serving				
Calories	100		220	
		% Daily Value*		**% Daily Value***
Total Fat	Less than 1g	**1%**	0g	**0%**
Saturated Fat	0g	**0%**	0g	**0%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	400mg	**17%**	10mg†	
Total Carbohydrate	16g	**6%**	42g	**15%**
Dietary Fiber	4g	**14%**	8g	**29%**
Total Sugars	2g		4g	
Added Sugars	0g	**0%**	0g	**0%**
Protein	8g		16g	
Vitamin D		◆		◆
Calcium	20mg†		80mg	**6%**
Iron	1.8mg	**10%**	5.4mg	**30%**
Potassium		◆	780mg	**15%**

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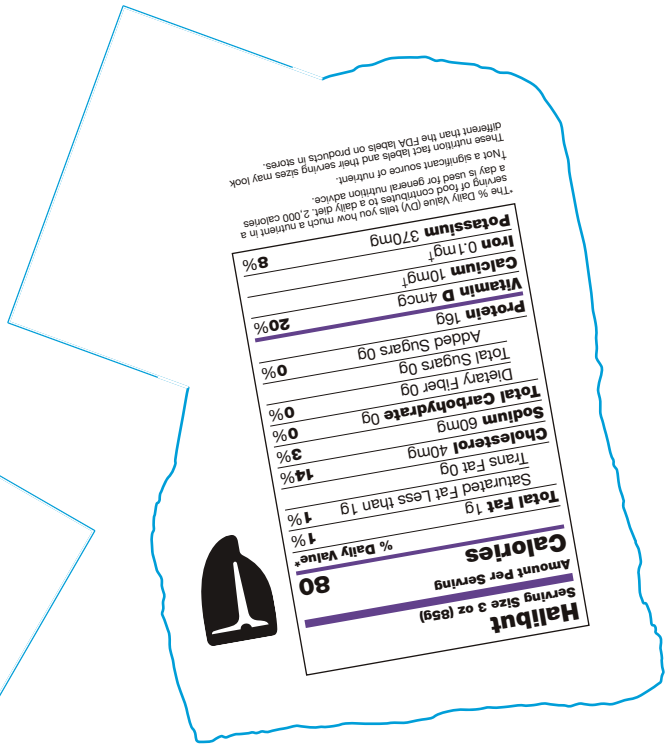

Halibut

Serving Size 3 oz (85g)		
Amount Per Serving		
Calories	80	
		% Daily Value*
Total Fat 1g		**1%**
Saturated Fat less than 1g		**1%**
Trans Fat 0g		
Cholesterol 40mg		**14%**
Sodium 60mg		**3%**
Total Carbohydrate 0g		**0%**
Dietary Fiber 0g		
Total Sugars 0g		**0%**
Added Sugars 0g		
Protein 16g		**20%**
Vitamin D 4mcg		
Calcium 10mg†		
Iron 0.1mg†		**8%**
Potassium 370mg		

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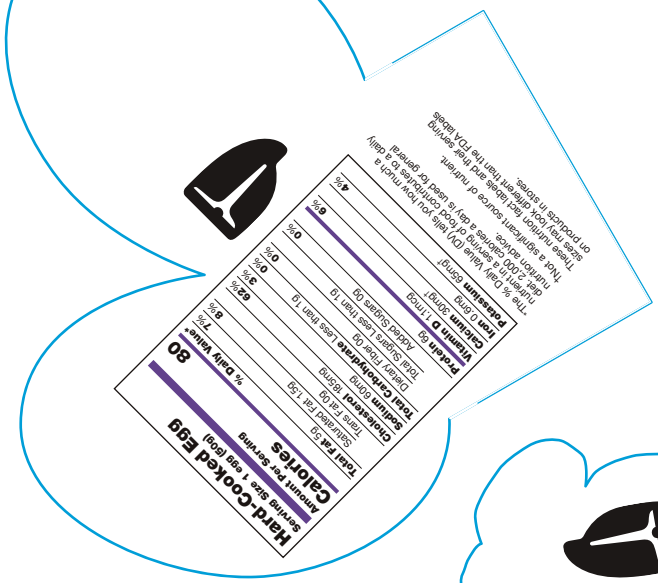

Hard-Cooked Egg

Serving Size 1 egg (50g)	
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 1.5g	**8%**
Cholesterol 185mg	**62%**
Sodium 70mg	**3%**
Total Carbohydrate less than 1g	**0%**
Dietary Fiber 0g	
Total Sugars less than 1g	
Added Sugars 0g	**0%**
Protein 6g	
Vitamin D 1mcg	**6%**
Calcium 30mg†	
Iron 0.9mg	**6%**
Potassium 90mg†	

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†Not a significant source of nutrient.
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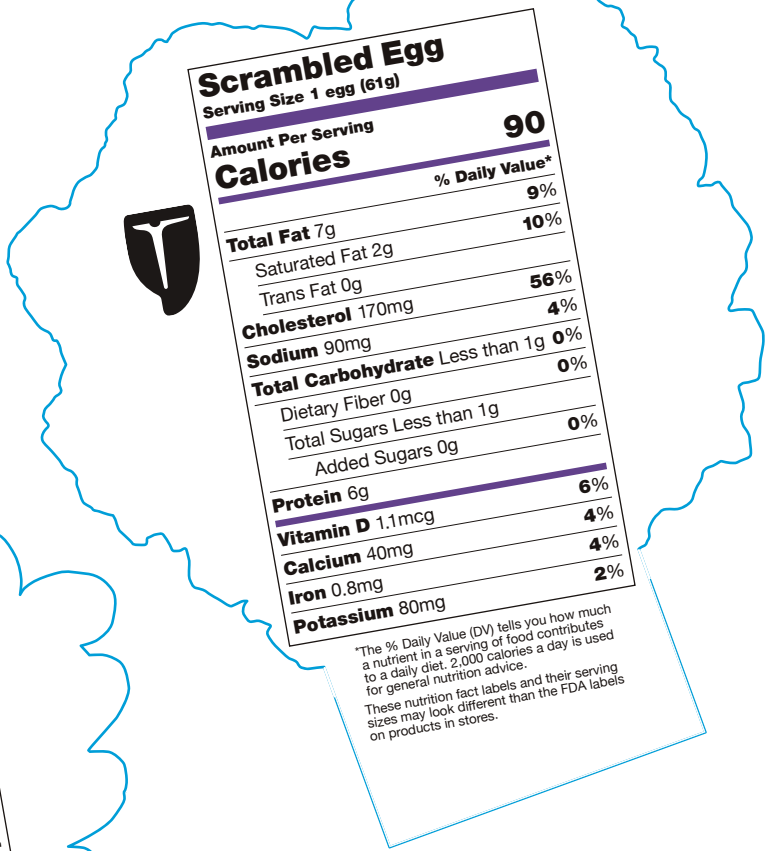

Scrambled Egg

Serving Size 1 egg (61g)	
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 170mg	**56%**
Sodium 90mg	**4%**
Total Carbohydrate Less than 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars Less than 1g	
Added Sugars 0g	**0%**
Protein 6g	**6%**
Vitamin D 1.1mcg	**4%**
Calcium 40mg	**4%**
Iron 0.8mg	**2%**
Potassium 80mg	

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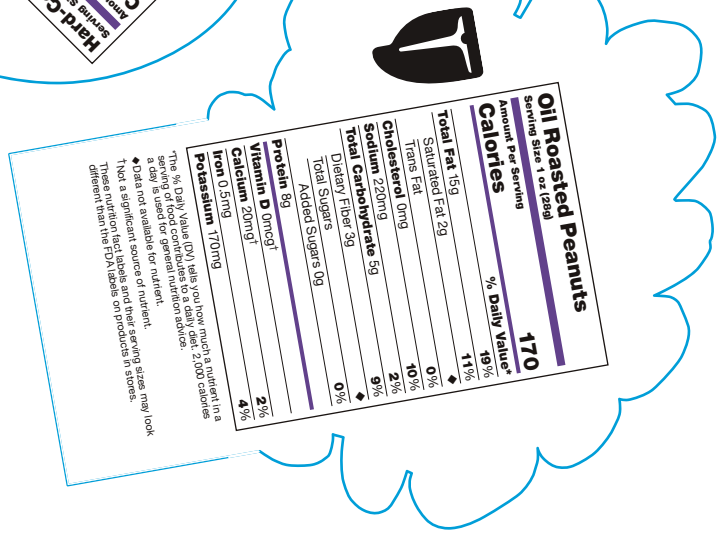

Oil Roasted Peanuts

Serving Size 1 oz (28g)	
Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 2g	**11%**
Trans Fat 0g	◆
Cholesterol 0mg	**0%**
Sodium 220mg	**10%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 3g	**9%**
Total Sugars	◆
Added Sugars 0g	**0%**
Protein 8g	
Vitamin D 0mcg†	
Calcium 20mg†	**2%**
Iron 0.5mg	**4%**
Potassium 170mg	

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†Not a significant source of nutrient.
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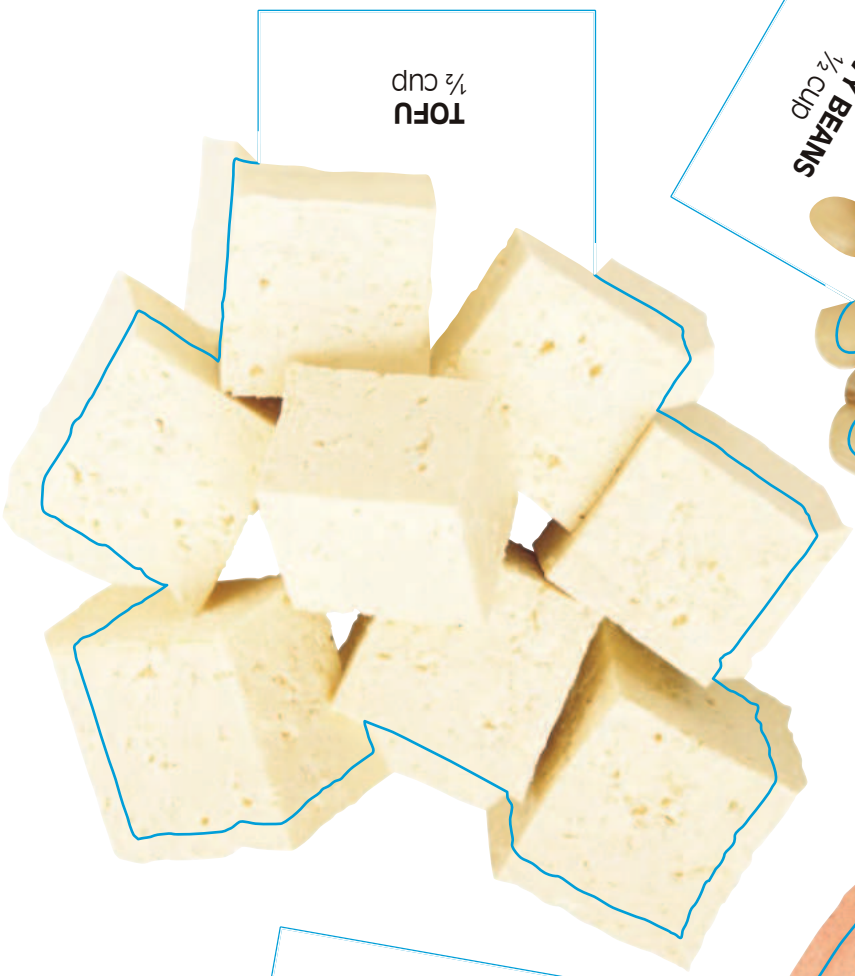
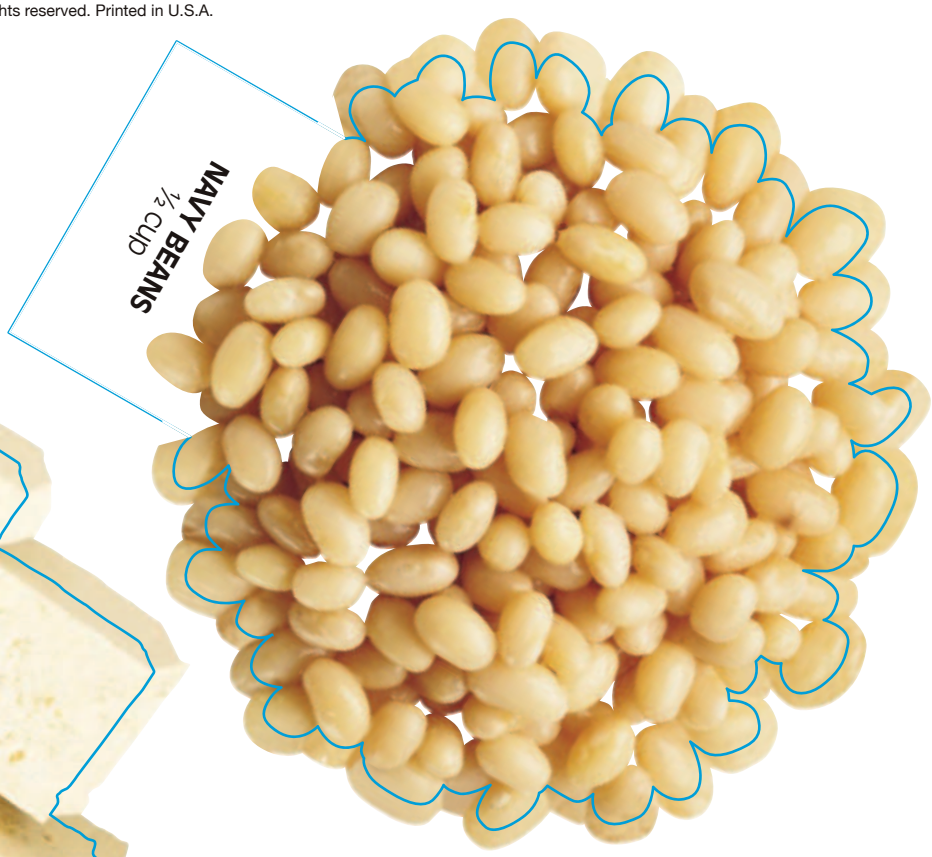
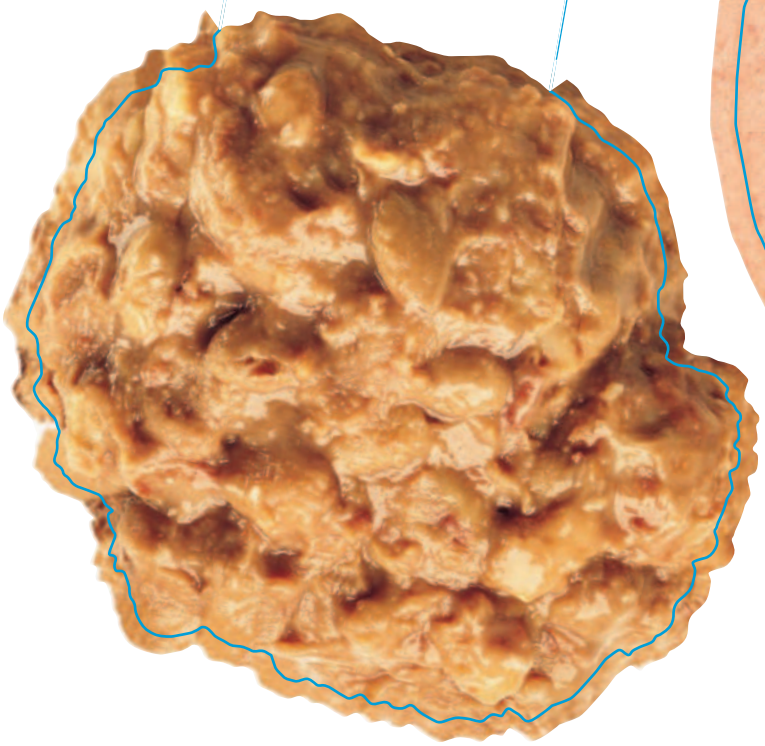


TOFU
½ cup

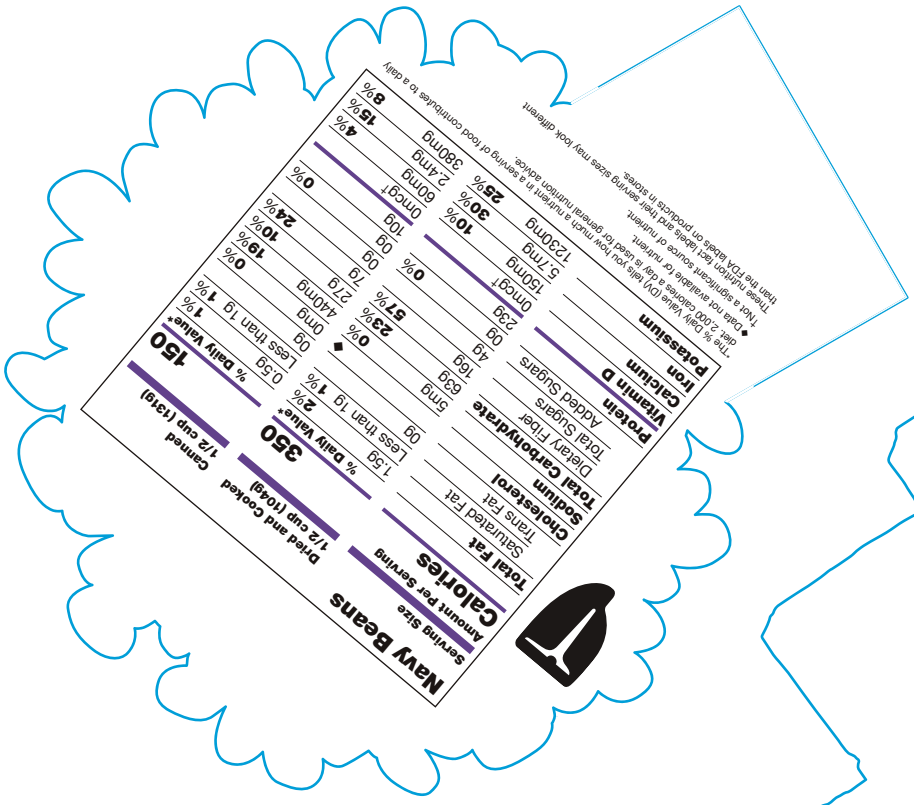


NAVY BEANS
½ cup



REFRIED BEANS
½ cup

BOLOGNA
1 ounce



Navy Beans
Serving Size
Amount Per Serving
Calories 150

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 27g	10%
Dietary Fiber 9g	24%
Total Sugars 1g	
Added Sugars 0g	0%
Protein 9g	
Vitamin D 0mcg†	0%
Calcium 63mg	4%
Iron 2.4mg	15%
Potassium 380mg	8%

Canned 1/2 cup (130g) | Dried and Cooked 1/2 cup (104g) | 1 oz (28g)
350 | 1.5g | 2% | Less than 1g | 1%

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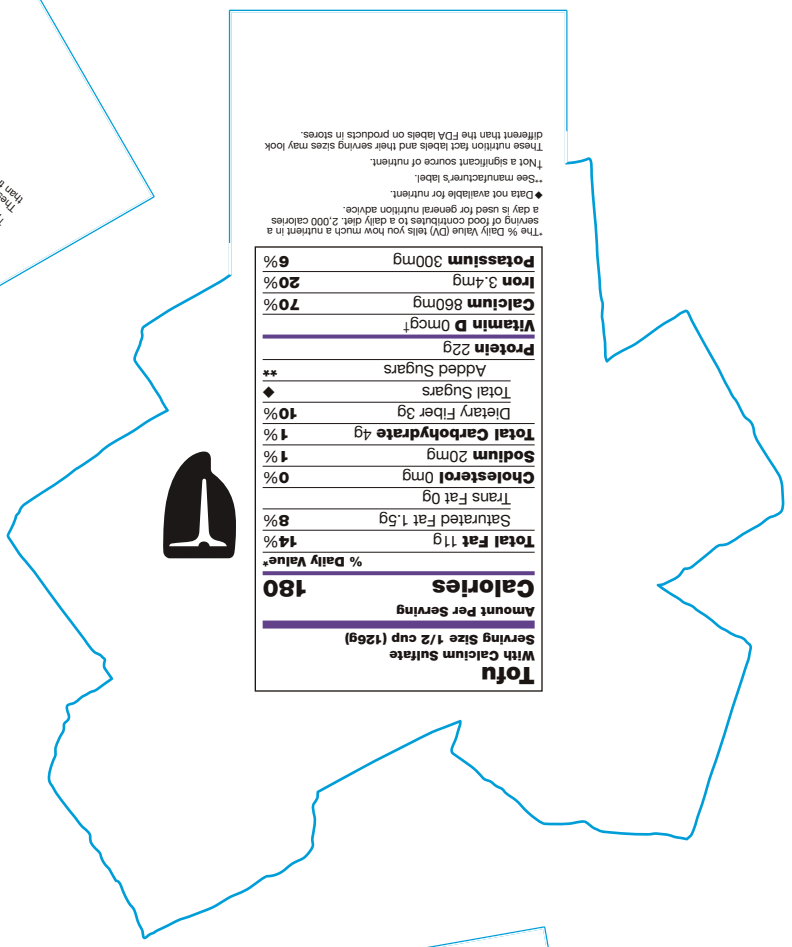

Tofu
With Calcium Sulfate
Serving Size 1/2 cup (126g)
Amount Per Serving
Calories 180

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	10%
Total Sugars	◆
Added Sugars	**
Protein 22g	
Vitamin D 0mcg†	
Calcium 860mg	70%
Iron 3.4mg	20%
Potassium 300mg	6%

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**See manufacturer's label.
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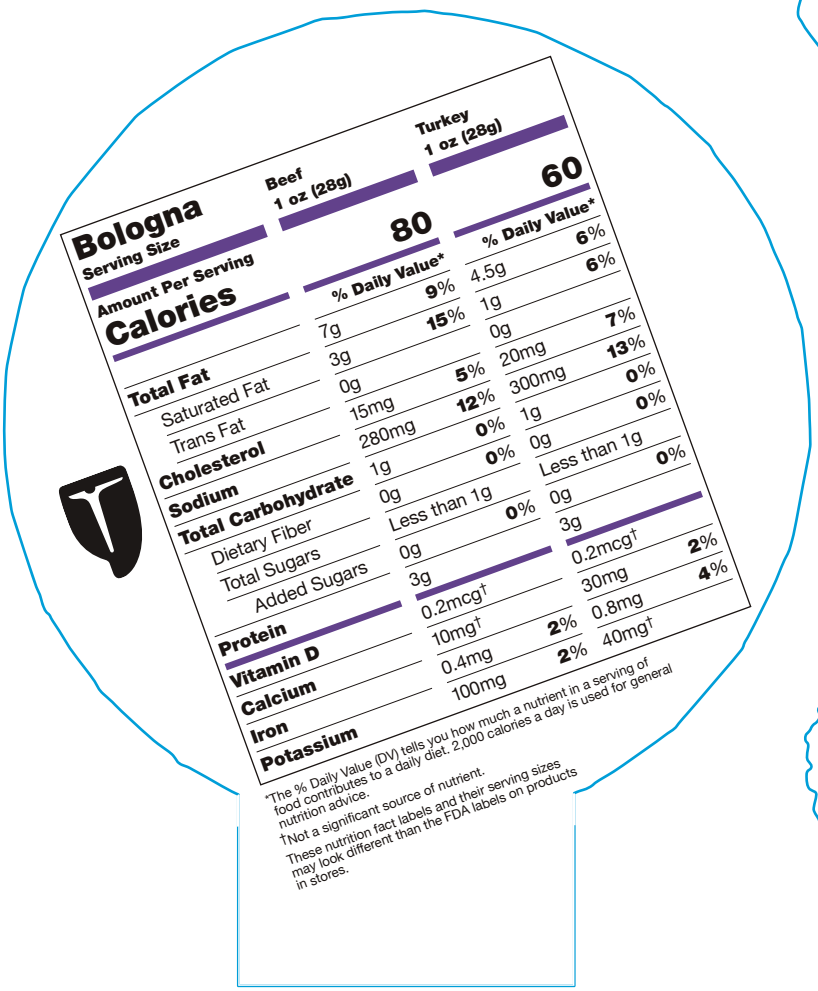

Bologna
Serving Size
Amount Per Serving
Calories 80

	Beef 1 oz (28g)	% Daily Value*	Turkey 1 oz (28g)	% Daily Value*
Total Fat	7g	9%	4.5g	6%
Saturated Fat	3g	15%	1g	6%
Trans Fat	0g		0g	
Cholesterol	15mg	5%	20mg	7%
Sodium	280mg	12%	300mg	13%
Total Carbohydrate	1g	0%	1g	0%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	Less than 1g		Less than 1g	
Added Sugars	0g	0%	0g	0%
Protein	3g		3g	
Vitamin D	0.2mcg†		0.2mcg†	2%
Calcium	10mg†	2%	30mg	4%
Iron	0.4mg	2%	0.8mg	
Potassium	100mg	2%	40mg†	

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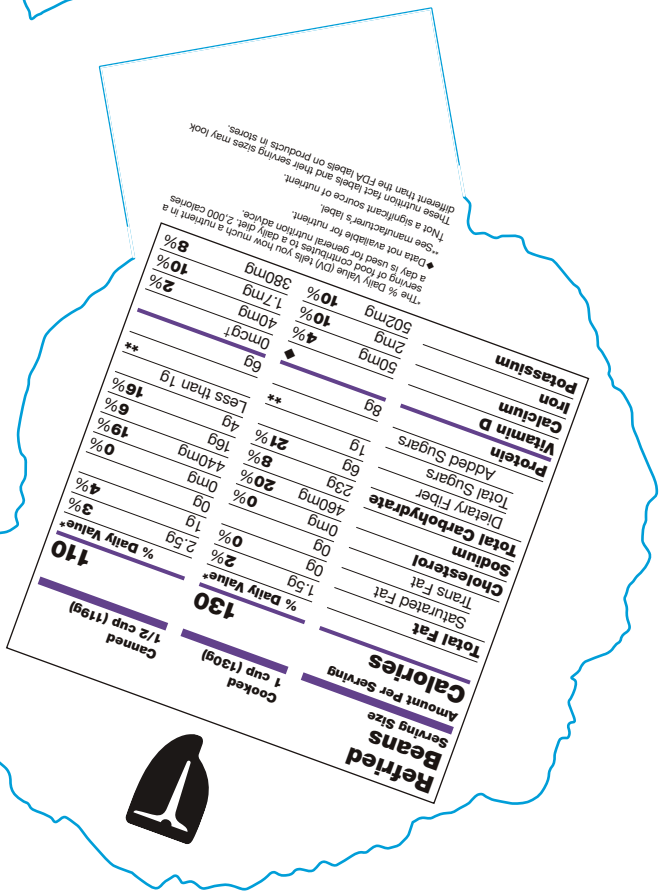

Refried Beans
Serving Size
Amount Per Serving
Calories 110

	Cooked 1 cup (130g)	% Daily Value*	Canned 1/2 cup (119g)	% Daily Value*
Total Fat	1.5g	2%	2.5g	3%
Saturated Fat	0g	0%	1g	4%
Trans Fat	0mg		0mg	
Cholesterol	460mg	20%	440mg	19%
Sodium	23g	8%	16g	6%
Total Carbohydrate	6g	2%	4g	1%
Dietary Fiber	1g	4%	0mg	0%
Total Sugars	0g		0mg	
Added Sugars	0g		0mg	
Protein	8g		8g	16%
Vitamin D	Less than 1g		Less than 1g	
Calcium	50mg	4%	40mg	2%
Iron	2mg	10%	1.7mg	10%
Potassium	502mg	10%	380mg	8%

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◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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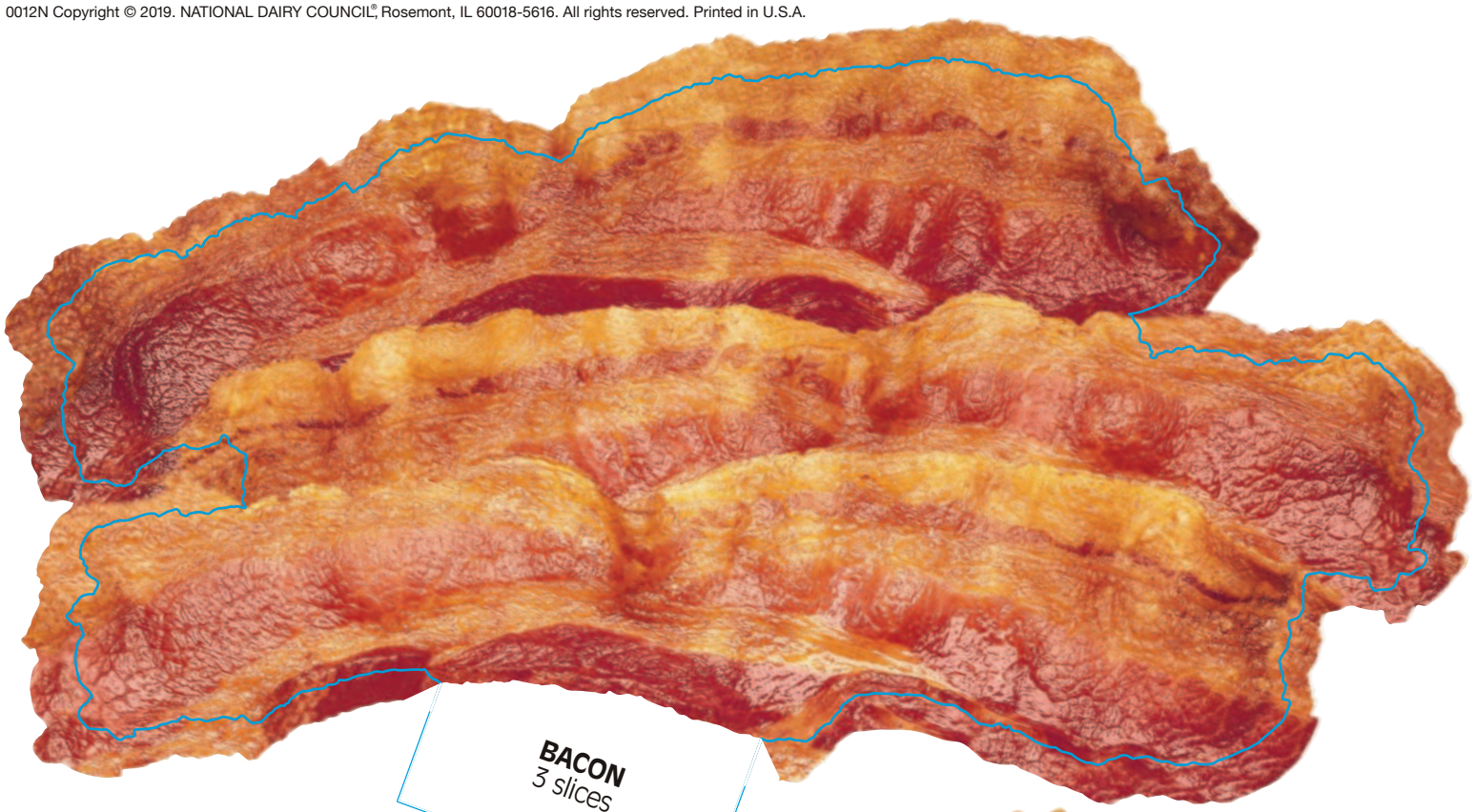
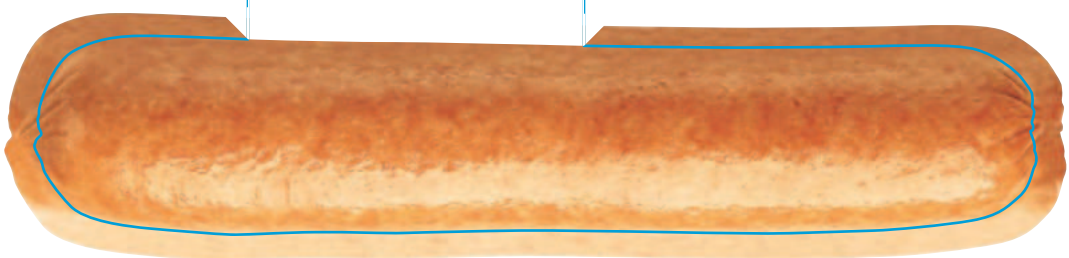


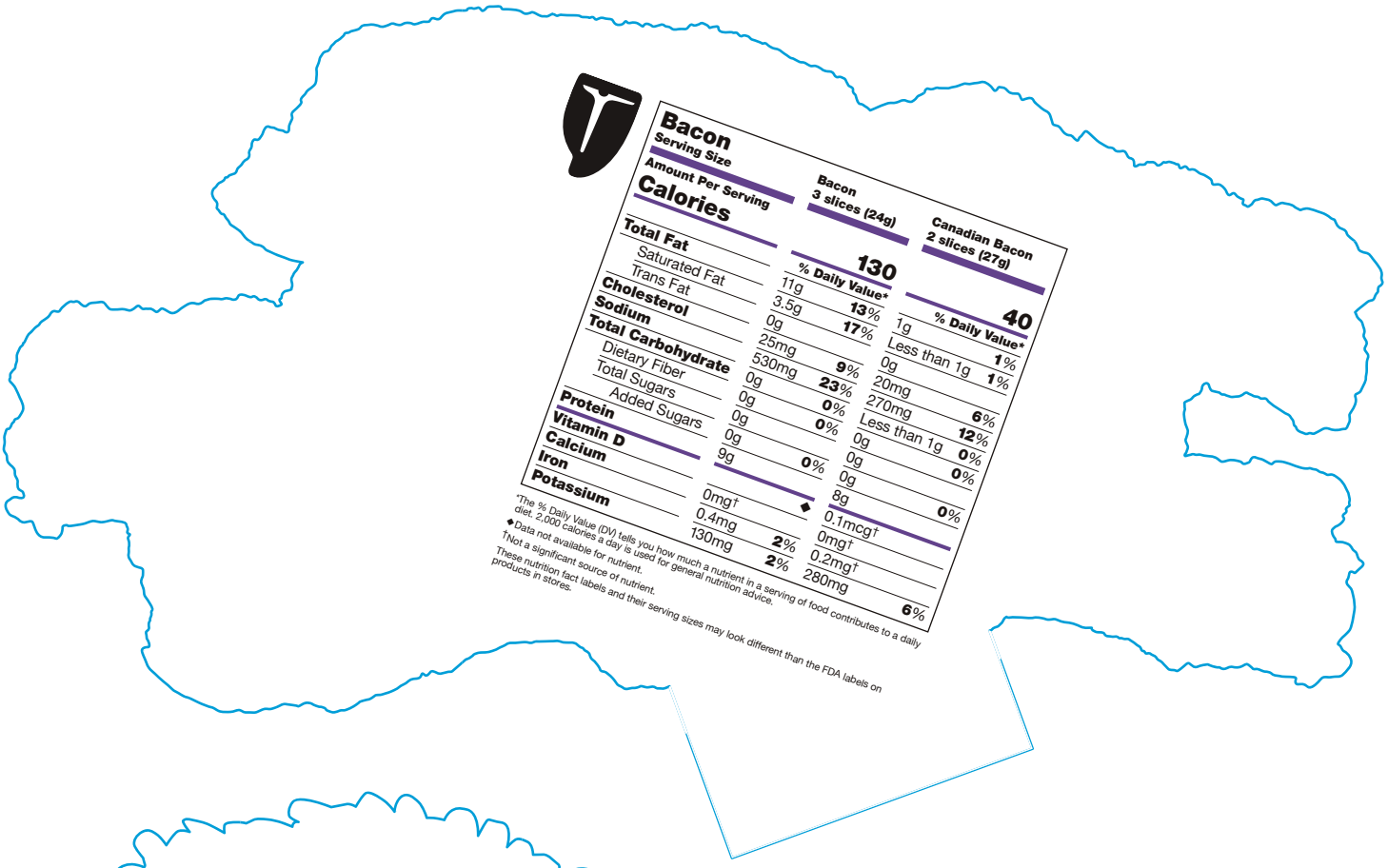
BACON
3 slices

PEANUT BUTTER
2 tablespoons

SUNFLOWER SEEDS
1 ounce

HOT DOG
1 hot dog





Bacon

Serving Size	Bacon 3 slices (24g)	Canadian Bacon 2 slices (27g)
Amount Per Serving		
Calories	130	40
	% Daily Value*	% Daily Value*
Total Fat	11g 13%	1g 1%
Saturated Fat	3.5g 17%	Less than 1g 1%
Trans Fat	0g	0g
Cholesterol	25mg 9%	20mg 6%
Sodium	530mg 23%	270mg 12%
Total Carbohydrate	0g 0%	Less than 1g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Added Sugars	0g 0%	8g 0%
Protein	9g ◆	0.1mcg†
Vitamin D	0mcg†	0mg†
Calcium	0.4mg	0.2mg†
Iron	130mg 2%	280mg
Potassium	2%	6%

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Sunflower Seeds

Serving Size	Dry Roasted 1 oz (28g)	Oil Roasted 1 oz (28g)
Amount Per Serving		
Calories	170	170
	% Daily Value*	% Daily Value*
Total Fat	14g 18%	15g 19%
Saturated Fat	1.5g 7%	2g 10%
Trans Fat	0g ◆	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	190mg 8%	0mg 0%
Total Carbohydrate	7g 2%	6g 2%
Dietary Fiber	3g 9%	3g 11%
Total Sugars	Less than 1g	Less than 1g
Added Sugars	0g 0%	0g 0%
Protein	5g	6g
Vitamin D	0mcg†	0mcg†
Calcium	20mg†	30mg†
Iron	1.1mg 6%	1.2mg 6%
Potassium	240mg 6%	135mg 2%

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Peanut Butter

Serving Size 2 Tbsp (32g)	
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	6%
Total Sugars 3g	
Added Sugars	**
Protein 7g	
Vitamin D 0mcg†	4%
Calcium 20mg†	4%
Iron 0.6mg	
Potassium 180mg	

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**See manufacturer's label.
†Not a significant source of nutrient.
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Beef Hot Dog

Serving Size 1 hot dog (45g)	
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 410mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars Less than 1g	
Added Sugars 0g	0%
Protein 6g	
Vitamin D 0.5mcg	2%
Calcium 10mg†	
Iron 0.6mg	4%
Potassium 120mg	2%

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ITALIAN SAUSAGE
3 ounces

HAM
3 ounces

PORK CHOP
3 ounces

PORK SAUSAGE
2 links

Ham
Serving Size: Turkey 3 oz (85g) | 11% Fat 3 oz (85g) | 5% Fat 3 oz (85g)
Amount Per Serving: Calories 110 | 140 | 120

	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	6%	9%	6%
Saturated Fat	5g	7g	4.5g
Trans Fat	Less than 1g	Less than 1g	1.5g
Cholesterol	2%	2%	8%
Sodium	19%	16%	15%
Total Carbohydrate	38%	30%	44%
Dietary Fiber	0%	1%	0%
Total Sugars		4%	0%
Added Sugars			
Protein	6%	0%	4%
Vitamin D	6%	4%	8%
Calcium	0%	6%	6%
Iron	0%	0%	4%
Potassium			

	0g	0g	0g
	0g	0g	0g
	0g	0g	0g
	55mg	45mg	0g
	880mg	1020mg	0mg
	Less than 1g	0g	17g
	0g	1g	0mcg†
	0g	0g	4mg†
	0g	0g	1.2mg
	250mg	240mg	240mg

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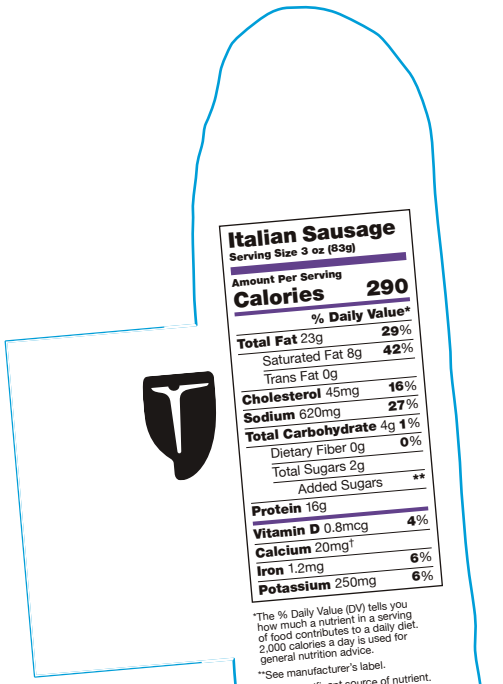

Italian Sausage
Serving Size 3 oz (83g)
Amount Per Serving
Calories 290

	% Daily Value*
Total Fat 23g	29%
Saturated Fat 8g	42%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 620mg	27%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Added Sugars	**
Protein 16g	
Vitamin D 0.8mcg	4%
Calcium 20mg†	
Iron 1.2mg	6%
Potassium 250mg	6%

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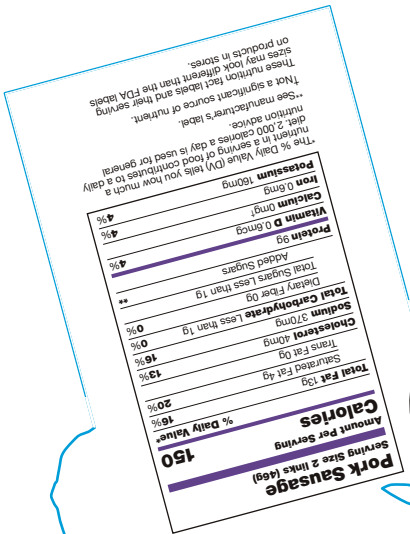

Pork Sausage
Serving Size 2 links (46g)
Amount Per Serving: Calories 150 | % Daily Value*

Total Fat 13g	16%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 370mg	16%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	**
Total Sugars less than 1g	
Added Sugars	4%
Protein 9g	
Vitamin D 0.6mcg	4%
Calcium 0mg†	4%
Iron 0.7mg	
Potassium 160mg	

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†Not a significant source of nutrient.
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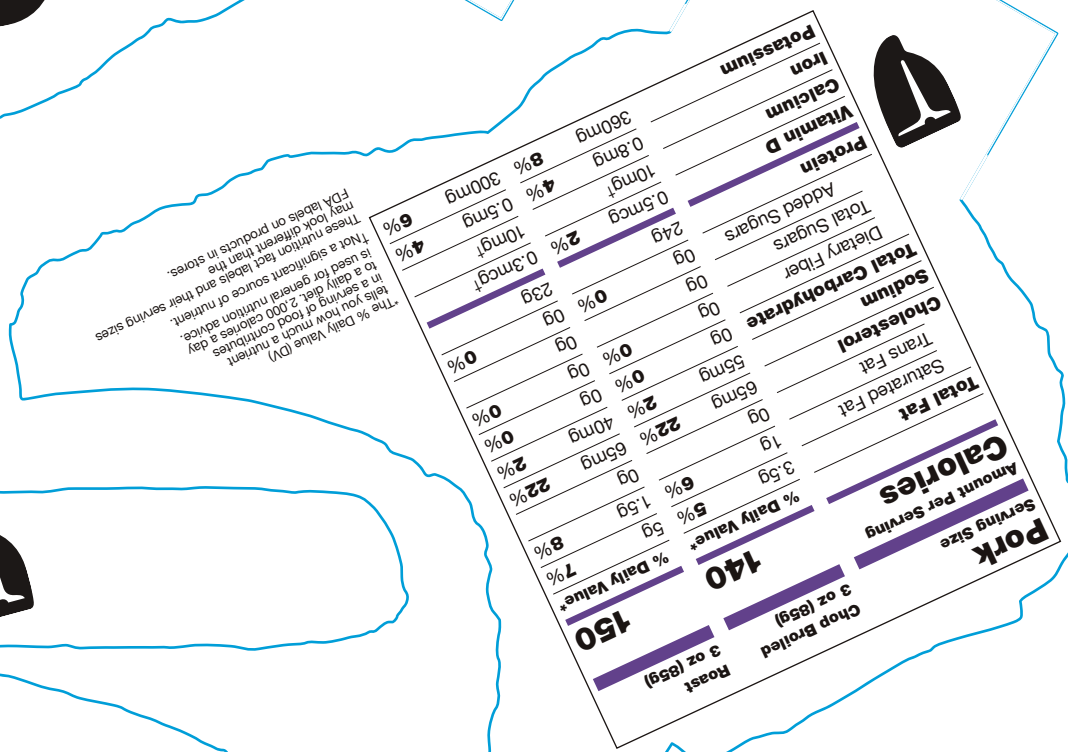

Pork
Serving Size: Roast 3 oz (85g) | Chop Broiled 3 oz (85g)
Amount Per Serving: Calories 150 | 140 | % Daily Value*

Total Fat	8%	5%	7%
Saturated Fat	1.5g	3.5g	5g
Trans Fat	0g	0g	0g
Cholesterol	22%	6%	22%
Sodium	65mg	65mg	40mg
Total Carbohydrate	0%	0%	2%
Dietary Fiber	0g	0g	0g
Total Sugars	0g	0g	0g
Added Sugars	0%	0%	0%
Protein	32g	24g	29g
Vitamin D	0%	2%	0%
Calcium	9mg	0.5mcg	0.3mcg†
Iron	4%	10mg†	10mg†
Potassium	8%	0.8mg	0.5mg
	6%	360mg	300mg

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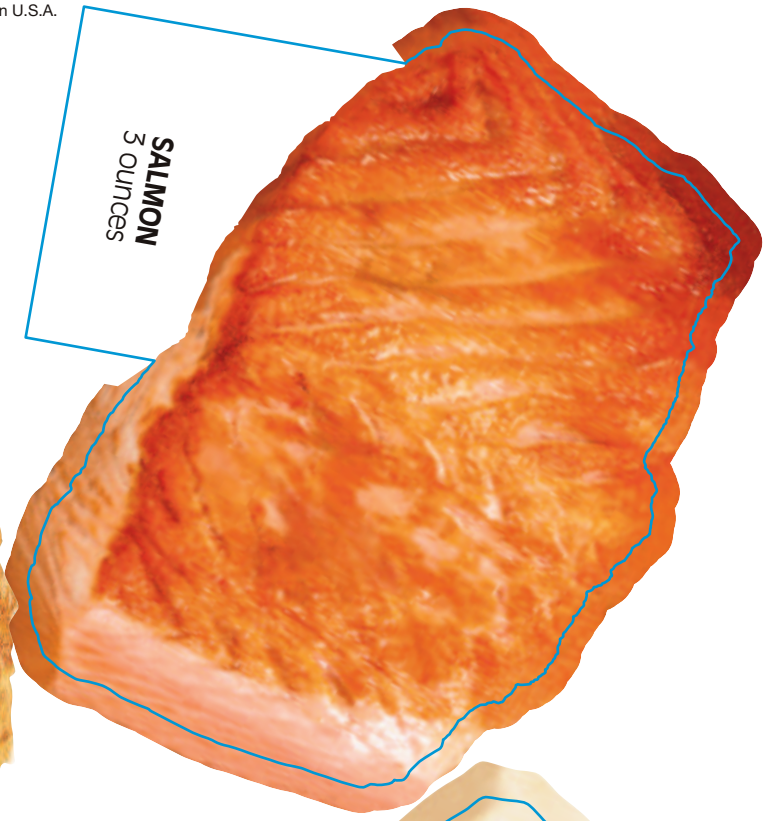
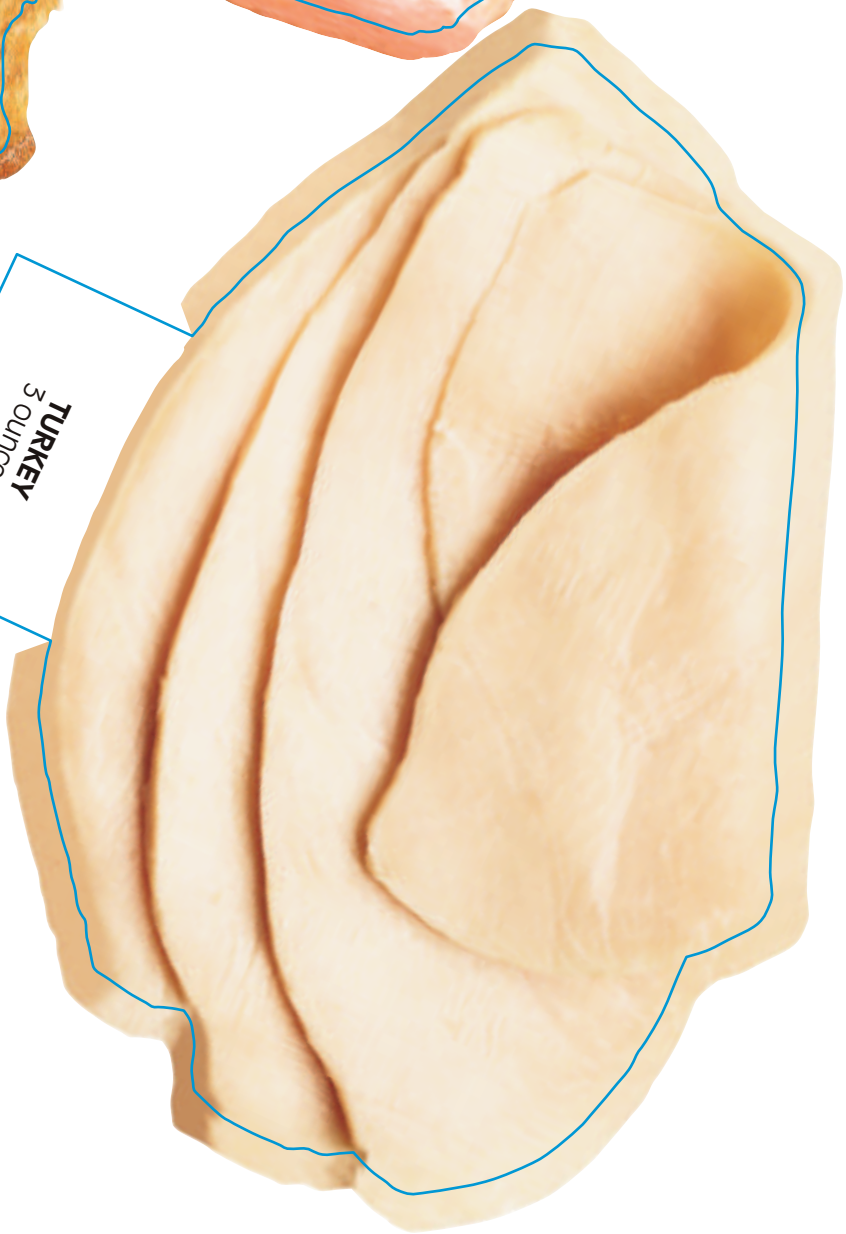
FRIED CHICKEN
3 ounces

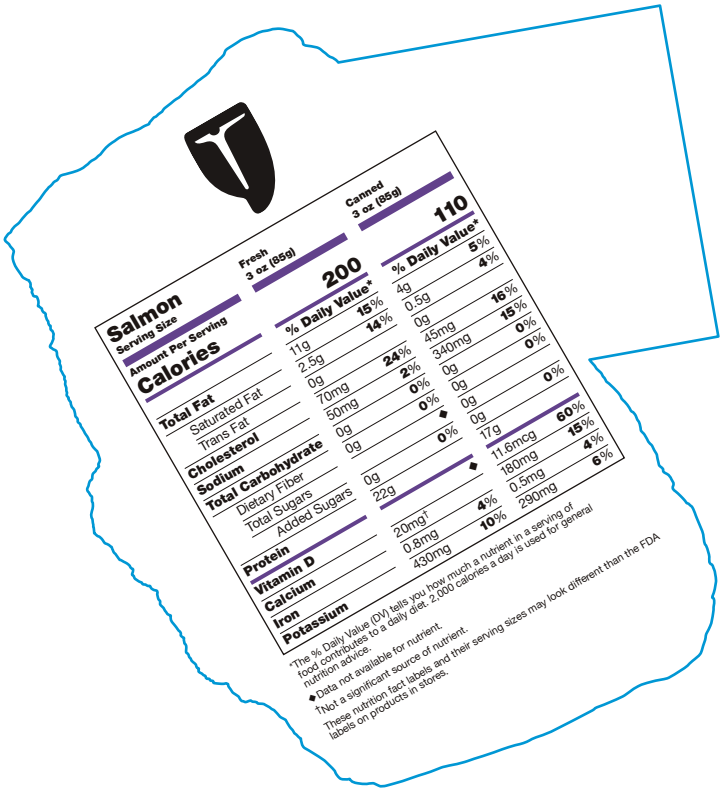
SALMON
3 ounces



ROASTED CHICKEN
3 ounces

TURKEY
3 ounces





Salmon
Serving Size

Amount Per Serving	Fresh 3 oz (85g)	Canned 3 oz (85g)
Calories	**200**	**110**
	% Daily Value*	% Daily Value*
Total Fat	11g 15%	4g 5%
Saturated Fat	2.5g 14%	0.5g 4%
Trans Fat	0g	0g
Cholesterol	70mg 24%	45mg 15%
Sodium	50mg 2%	340mg 15%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g ◆	0g ◆
Total Sugars	0g	0g
Added Sugars	0%	0%
Protein	22g	17g 60%
Vitamin D	20mcg† ◆	11.6mcg 60%
Calcium	0.8mg 4%	180mg 15%
Iron	430mg 10%	0.5mg 4%
Potassium		290mg 6%

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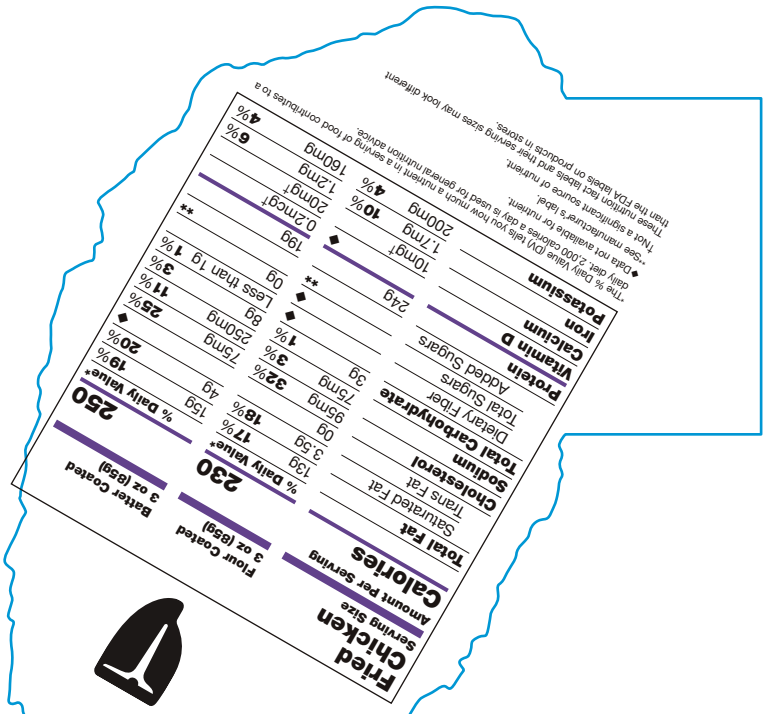

Fried Chicken
Serving Size

Amount Per Serving	Flour Coated 3 oz (85g)	Batter Coated 3 oz (85g)
Calories	**230**	**250**
	% Daily Value*	% Daily Value*
Total Fat	13g 17%	15g 19%
Saturated Fat	3.5g 18%	4g 20%
Trans Fat	0g	0g
Cholesterol	95mg 32%	75mg 25% ◆
Sodium	75mg 3% ◆	250mg 11%
Total Carbohydrate	3g 1% ◆	8g 3% ◆
Dietary Fiber	0g **	Less than 1g **
Total Sugars	0g	0g
Added Sugars	0%	0%
Protein	24g	19g
Vitamin D	10mcg† 10% ◆	0.2mcg† 1%
Calcium	1.7mg 4%	20mg† 2%
Iron	200mg	160mg 6%
Potassium		1.2mg 4%

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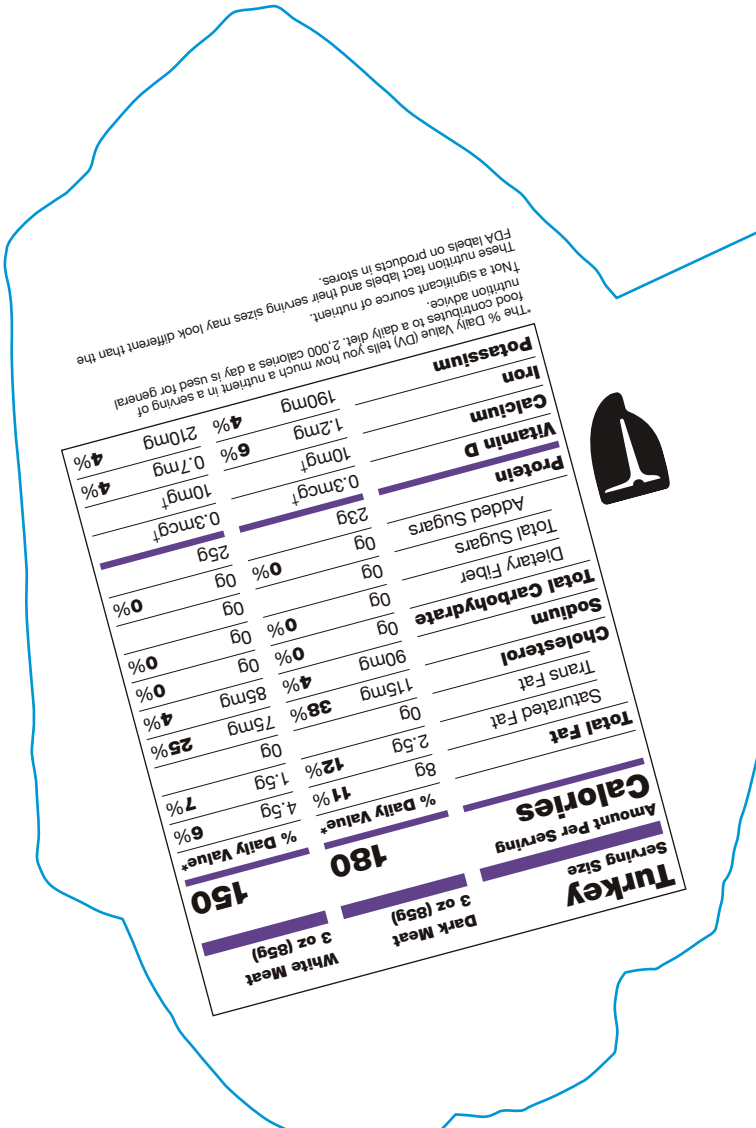

Turkey
Serving Size

Amount Per Serving	Dark Meat 3 oz (85g)	White Meat 3 oz (85g)
Calories	**180**	**150**
	% Daily Value*	% Daily Value*
Total Fat	8g 11%	4.5g 6%
Saturated Fat	2.5g 12%	1.5g 7%
Trans Fat	0g	0g
Cholesterol	115mg 38%	75mg 25%
Sodium	90mg 4%	85mg 4%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g	0g
Total Sugars	0g	0g
Added Sugars	0%	0%
Protein	23g	25g
Vitamin D	0.3mcg†	0.3mcg†
Calcium	10mg† 6%	10mg† 4%
Iron	1.2mg 4%	0.7mg 4%
Potassium	190mg	210mg 4%

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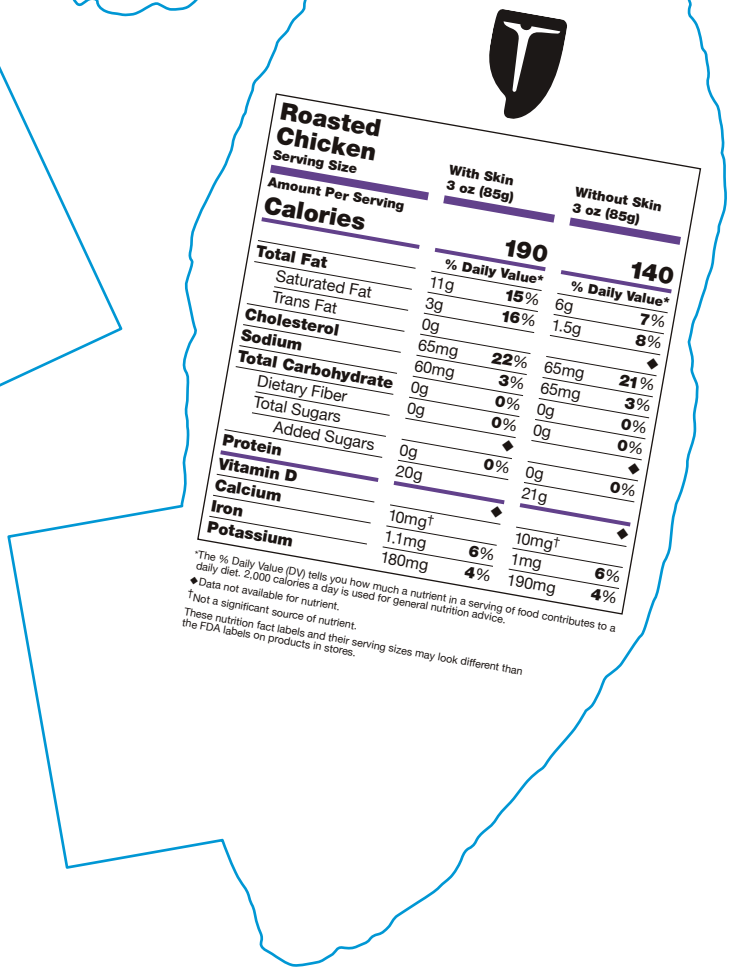

Roasted Chicken
Serving Size

Amount Per Serving	With Skin 3 oz (85g)	Without Skin 3 oz (85g)
Calories	**190**	**140**
	% Daily Value*	% Daily Value*
Total Fat	11g 15%	6g 7%
Saturated Fat	3g 16%	1.5g 8%
Trans Fat	0g	◆
Cholesterol	65mg 22%	65mg 21%
Sodium	60mg 3%	65mg 3%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g ◆	0g ◆
Added Sugars	0%	0%
Protein	20g	21g
Vitamin D	◆	◆
Calcium	10mg†	10mg†
Iron	1.1mg 6%	1mg 6%
Potassium	180mg 4%	190mg 4%

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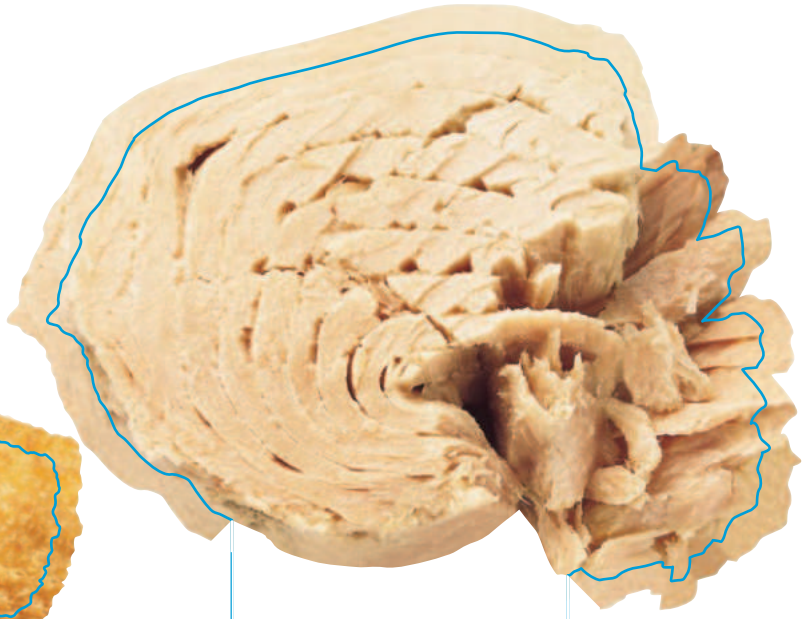
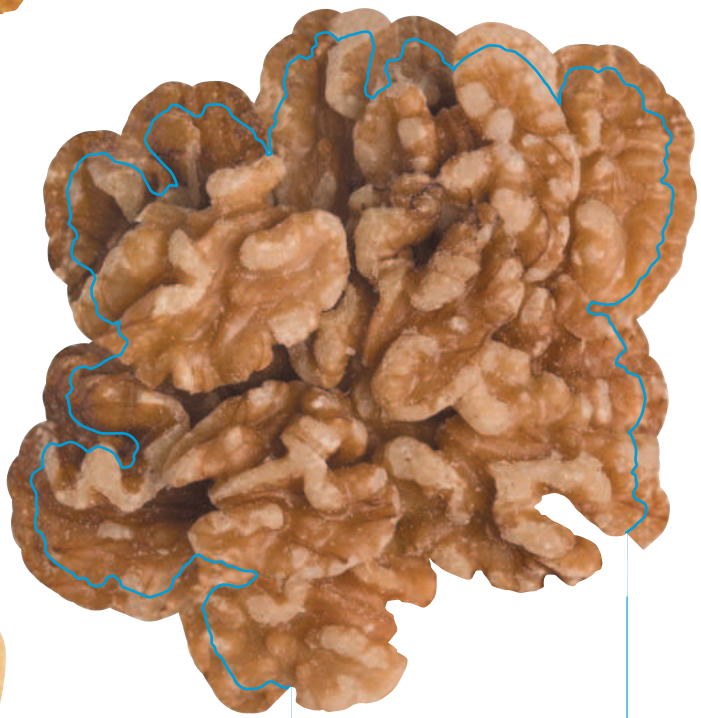
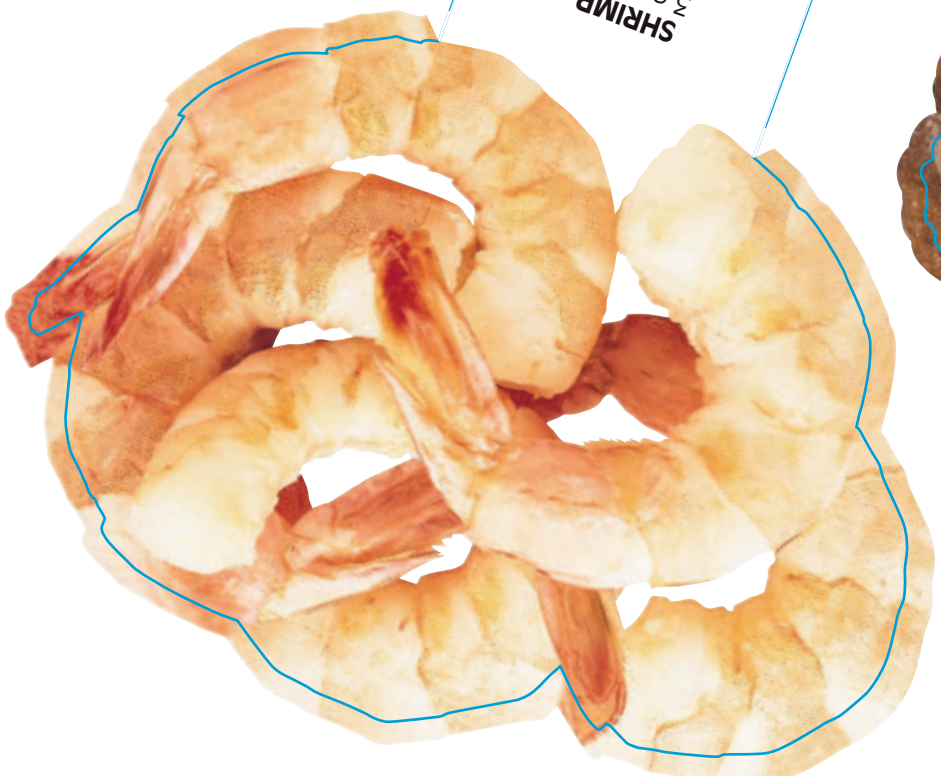
FISH STICKS
3 ounces



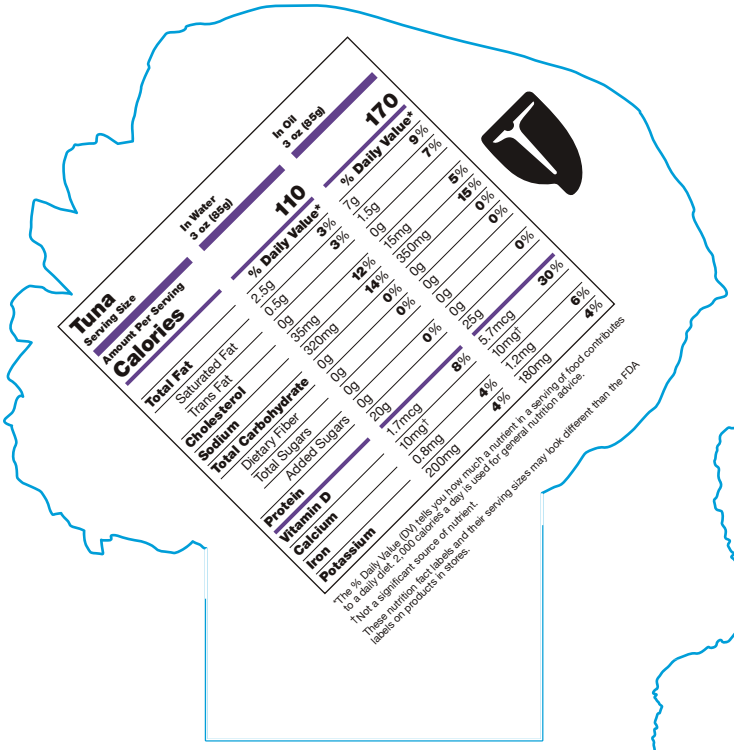
TUNA
3 ounces



WALNUTS
⅓ cup



SHRIMP
3 ounces



Tuna
Serving Size

Amount Per Serving	In Water 3 oz (85g)	In Oil 3 oz (85g)
Calories	110	170
	% Daily Value*	% Daily Value*
Total Fat	2.5g 3%	7g 9%
Saturated Fat	0.5g 3%	1.5g 7%
Trans Fat	0g	0g
Cholesterol	35mg 12%	15mg 5%
Sodium	320mg 14%	350mg 15%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Added Sugars	0g 0%	0g 0%
Protein	20g	25g
Vitamin D	1.7mcg 8%	5.7mcg 30%
Calcium	10mg† 4%	10mg† 6%
Iron	0.8mg 4%	1.2mg 6%
Potassium	200mg 4%	180mg 4%

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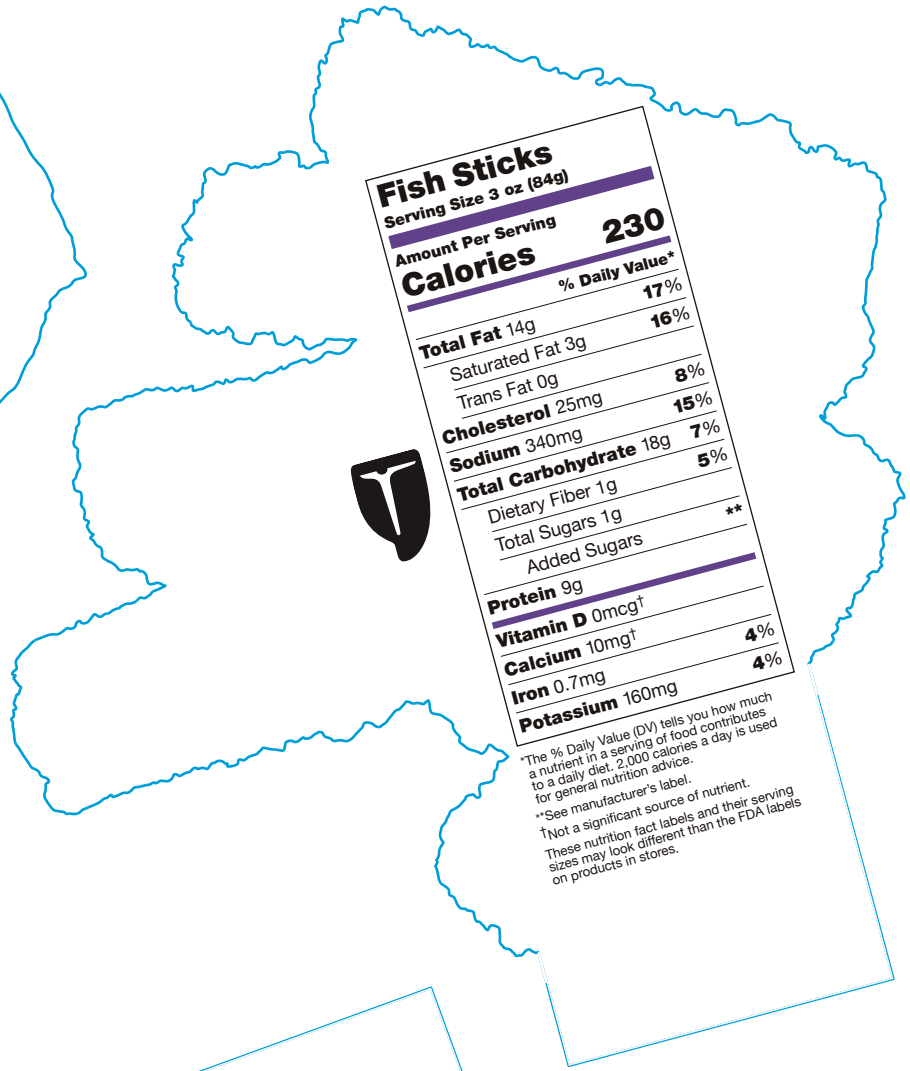

Fish Sticks
Serving Size 3 oz (84g)

Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 14g	17%
Saturated Fat 3g	16%
Trans Fat 0g	8%
Cholesterol 25mg	15%
Sodium 340mg	7%
Total Carbohydrate 18g	5%
Dietary Fiber 1g	
Total Sugars 1g	**
Added Sugars	
Protein 9g	
Vitamin D 0mcg†	
Calcium 10mg†	4%
Iron 0.7mg	4%
Potassium 160mg	

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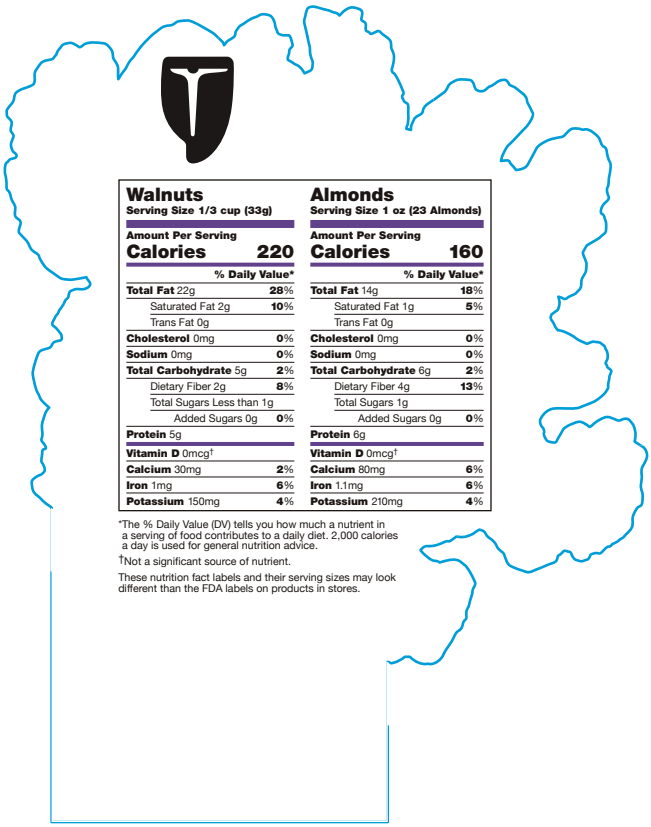

Walnuts
Serving Size 1/3 cup (33g)

Amount Per Serving	
Calories	220
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Total Sugars Less than 1g	
Added Sugars 0g	0%
Protein 5g	
Vitamin D 0mcg†	
Calcium 30mg	2%
Iron 1mg	6%
Potassium 150mg	4%

Almonds
Serving Size 1 oz (23 Almonds)

Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	13%
Total Sugars 1g	
Added Sugars 0g	0%
Protein 6g	
Vitamin D 0mcg†	
Calcium 80mg	6%
Iron 1.1mg	6%
Potassium 210mg	4%

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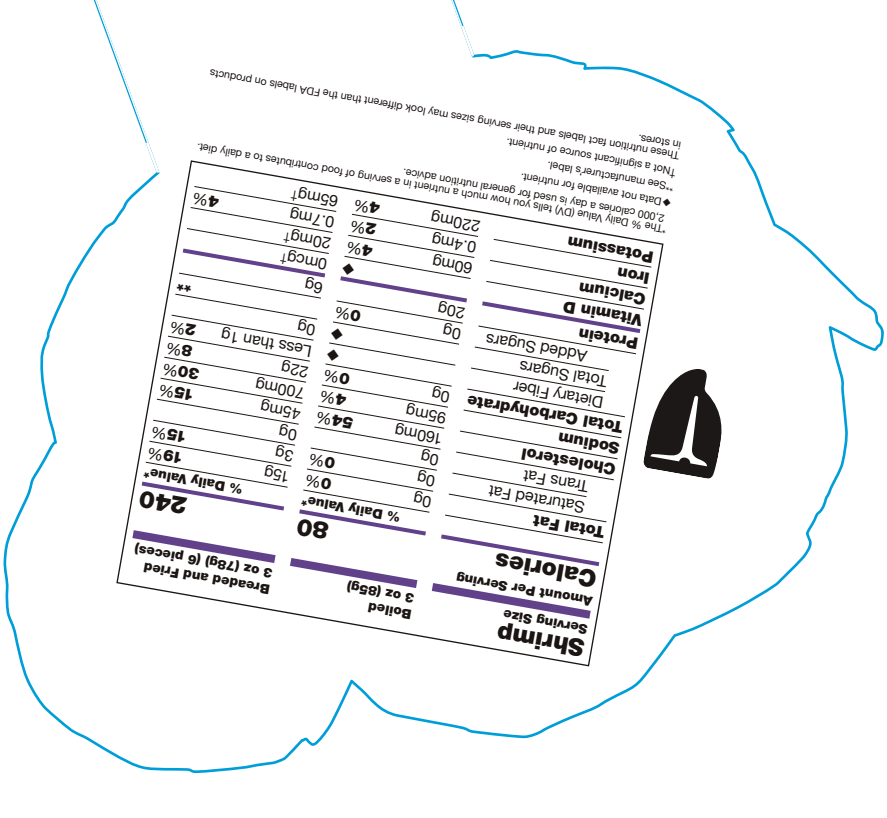

Shrimp
Serving Size

Amount Per Serving	Boiled 3 oz (85g)		Breaded and Fried 3 oz (78g) (6 pieces)	
Calories	80		240	
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	15g	19%
Saturated Fat	0g	0%	3g	15%
Trans Fat	0g		0g	
Cholesterol	160mg	54%	45mg	15%
Sodium	95mg	4%	700mg	30%
Total Carbohydrate	0g	0%	22g	8%
Dietary Fiber	◆		Less than 1g	2%
Total Sugars	◆		0g	
Added Sugars				
Protein	0g		6g	**
Vitamin D	0g	0%	0mcg†	
Calcium	60mg	◆	20mg†	4%
Iron	0.4mg	4%	0.7mg	4%
Potassium	220mg	4%	65mg†	

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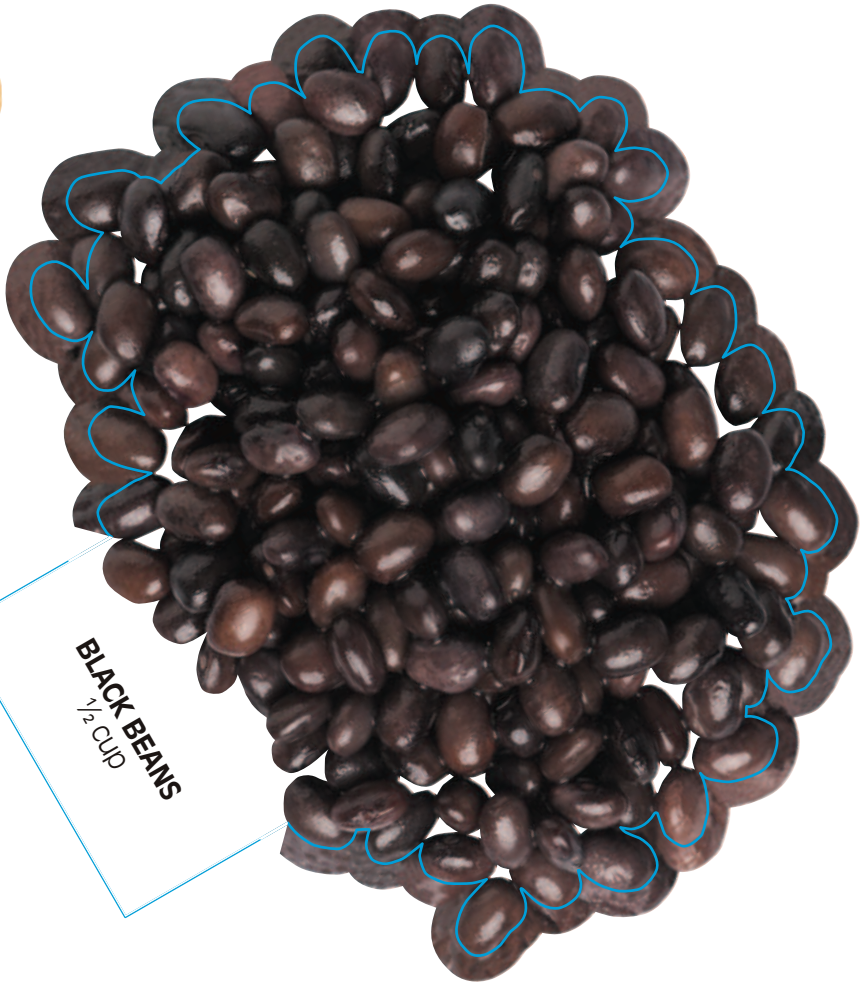
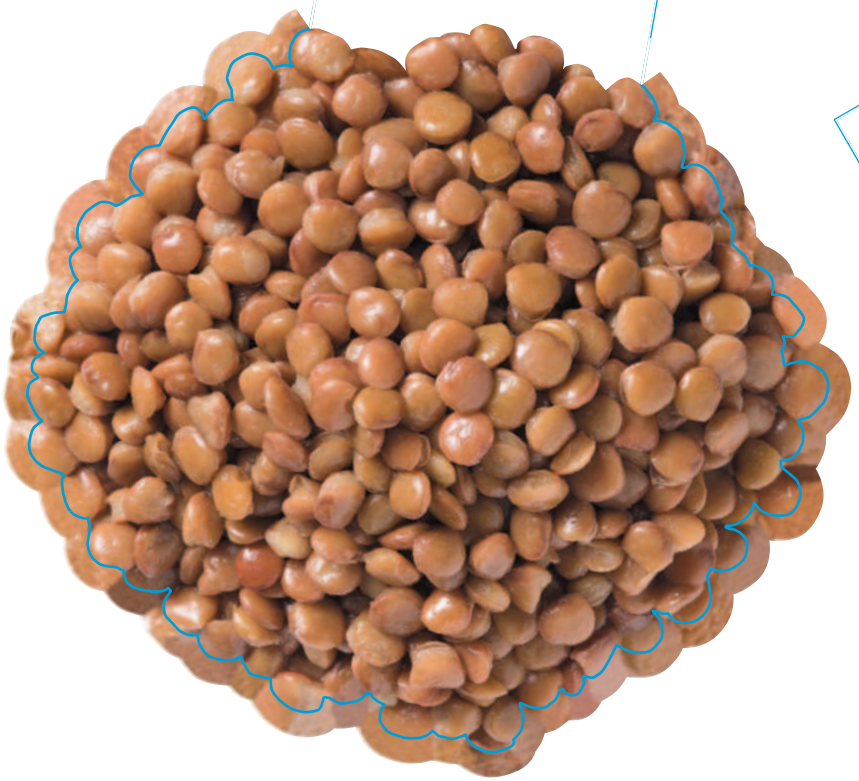
CHICKEN NUGGETS
5 pieces (3 ounces)



BLACK BEANS
½ cup

LENTILS
½ cup



HUMMUS
¼ cup

Black Beans	Cooked 1/2 cup (86g)	Canned 1/2 cup (120g)
Serving Size		
Amount Per Serving		
Calories	**110**	**110**
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	0g 0%
Saturated Fat	Less than 1g 1%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	0mg 0%	460mg 20%
Total Carbohydrate	20g 7%	20g 7%
Dietary Fiber	8g 27%	8g 30%
Total Sugars	0g	0g
Added Sugars	0g 0%	7g 0%
Protein	8g	0mcg†
Vitamin D	0mcg† 0%	40mg 4%
Calcium	20mg† 2%	2.3mg 15%
Iron	1.8mg 10%	370mg 8%
Potassium	310mg 6%	

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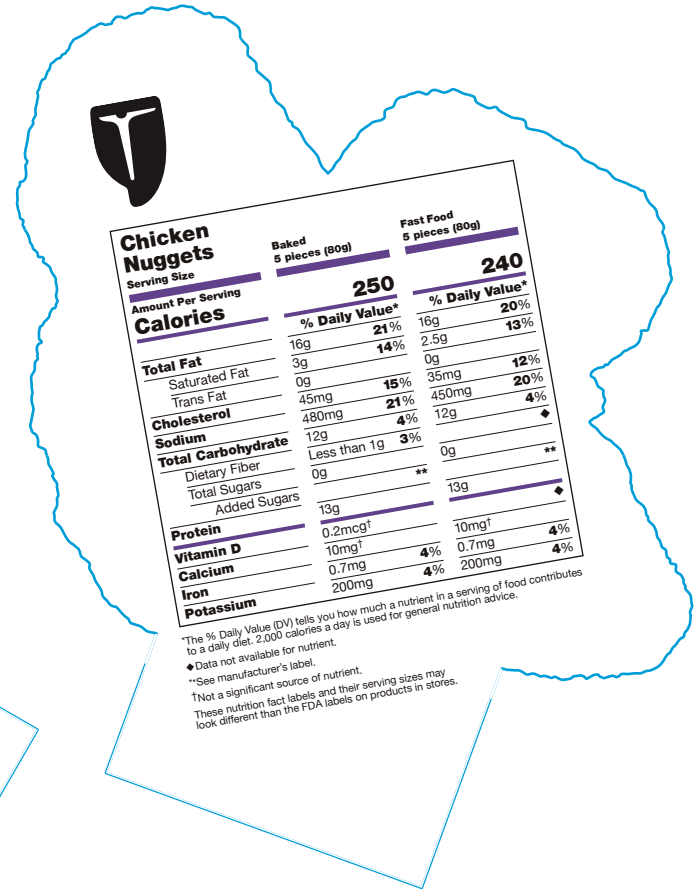

Chicken Nuggets	Baked 5 pieces (80g)	Fast Food 5 pieces (80g)
Serving Size		
Amount Per Serving		
Calories	**250**	**240**
	% Daily Value*	% Daily Value*
Total Fat	16g 21%	16g 20%
Saturated Fat	3g 14%	2.5g 13%
Trans Fat	0g	0g
Cholesterol	45mg 15%	35mg 12%
Sodium	480mg 21%	450mg 20%
Total Carbohydrate	12g 4%	12g 4%
Dietary Fiber	Less than 1g 3%	◆
Total Sugars	0g	0g
Added Sugars	**	**
Protein	13g	13g
Vitamin D	0.2mcg†	◆
Calcium	10mg† 4%	10mg† 4%
Iron	0.7mg 4%	0.7mg 4%
Potassium	200mg 4%	200mg 4%

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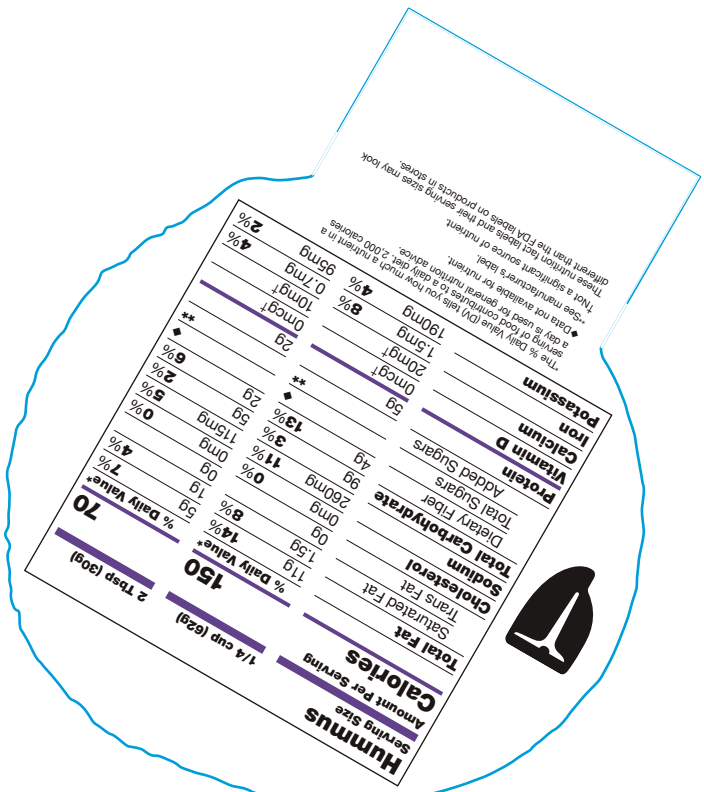

Hummus	1/4 cup (62g)	2 Tbsp (30g)
Serving Size		
Amount Per Serving		
Calories	**150**	**70**
	% Daily Value*	% Daily Value*
Total Fat	11g 14%	5g 7%
Saturated Fat	1.5g 8%	1g 4%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	260mg 11%	115mg 5%
Total Carbohydrate	9g 3%	5g 2%
Dietary Fiber	4g 13%	2g 6%
Total Sugars	0g	0g
Added Sugars	0mcg† 0%	0mcg† 0%
Protein	5g	2g
Vitamin D	0mcg†	0mcg†
Calcium	20mg† 2%	10mg† 2%
Iron	1.5mg 8%	0.7mg 4%
Potassium	190mg 4%	95mg 2%

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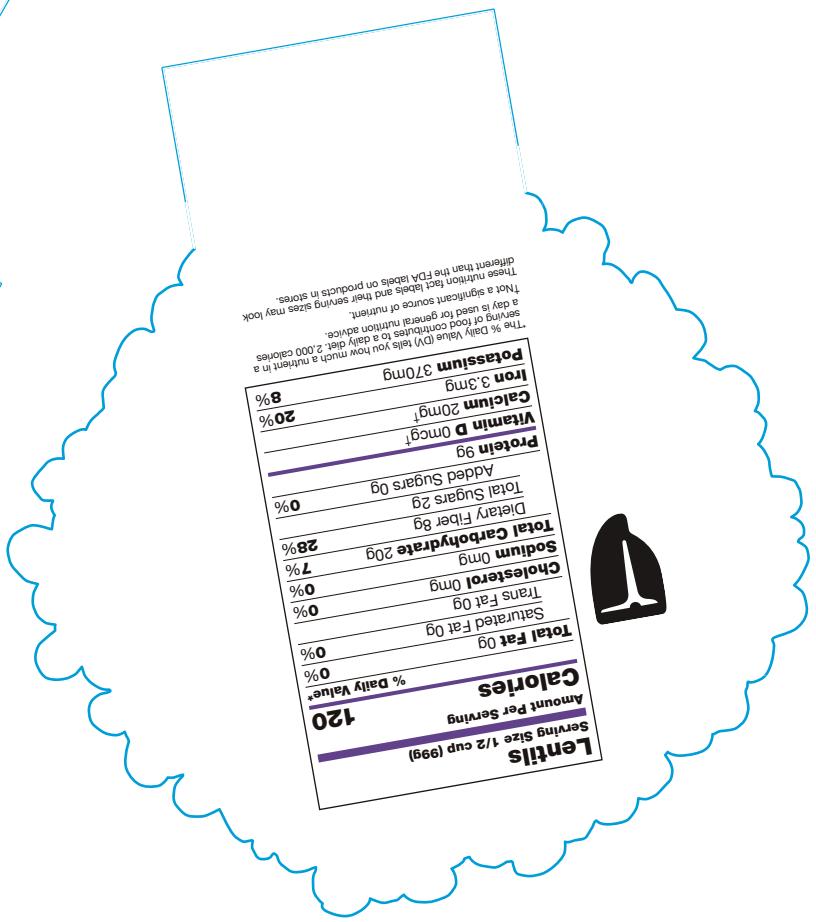

Lentils	Serving Size 1/2 cup (99g)	
Amount Per Serving		
Calories	**120**	
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	20g	7%
Dietary Fiber	8g	28%
Total Sugars	2g	
Added Sugars	0g	0%
Protein	9g	
Vitamin D	0mcg†	
Calcium	20mg†	2%
Iron	3.3mg	20%
Potassium	370mg	8%

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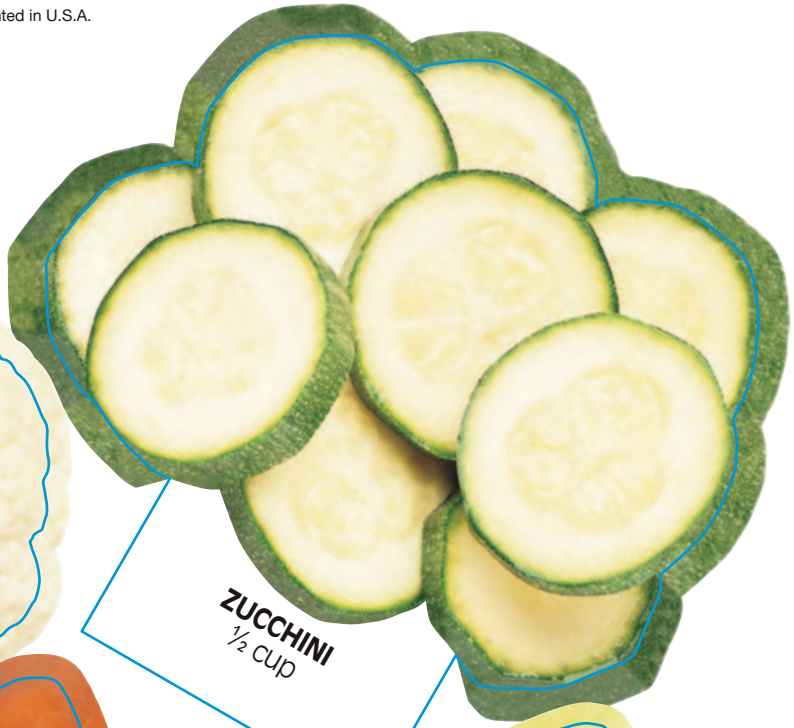
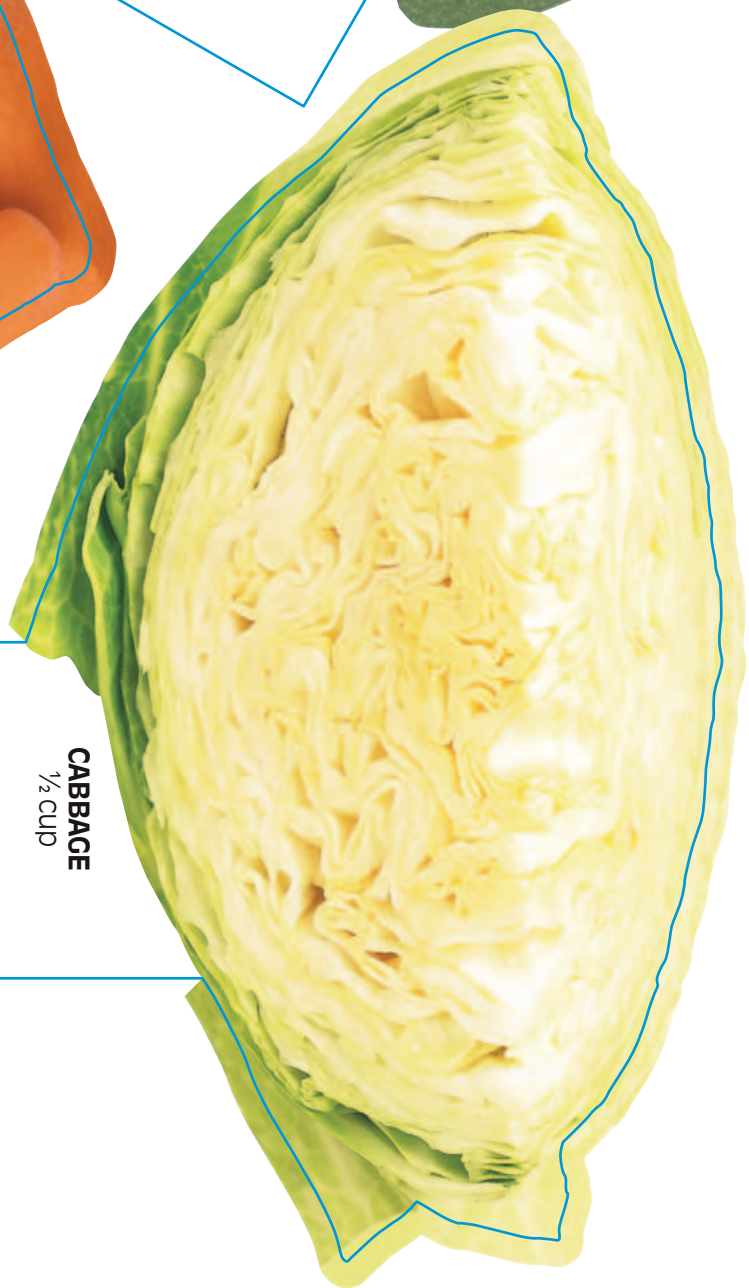
CAULIFLOWER
½ cup

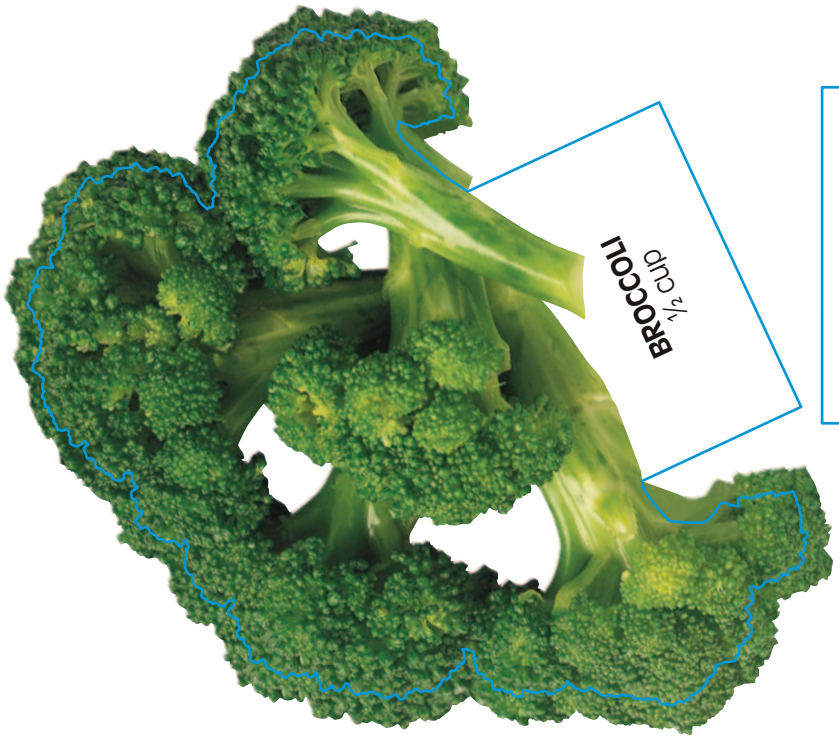


ZUCCHINI
½ cup

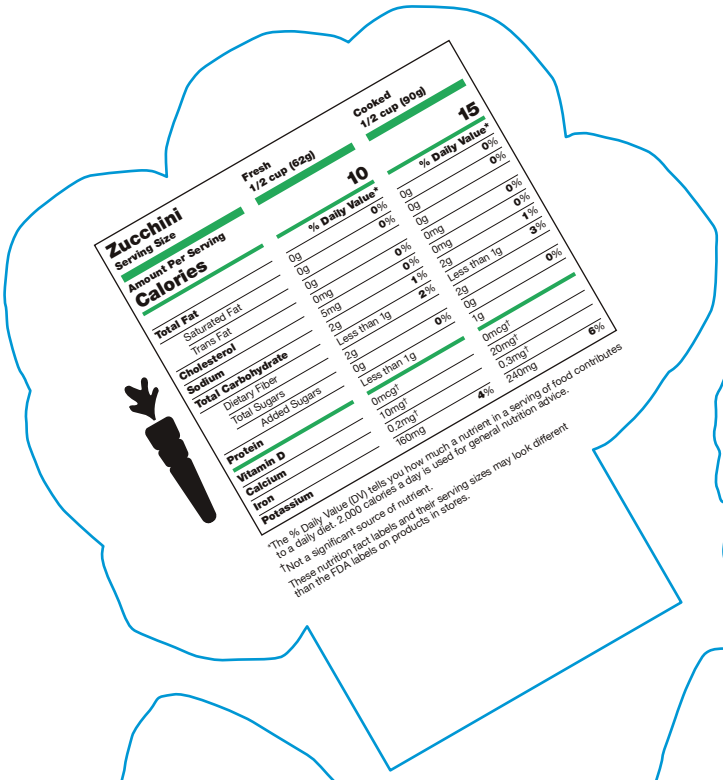
BABY CARROTS
½ cup



CABBAGE
½ cup



BROCCOLI
½ cup



Zucchini
Serving Size

Amount Per Serving	Fresh 1/2 cup (62g)		Cooked 1/2 cup (90g)	
Calories	10		15	
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	5mg	0%	29mg	1%
Total Carbohydrate	2g	1%	3g	1%
Dietary Fiber	Less than 1g	2%	1g	3%
Total Sugars	2g		2g	
Added Sugars	0g	0%	0g	0%
Protein	Less than 1g		1g	
Vitamin D	0mcg†	0%	0mcg†	0%
Calcium	10mg†	1%	20mg†	2%
Iron	0.2mg†	4%	0.3mg†	6%
Potassium	160mg		240mg	

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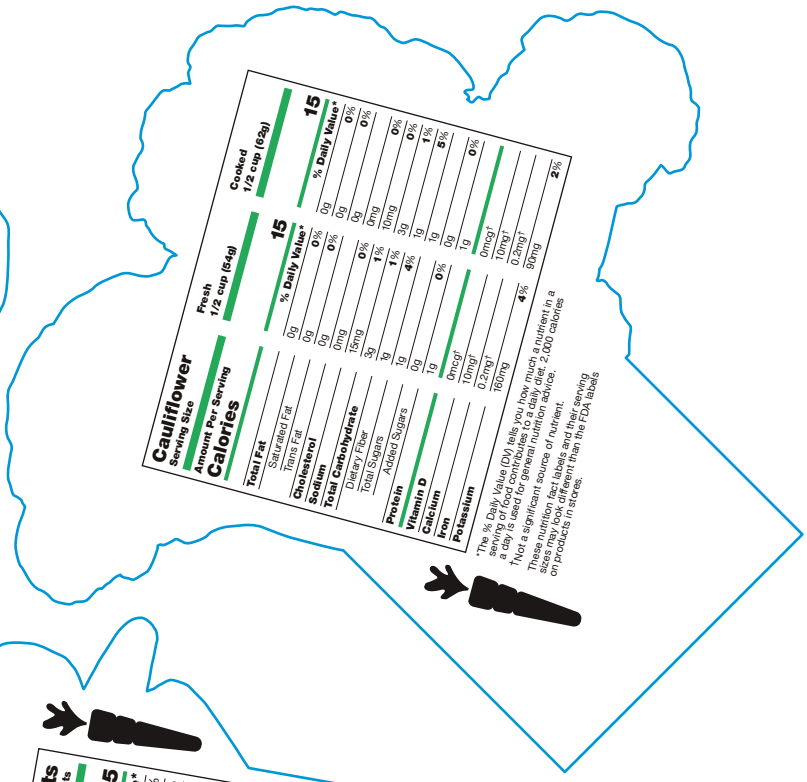

Cauliflower
Serving Size

Amount Per Serving	Fresh 1/2 cup (54g)		Cooked 1/2 cup (62g)	
Calories	15		15	
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	15mg	1%	10mg	0%
Total Carbohydrate	3g	1%	3g	1%
Dietary Fiber	1g	4%	1g	5%
Total Sugars	1g		0g	
Added Sugars	0g	0%	1g	0%
Protein	1g		1g	
Vitamin D	0mcg†	0%	0mcg†	0%
Calcium	10mg†	1%	10mg†	1%
Iron	0.2mg†	4%	0.2mg†	2%
Potassium	160mg		98mg	2%

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†Not a significant source of nutrient.
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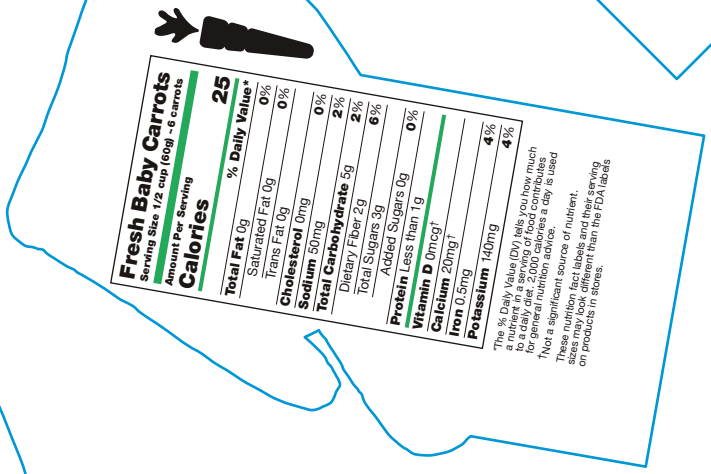

Fresh Baby Carrots
Serving Size 1/2 cup (60g) - 6 carrots

Amount Per Serving		
Calories	25	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 50mg		2%
Total Carbohydrate 5g		2%
Dietary Fiber 2g		6%
Total Sugars 3g		
Added Sugars 0g		0%
Protein Less than 1g		
Vitamin D 0mcg†		4%
Calcium 20mg†		4%
Iron 0.5mg		
Potassium 140mg		

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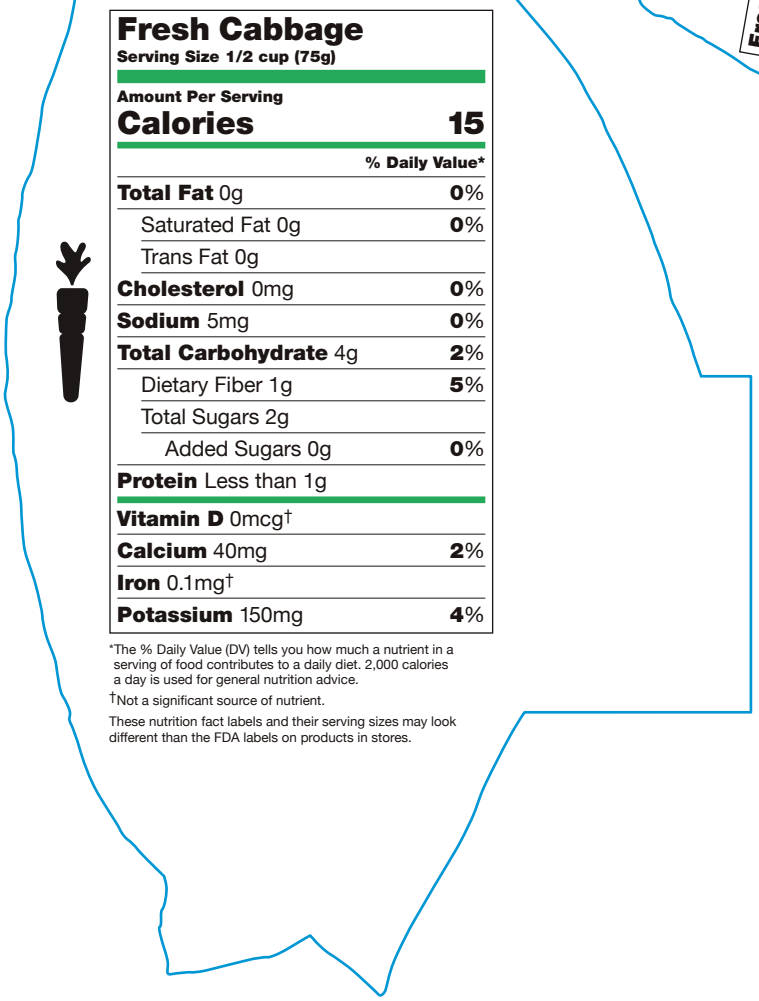

Fresh Cabbage
Serving Size 1/2 cup (75g)

Amount Per Serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	2%
Dietary Fiber 1g	5%
Total Sugars 2g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 40mg	2%
Iron 0.1mg†	
Potassium 150mg	4%

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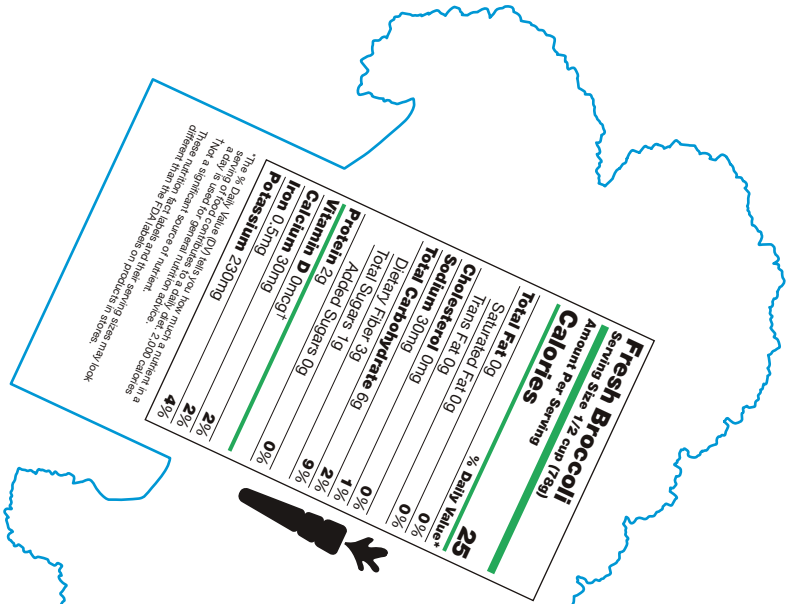

Fresh Broccoli
Serving Size 1/2 cup (78g)

Amount Per Serving		
Calories	25	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 30mg		1%
Total Carbohydrate 6g		2%
Dietary Fiber 3g		9%
Total Sugars 1g		
Added Sugars 2g		4%
Protein 2g		
Vitamin D 0mcg†		0%
Calcium 30mg		2%
Iron 0.5mg		2%
Potassium 230mg		4%

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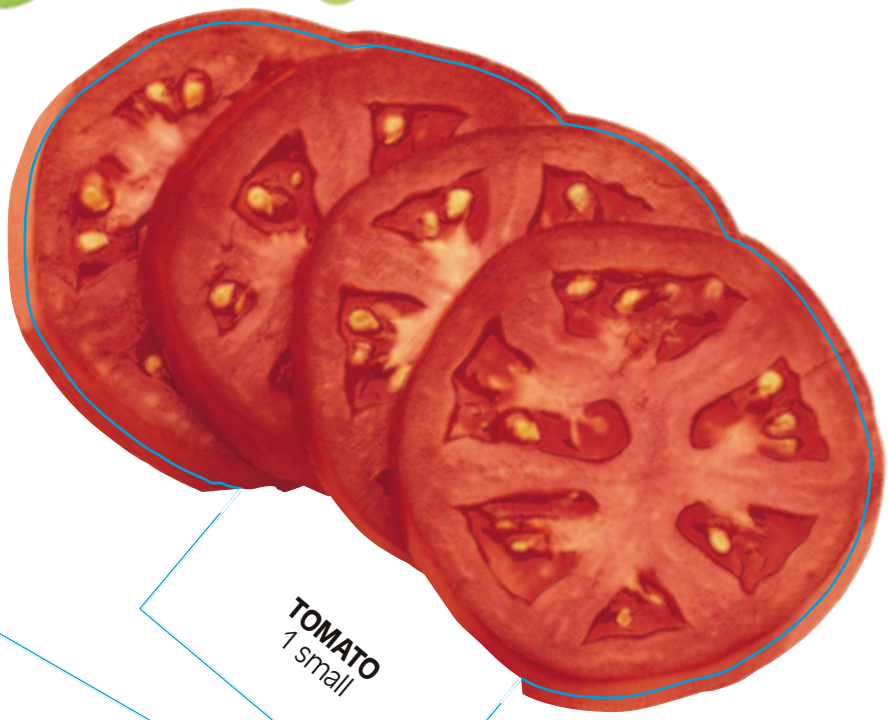
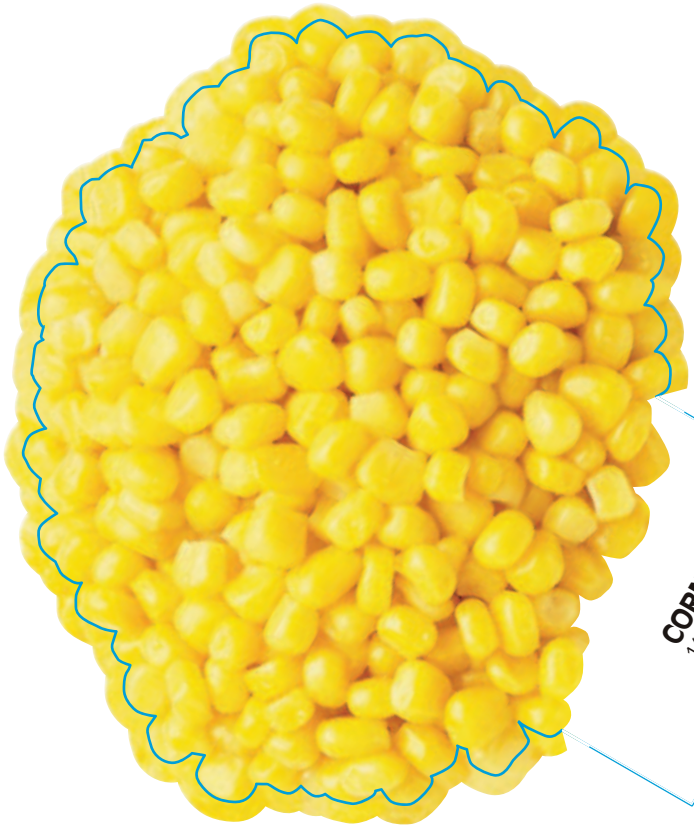
GREEN PEAS
½ cup

GREEN BEANS
½ cup



TOMATO
1 small



CORN
½ cup

Green Beans

Serving Size
Amount Per Serving

Calories — Fresh 1/2 cup (63g): 20 | Frozen, Cooked 1/2 cup (85g): 20

	Fresh 1/2 cup (63g)	% daily value*	Frozen, Cooked 1/2 cup (85g)	% daily value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	4mg	0%	30mg	1%
Total Carbohydrate	4g	1%	7g	2%
Dietary Fiber	2g	7%	3g	11%
Total Sugars	1g		2g	
Added Sugars	0g	0%	0g	0%
Protein	1g		2g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	30mg	2%
Iron	0.4mg	2%	0.5mg	2%
Potassium	90mg	2%	110mg	2%

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Green Peas

Serving Size
Amount per serving

Calories — Canned 1/2 cup (60g): 70 | Frozen Cooked 1/2 cup (60g): 60

	Canned 1/2 cup (60g)	% Daily Value*	Frozen Cooked 1/2 cup (60g)	% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	190mg	8%	60mg	3%
Total Carbohydrate	13g	5%	11g	4%
Dietary Fiber	5g	16%	6g	21%
Total Sugars	2g		4g	
Added Sugars	0g	0%	0g	0%
Protein	4g		4g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	2%	20mg	2%
Iron	1.2mg	6%	1.2mg	6%
Potassium	220mg	4%	90mg	2%

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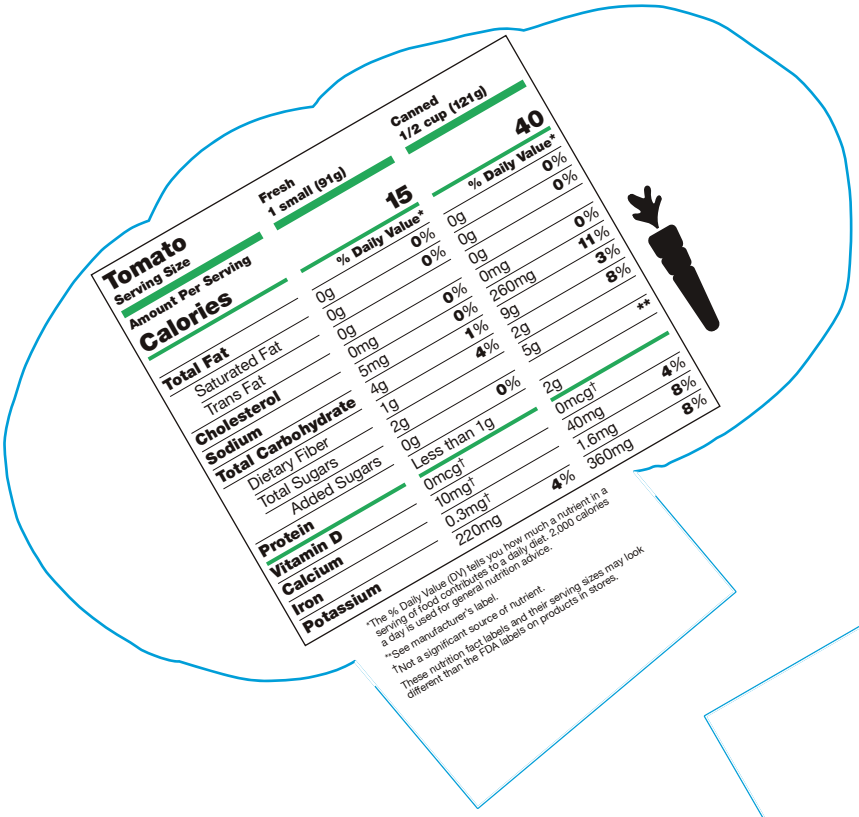

Tomato

Serving Size
Amount Per Serving

Calories — Fresh 1 small (91g): 15 | Canned 1/2 cup (121g): 40

	Fresh 1 small (91g)	% Daily Value*	Canned 1/2 cup (121g)	% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	5mg	0%	260mg	11%
Total Carbohydrate	4g	1%	9g	3%
Dietary Fiber	1g	4%	2g	8%
Total Sugars	2g		5g	
Added Sugars	0g	0%	Less than 1g	**
Protein	1g		2g	
Vitamin D	0mcg†	0%	0mcg†	4%
Calcium	10mg†	0%	40mg	8%
Iron	0.3mg†	2%	1.6mg	8%
Potassium	220mg	4%	360mg	8%

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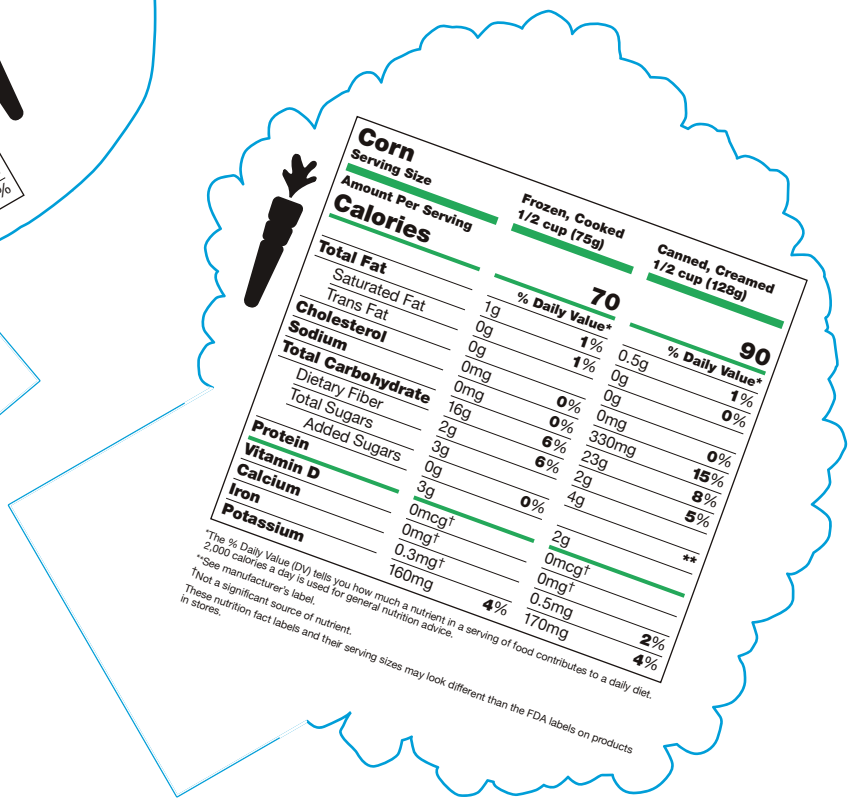

Corn

Serving Size
Amount Per Serving

Calories — Frozen, Cooked 1/2 cup (75g): 70 | Canned, Creamed 1/2 cup (128g): 90

	Frozen, Cooked 1/2 cup (75g)	% Daily Value*	Canned, Creamed 1/2 cup (128g)	% Daily Value*
Total Fat	1g	1%	0.5g	1%
Saturated Fat	0g	1%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	330mg	15%
Total Carbohydrate	16g	6%	23g	8%
Dietary Fiber	2g	6%	2g	5%
Total Sugars	3g		4g	
Added Sugars	0g	0%	2g	**
Protein	3g		0mcg†	2%
Vitamin D	0mcg†	0%	0mg†	4%
Calcium	0mg†		0.5mg	
Iron	0.3mg†	2%	170mg	4%
Potassium	160mg	4%		

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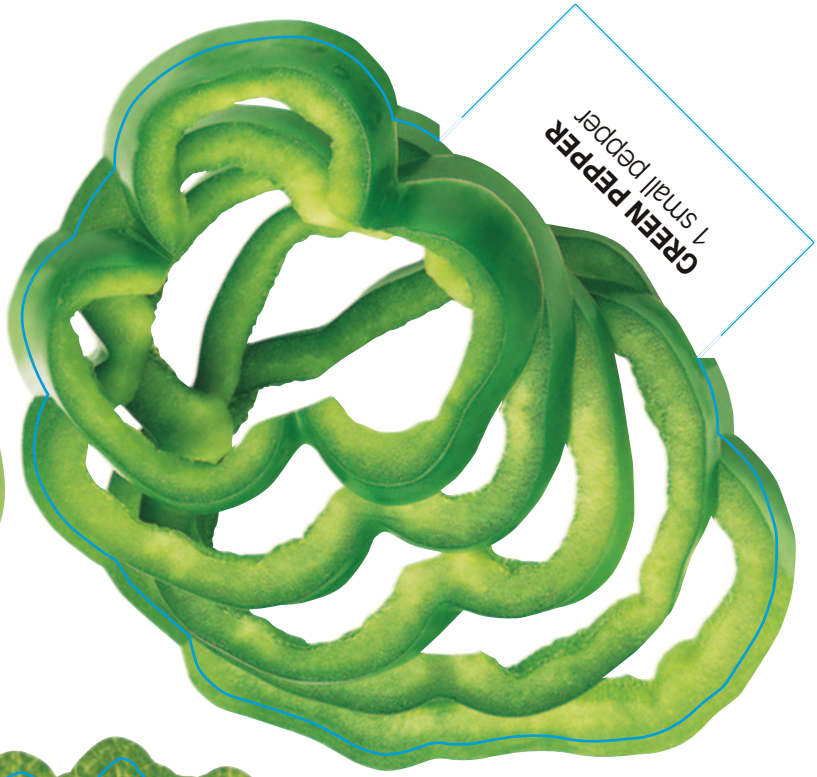
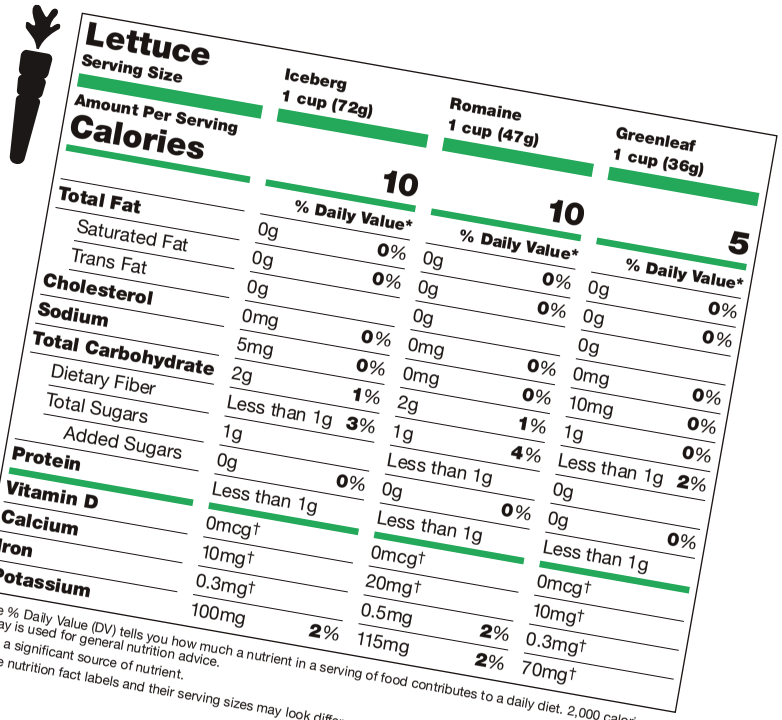
SNOW PEAS
½ cup

GREEN PEPPER
1 small pepper



LETTUCE
1 cup



Lettuce

Serving Size	Iceberg 1 cup (72g)		Romaine 1 cup (47g)		Greenleaf 1 cup (36g)	
Amount Per Serving						
Calories	10		10		5	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%	0g	0%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%
Sodium	5mg	0%	0mg	0%	10mg	0%
Total Carbohydrate	2g	1%	2g	1%	1g	0%
Dietary Fiber	Less than 1g	3%	1g	4%	Less than 1g	2%
Total Sugars	1g		Less than 1g		0g	
Added Sugars	0g	0%	0g	0%	0g	0%
Protein	Less than 1g		Less than 1g		Less than 1g	
Vitamin D	0mcg†		0mcg†		0mcg†	
Calcium	10mg†		20mg†		10mg†	
Iron	0.3mg†		0.5mg	2%	0.3mg†	
Potassium	100mg	2%	115mg	2%	70mg†	

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Fresh Green Pepper

Serving Size 1 small pepper (74g)		
Calories	15	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 3g		1%
Dietary Fiber 1g		4%
Total Sugars 2g		
Added Sugars 0g		0%
Protein 1g		2%
Vitamin D 0mcg†		0%
Calcium 10mg†		0%
Iron 0.3mg†		2%
Potassium 130mg		2%

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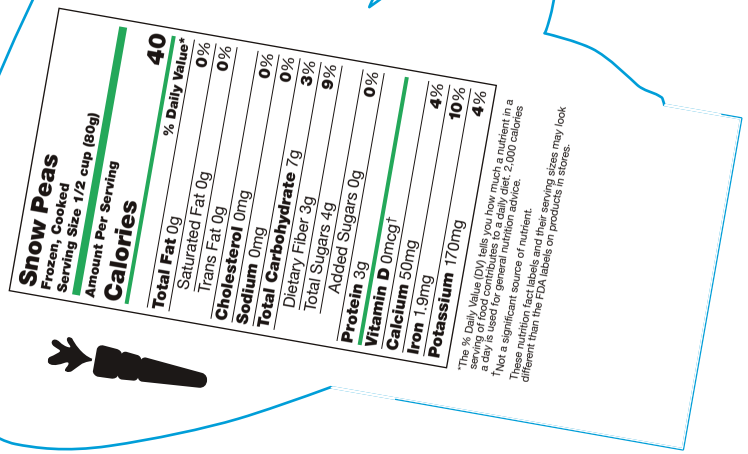

Snow Peas
Frozen, Cooked

Serving Size 1/2 cup (80g)	
Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	9%
Total Sugars 4g	
Added Sugars 0g	0%
Protein 3g	
Vitamin D 0mcg†	4%
Calcium 50mg	10%
Iron 1.9mg	4%
Potassium 170mg	

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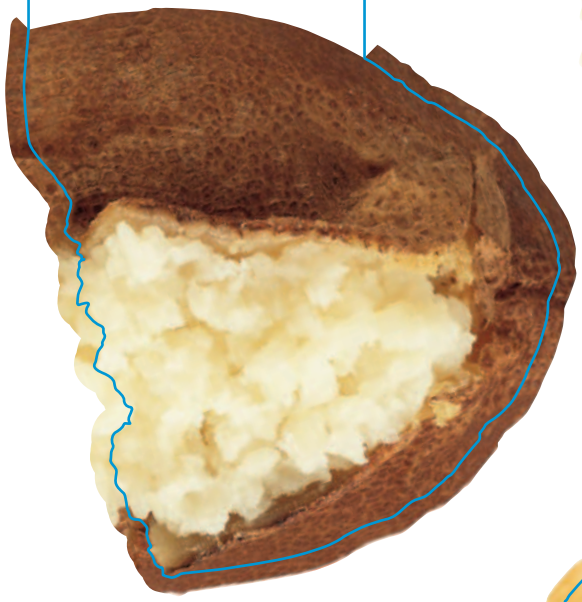
CARD 17



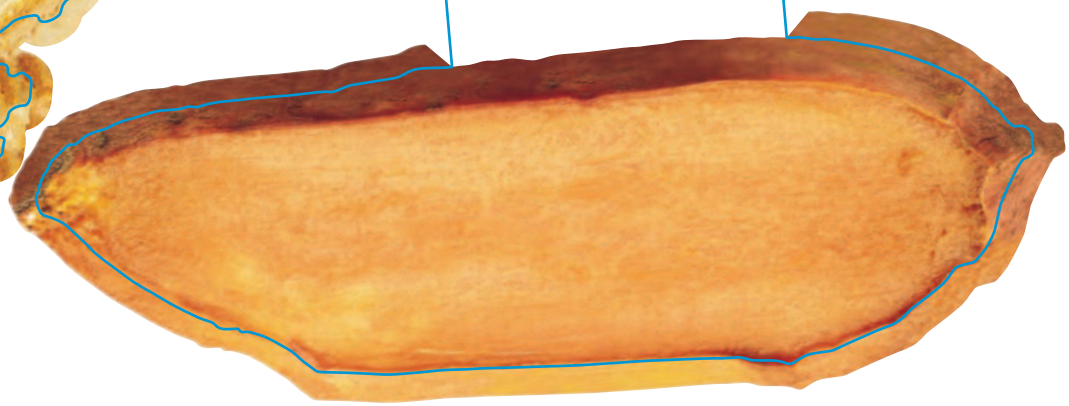
BAKED POTATO
½ medium

MASHED POTATOES
½ cup

FRENCH FRIES
14 strips

HASH BROWNS
½ cup

SWEET POTATO
½ cup



Mashed Potatoes

Serving Size 1/2 cup (115g)

Amount Per Serving

Calories 120

	% Daily Value*
Total Fat 6g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	15%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	8%
Total Sugars 2g	
Added Sugars	**
Protein 2g	
Vitamin D 0.1mcg†	4%
Calcium 40mg	4%
Iron 0.3mg†	6%
Potassium 320mg	6%

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Baked Potato

Serving Size	Without Skin 1/2 medium potato (78g)	With Skin 1/2 medium potato (87g)
Amount Per Serving Calories	70	80
	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	0mg 0%	0mg 0%
Total Carbohydrate	17g 6%	18g 7%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	1g	1g
Added Sugars	0g 0%	0g 0%
Protein	1g 4%	2g 7%
Vitamin D	0mcg	0mcg
Calcium	0mg	0mg
Iron	0mg†	0mg†
Potassium	310mg 6%	460mg 10%

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French Fries

Serving Size 14 strips (70g)

Amount Per Serving

Calories 230

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4g	21%
Trans Fat	◆
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	8%
Total Sugars	◆
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 1.2mg	6%
Potassium 380mg	8%

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◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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Hash Browns

Serving Size 1/2 cup (78g)

Amount Per Serving

Calories 210

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat	◆
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	9%
Total Sugars 1g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 10mg†	2%
Iron 0.4mg	10%
Potassium 450mg	

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◆Data not available for nutrient.
**See manufacturer's label.
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Sweet Potato

Serving Size 1/2 cup (100g)

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	12%
Total Sugars 6g	
Added Sugars 0g	0%
Protein 2g	
Vitamin D 0mcg†	2%
Calcium 40mg	4%
Iron 0.7mg	10%
Potassium 480mg	

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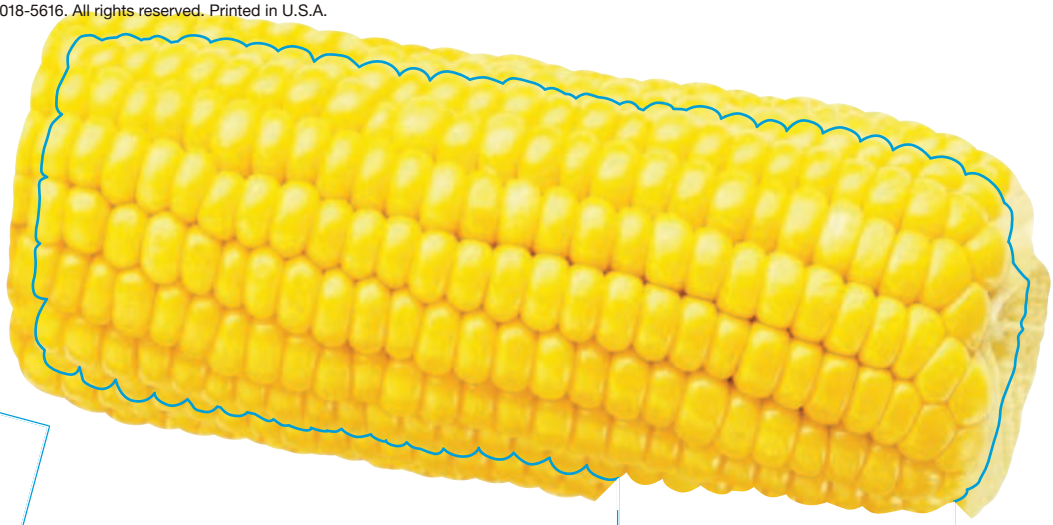
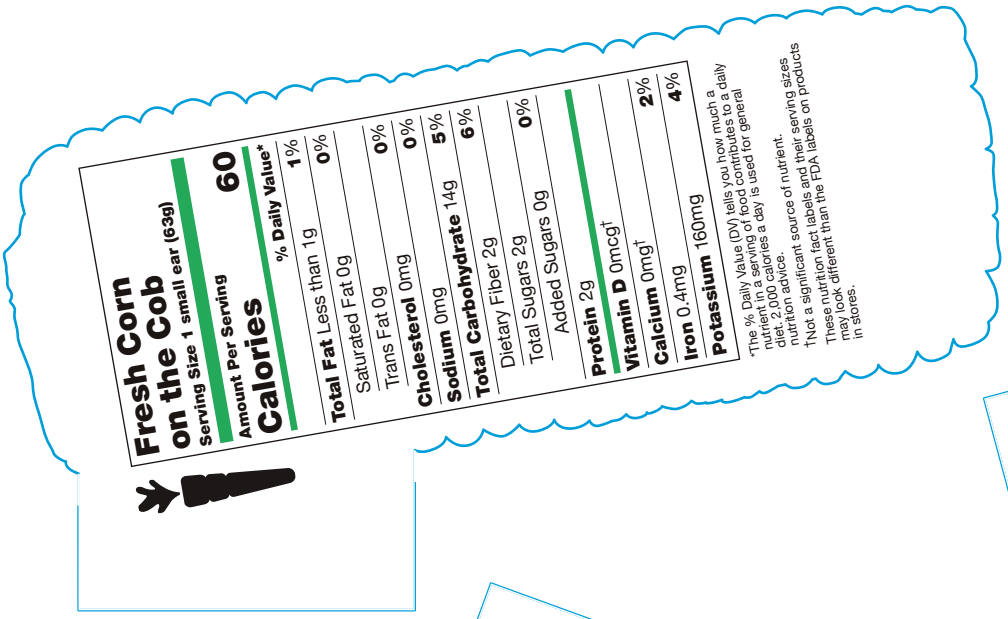
CELERY
1 large stalk



CORN ON THE COB
1 small ear

SPINACH
1 cup



Fresh Corn on the Cob
Serving Size 1 small ear (63g)

Amount Per Serving
Calories 60

	% Daily Value*
Total Fat Less than 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	6%
Total Sugars 2g	
Added Sugars 0g	0%
Protein 2g	
Vitamin D 0mcg†	0%
Calcium 0mg†	2%
Iron 0.4mg	4%
Potassium 160mg	

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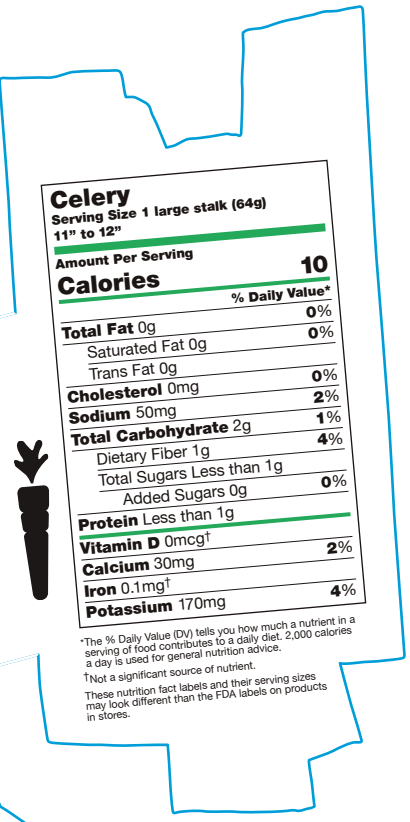

Celery
Serving Size 1 large stalk (64g)
11" to 12"

Amount Per Serving
Calories 10

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars Less than 1g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 30mg	2%
Iron 0.1mg†	
Potassium 170mg	4%

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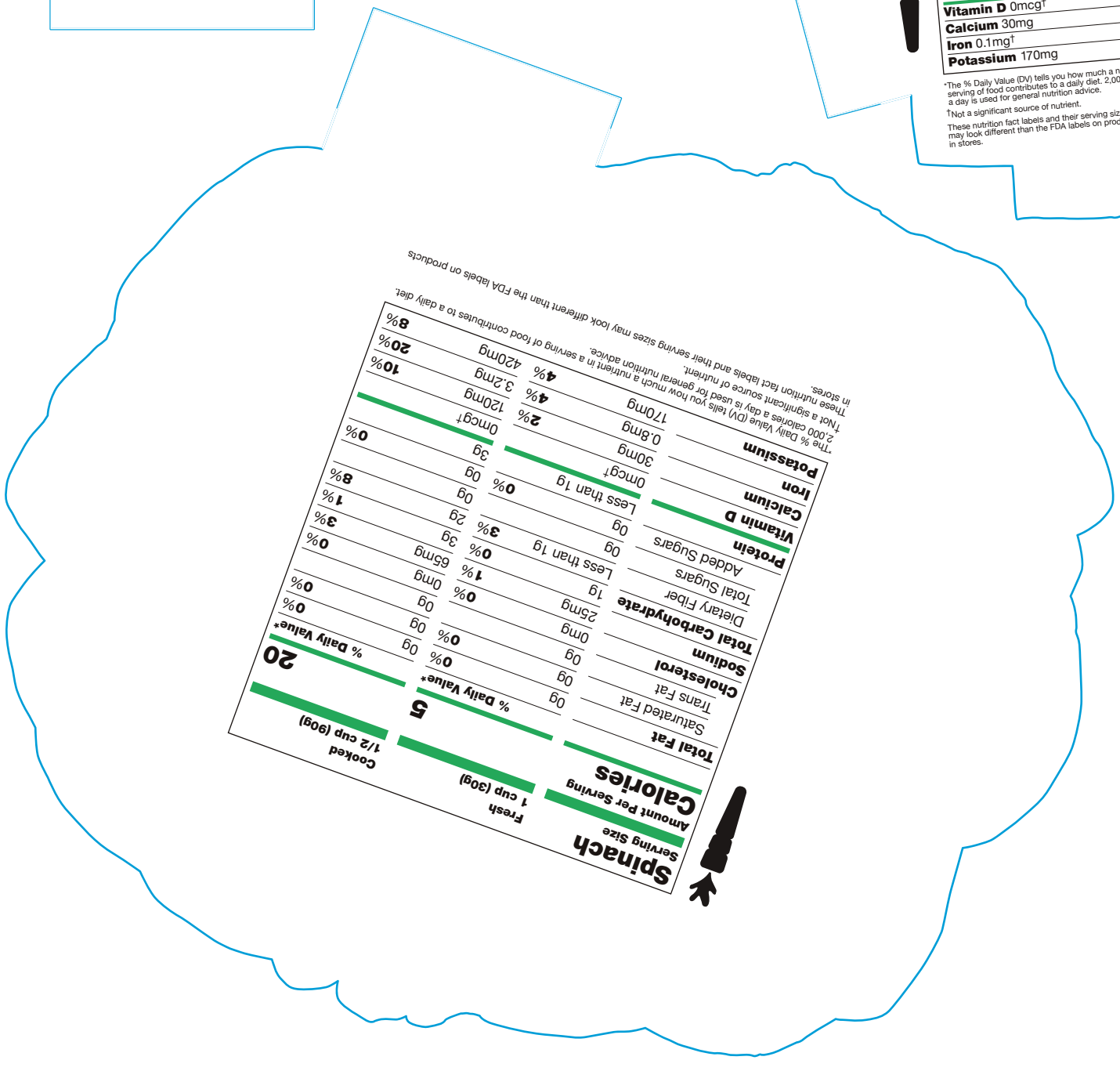

Spinach
Serving Size | Fresh 1 cup (30g) | Cooked 1/2 cup (90g)

Amount Per Serving
Calories | 5 | 20

	% Daily Value*	% Daily Value*
Total Fat	0g	0g 0%
Saturated Fat	0g	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg	0% 0mg 0%
Sodium	25mg	1% 65mg 3%
Total Carbohydrate	1g	0% 3g 1%
Dietary Fiber	Less than 1g	3% 2g 8%
Total Sugars	0g	0g
Added Sugars	0g	0% 0g 0%
Protein	Less than 1g	1g
Vitamin D	0mcg	0% 0mcg 0%
Calcium	30mg	2% 120mg 10%
Iron	0.8mg	4% 3.2mg 20%
Potassium	170mg	4% 420mg 8%

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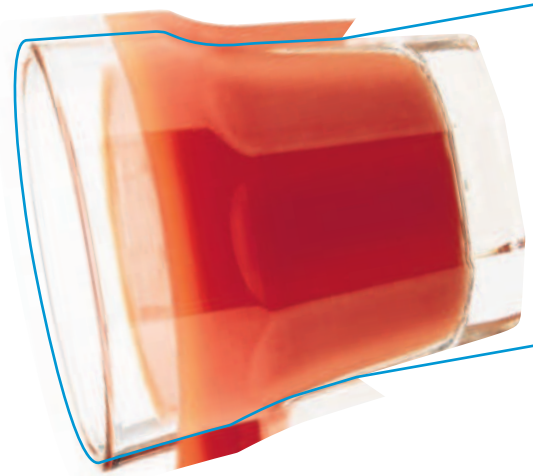
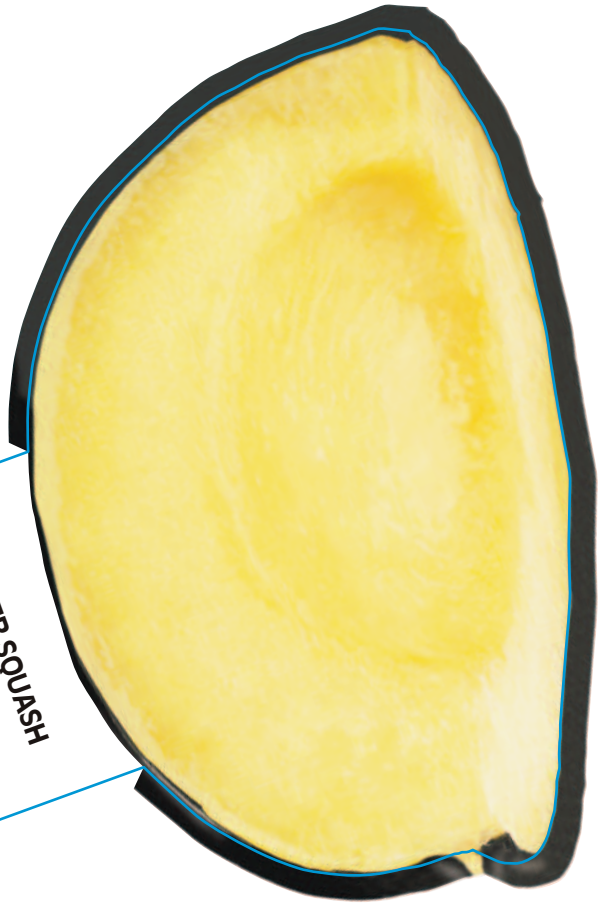
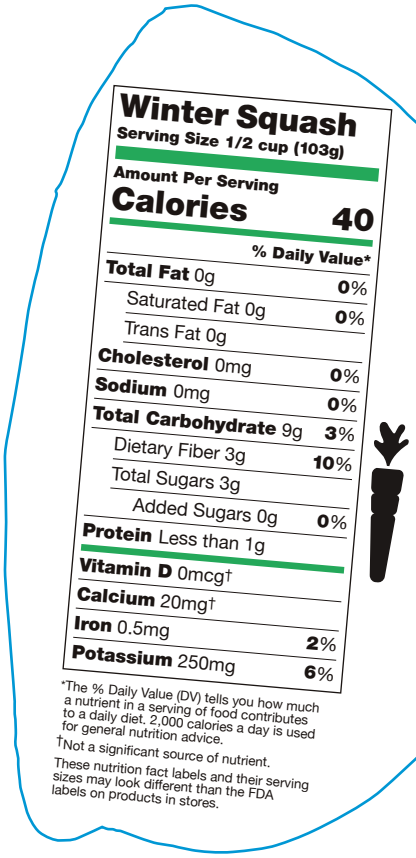


TOMATO JUICE
½ cup



WINTER SQUASH
½ cup

TOSSED SALAD
1 salad



Winter Squash

Serving Size 1/2 cup (103g)

Amount Per Serving

Calories 40

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	10%
Total Sugars 3g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.5mg	2%
Potassium 250mg	6%

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†Not a significant source of nutrient.

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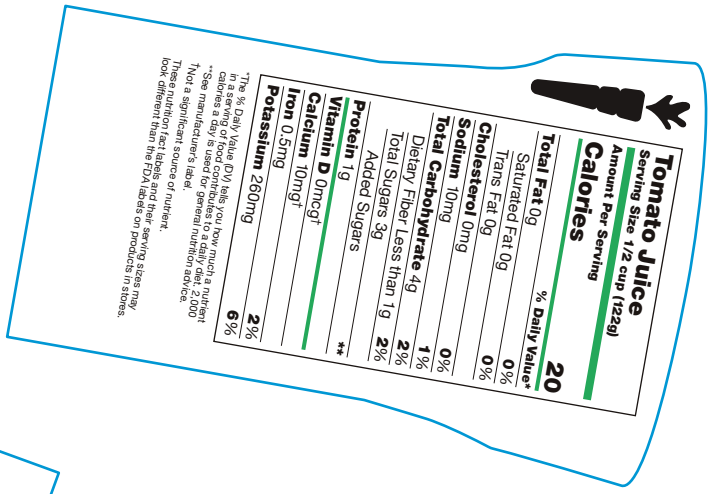

Tomato Juice

Serving Size 1/2 cup (122g)

Amount Per Serving

Calories 20

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber Less than 1g	2%
Total Sugars 3g	
Added Sugars	2%
Protein 1g	**
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.5mg	2%
Potassium 260mg	6%

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**See manufacturer's label.

†Not a significant source of nutrient.

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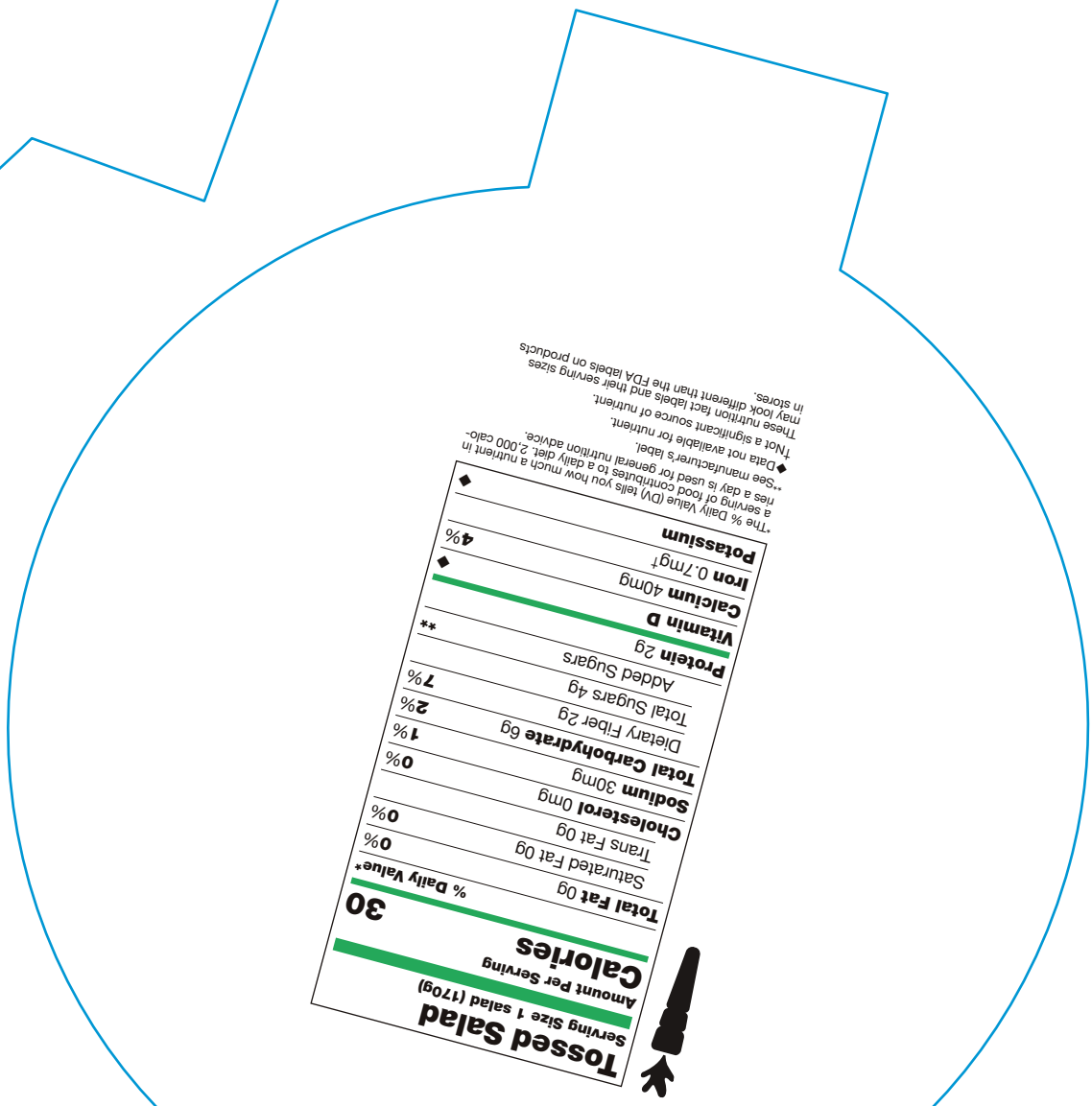

Tossed Salad

Serving Size 1 salad (170g)

Amount Per Serving

Calories 30

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 4g	
Added Sugars	**
Protein 2g	
Vitamin D	
Calcium 40mg	◆
Iron 0.7mg†	4%
Potassium	◆

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**See manufacturer's label.

◆Data not available for nutrient.

†Not a significant source of nutrient.

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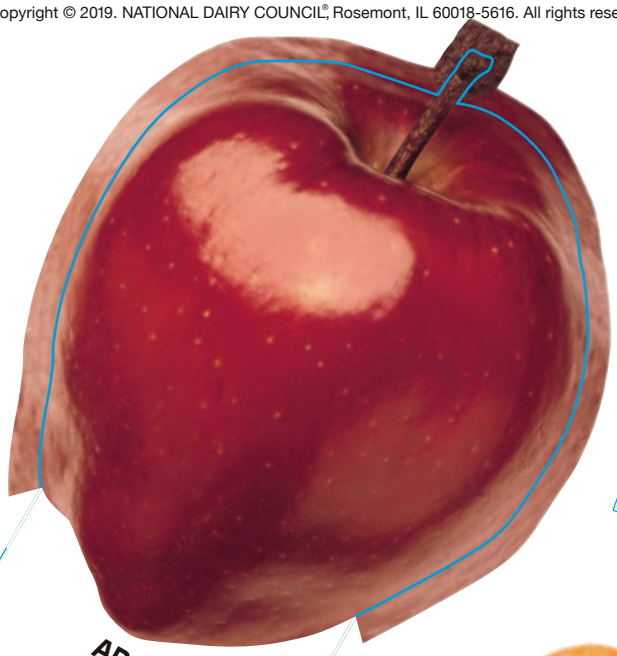
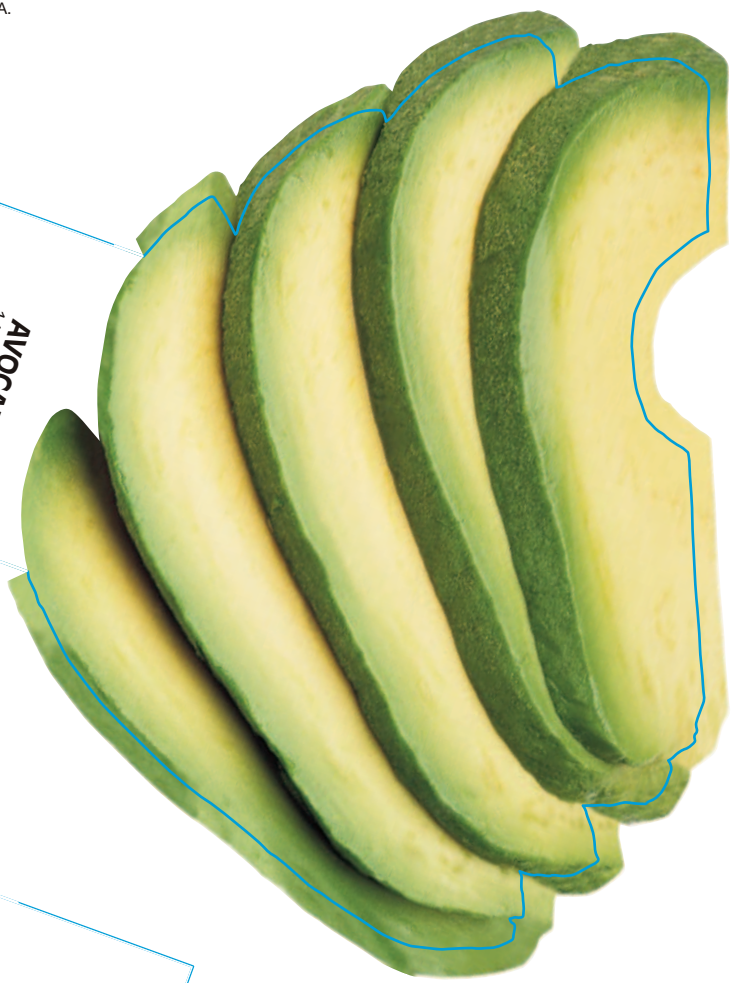
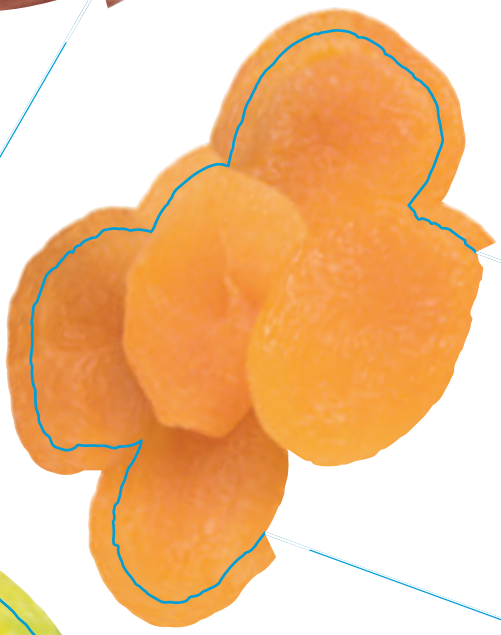


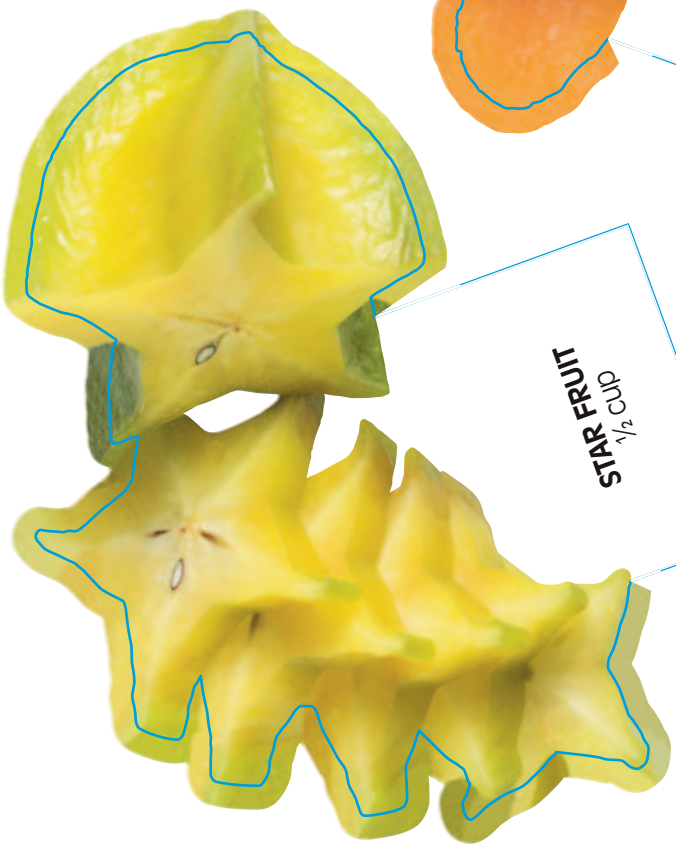
APPLE
1 small



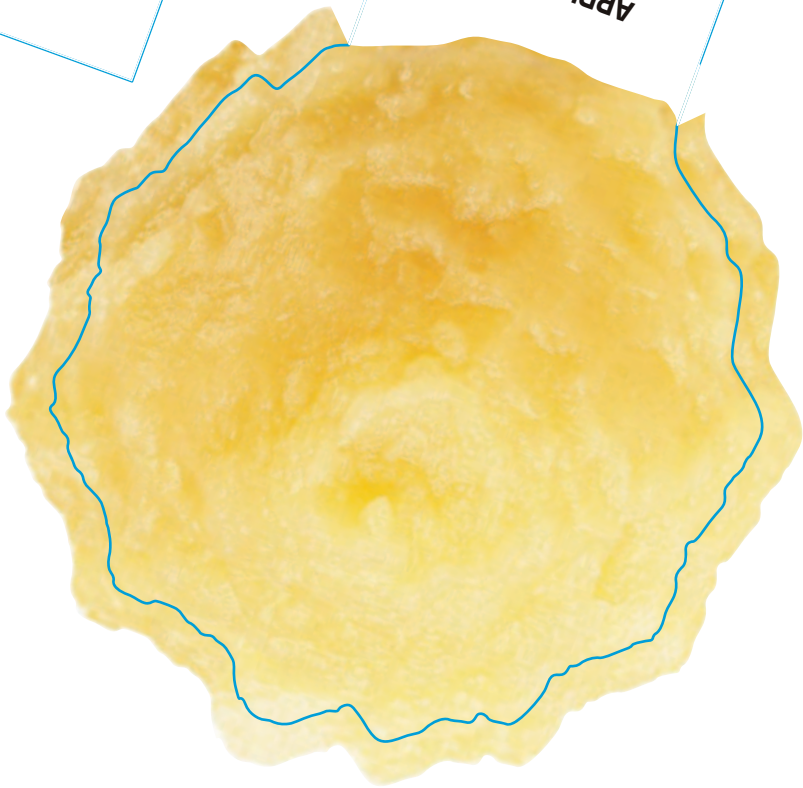
AVOCADO
½ medium



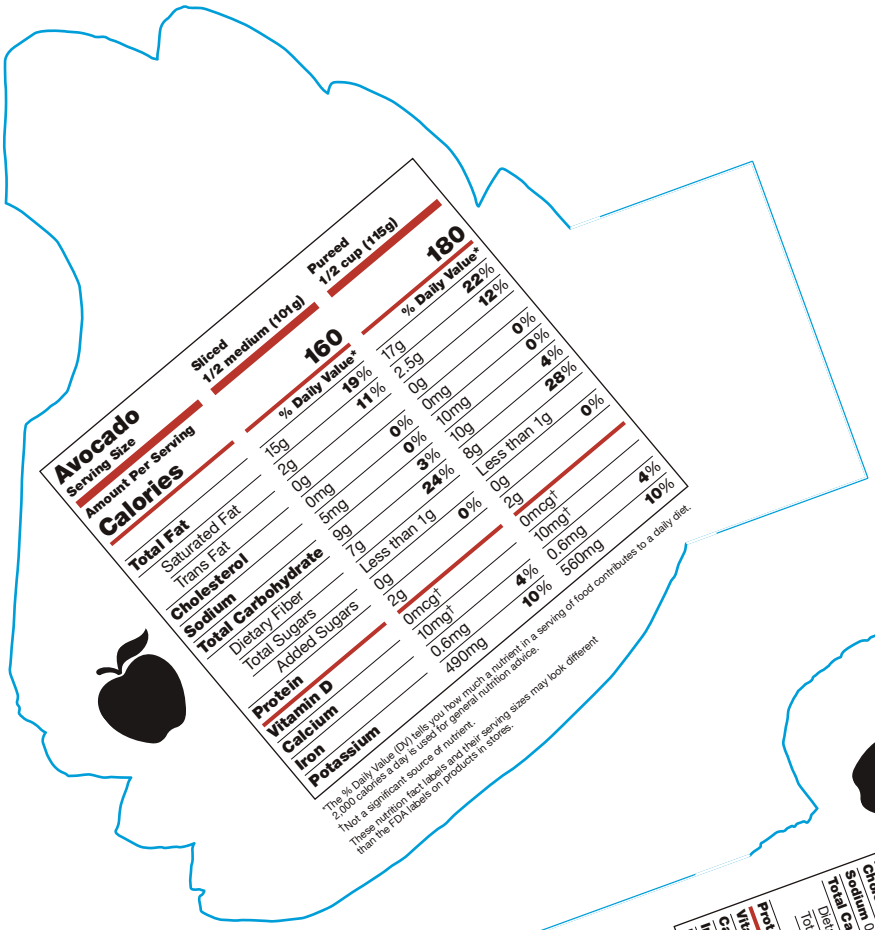
DRIED APRICOTS
¼ cup



STAR FRUIT
½ cup



APPLESAUCE
½ cup



Avocado
Serving Size: Sliced 1/2 medium (101g); Pureed 1/2 cup (115g)
Amount Per Serving

Calories	160		180
		% Daily Value*	% Daily Value*
Total Fat	15g	19%	17g 22%
Saturated Fat	2g	11%	2.5g 12%
Trans Fat	0g		0g 0%
Cholesterol	0mg	0%	0mg 0%
Sodium	5mg	0%	10mg 0%
Total Carbohydrate	9g	3%	10g 4%
Dietary Fiber	7g	24%	8g 28%
Total Sugars	Less than 1g		Less than 1g 0%
Added Sugars	0g	0%	0g 0%
Protein	2g		2g 4%
Vitamin D	0mcg†	0%	0mcg† 0%
Calcium	10mg†	0%	10mg† 0%
Iron	0.6mg	4%	0.6mg 4%
Potassium	490mg	10%	560mg 10%

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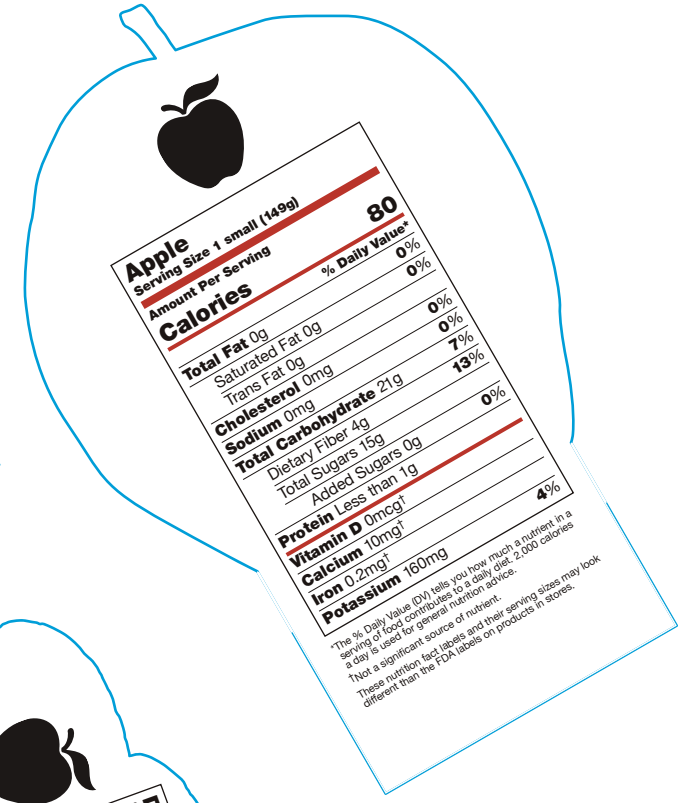

Apple
Serving Size 1 small (149g)
Amount Per Serving

Calories	80	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		7%
Total Carbohydrate 21g		13%
Dietary Fiber 4g		0%
Total Sugars 15g		
Added Sugars 0g		
Protein Less than 1g		
Vitamin D 0mcg†		4%
Calcium 10mg†		
Iron 0.2mg†		
Potassium 160mg		

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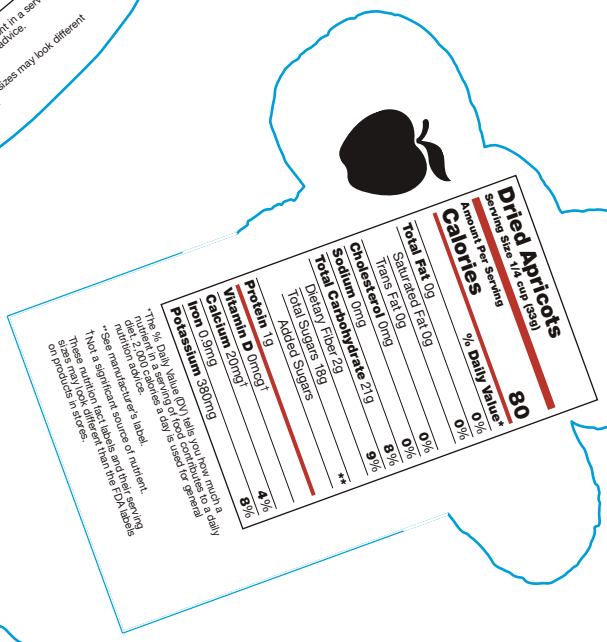

Dried Apricots
Serving Size 1/4 cup (35g)
Amount Per Serving

Calories	80	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 21g		8%
Dietary Fiber 2g		9%
Total Sugars 18g		
Added Sugars		**
Protein 1g		
Vitamin D 0mcg†		
Calcium 20mg†		4%
Iron 0.9mg		
Potassium 380mg		8%

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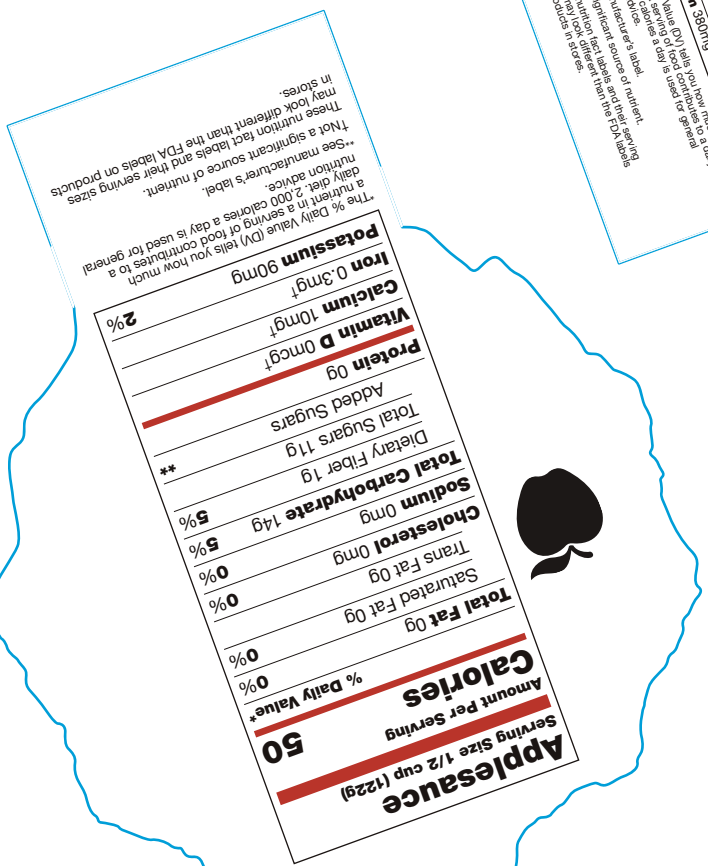

Applesauce
Serving Size 1/2 cup (122g)
Amount Per Serving

Calories	50	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 14g		5%
Dietary Fiber 1g		**
Total Sugars 11g		
Added Sugars		
Protein 0g		
Vitamin D 0mcg†		
Calcium 10mg†		2%
Iron 0.3mg†		
Potassium 90mg		

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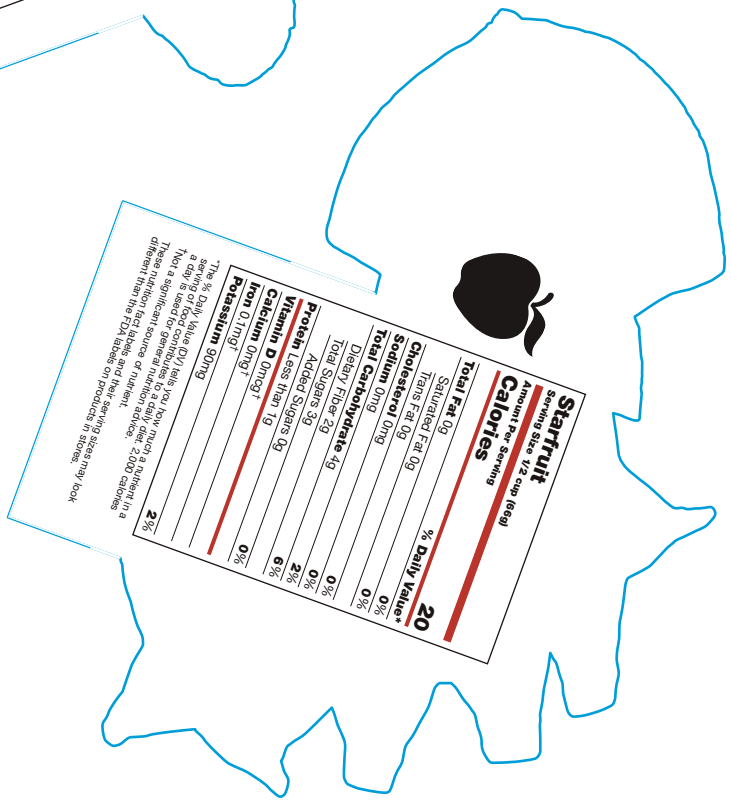

Starfruit
Serving Size 1/2 cup (68g)
Amount Per Serving

Calories	20	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg		0%
Total Carbohydrate 4g		0%
Dietary Fiber 2g		6%
Total Sugars 3g		
Added Sugars 0g		0%
Protein Less than 1g		
Vitamin D 0mcg†		0%
Calcium 0mg†		
Iron 0.1mg†		2%
Potassium 90mg		

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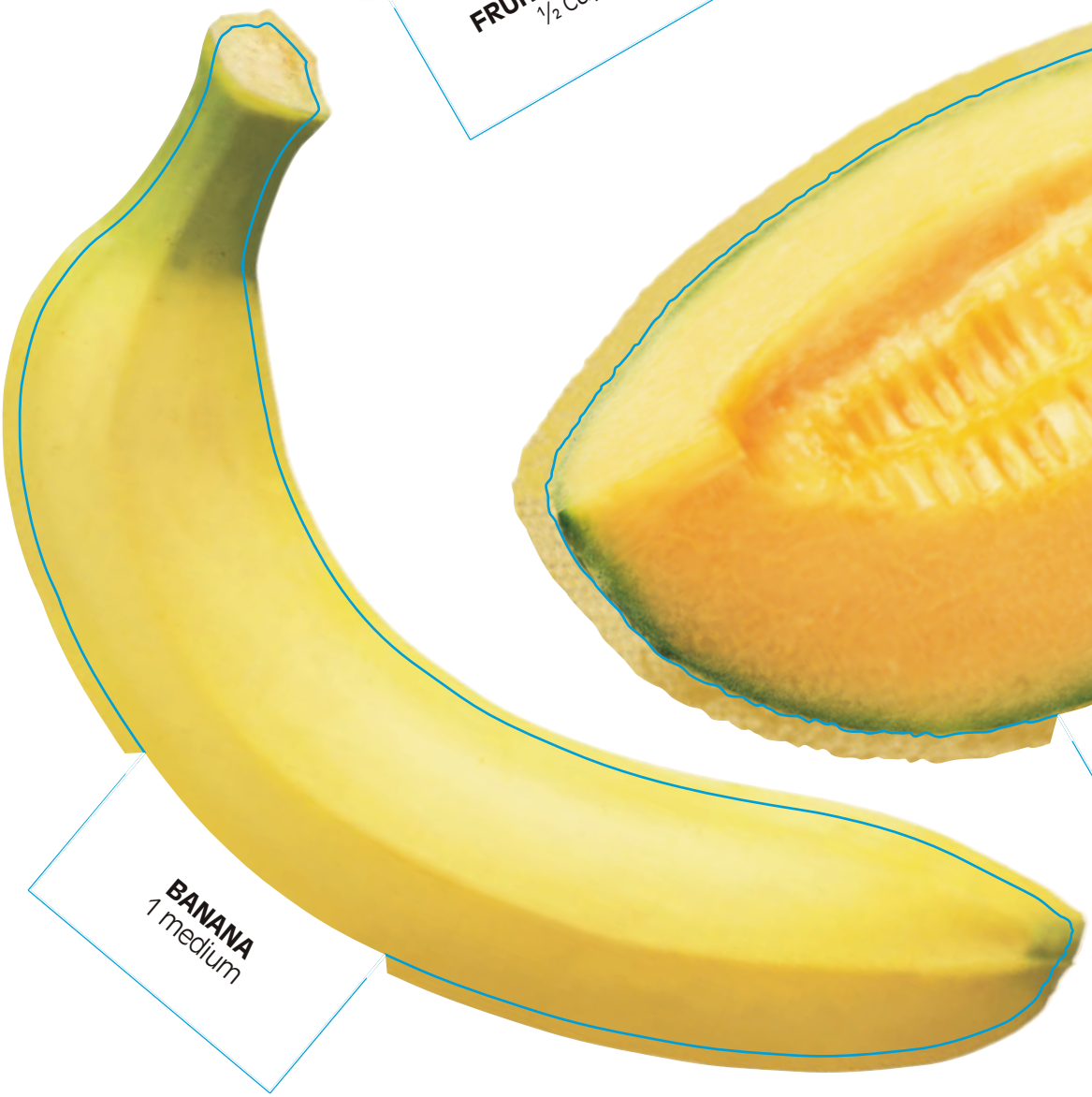
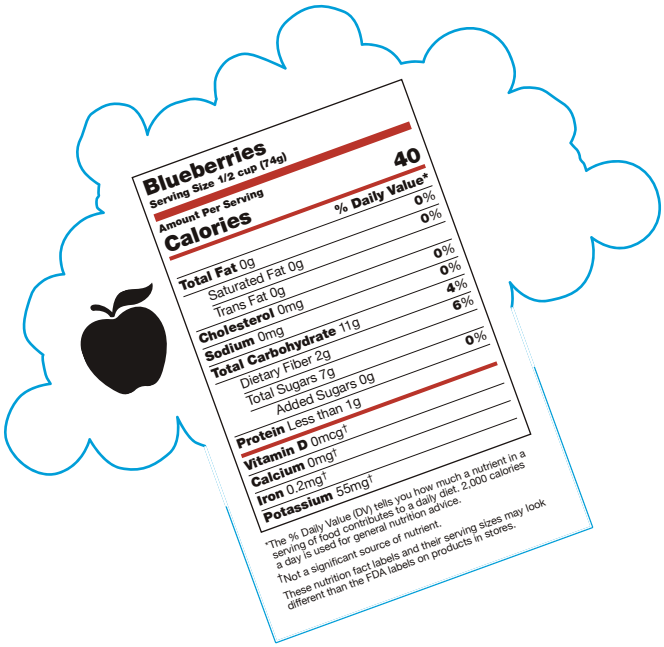
FRUIT COCKTAIL
½ cup

BLUEBERRIES
½ cup



BANANA
1 medium

CANTALOUPE
¼ melon



Blueberries
Serving Size 1/2 cup (74g)

Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Total Sugars 7g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.2mg†	
Potassium 55mg†	

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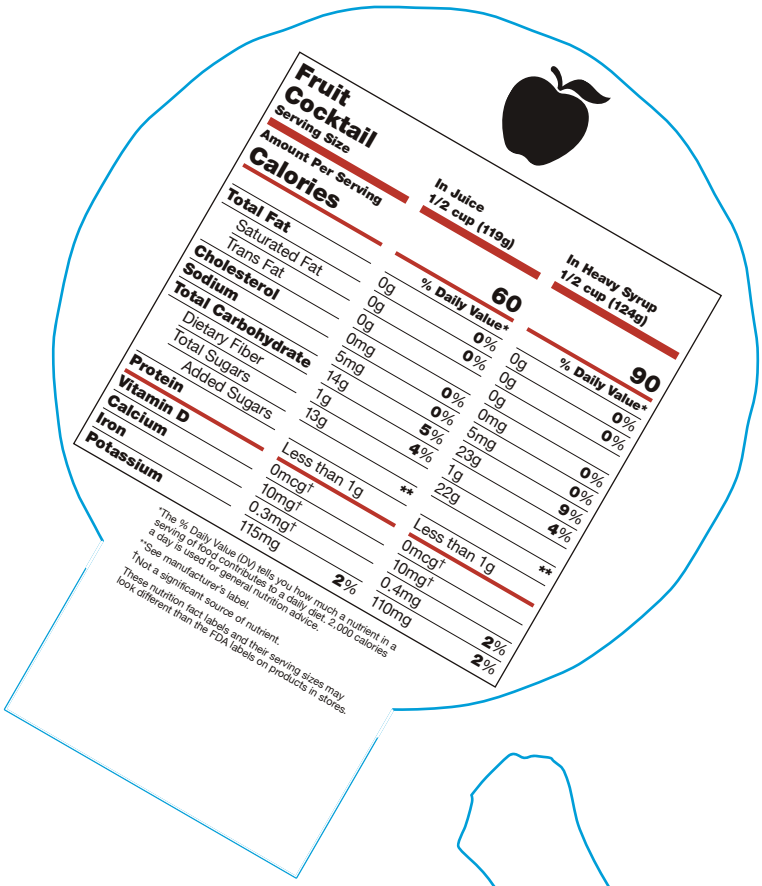

Fruit Cocktail
Serving Size

Amount Per Serving	In Juice 1/2 cup (119g)	In Heavy Syrup 1/2 cup (124g)
Calories	60	90
	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%
Saturated Fat	0g	0g
Trans Fat		
Cholesterol	0mg 0%	0mg 0%
Sodium	5mg	5mg
Total Carbohydrate	14g 0%	23g 0%
Dietary Fiber	1g 0%	1g 0%
Total Sugars	13g 5%	22g 9%
Added Sugars	4%	4%
Protein	Less than 1g **	Less than 1g **
Vitamin D	0mcg†	0mcg†
Calcium	10mg†	10mg†
Iron	0.3mg†	0.4mg
Potassium	115mg 2%	110mg 2%

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**See manufacturer's label.
†Not a significant source of nutrient.
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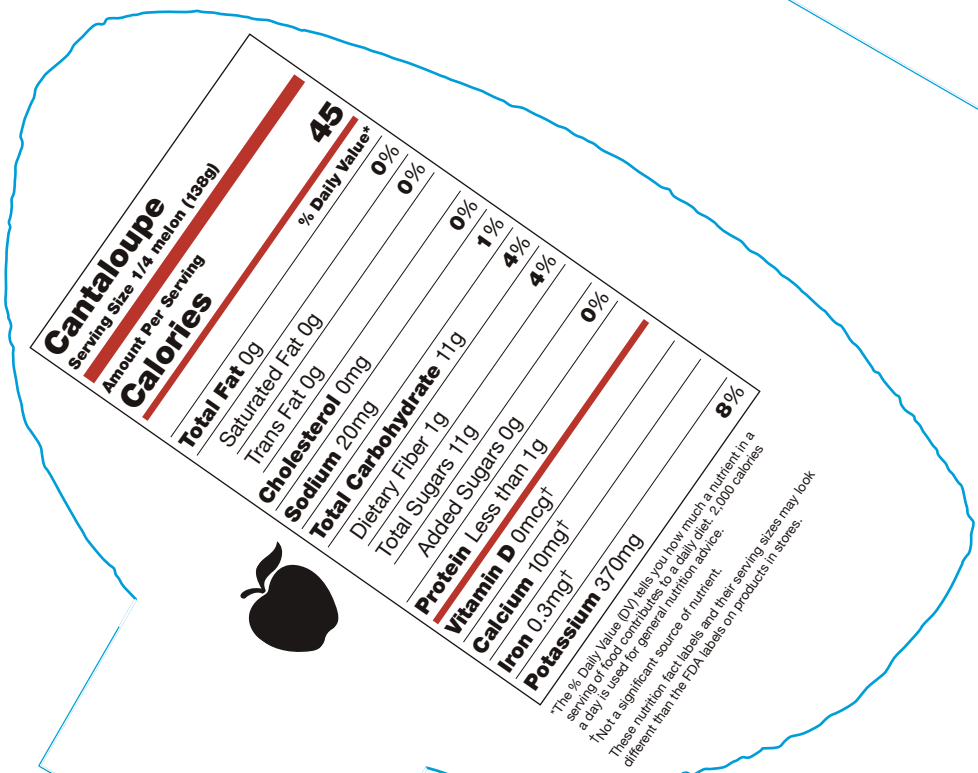

Cantaloupe
Serving Size 1/4 melon (138g)

Amount Per Serving	
Calories	45
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 11g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.3mg†	
Potassium 370mg	8%

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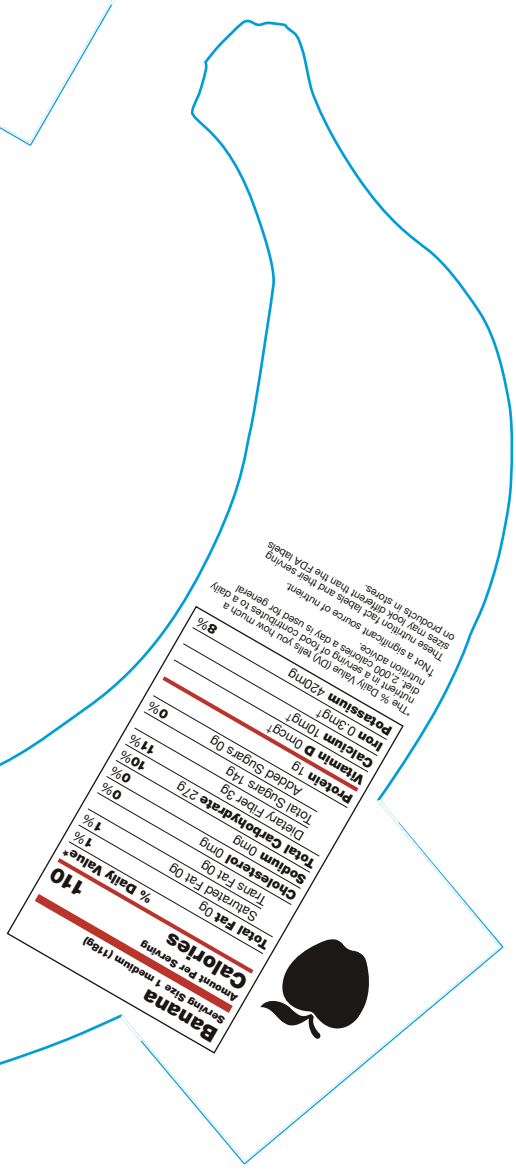

Banana
Serving Size 1 medium (118g)

Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	1%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	11%
Total Sugars 14g	
Added Sugars 0g	0%
Protein 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.3mg†	
Potassium 422mg	8%

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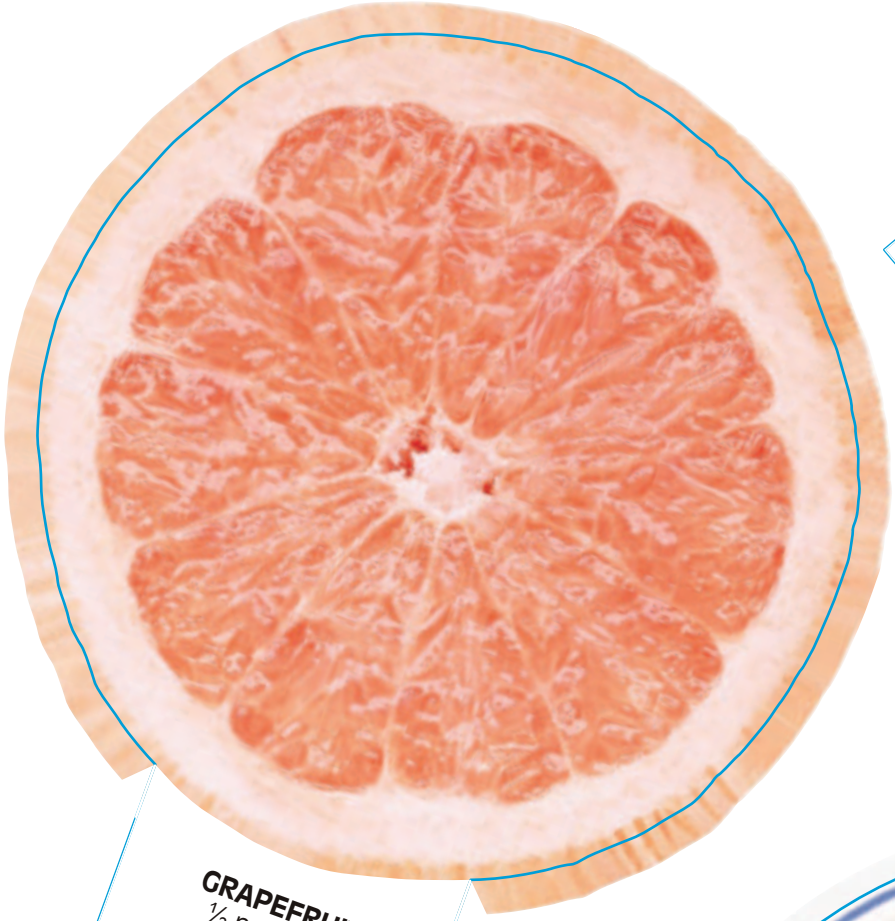
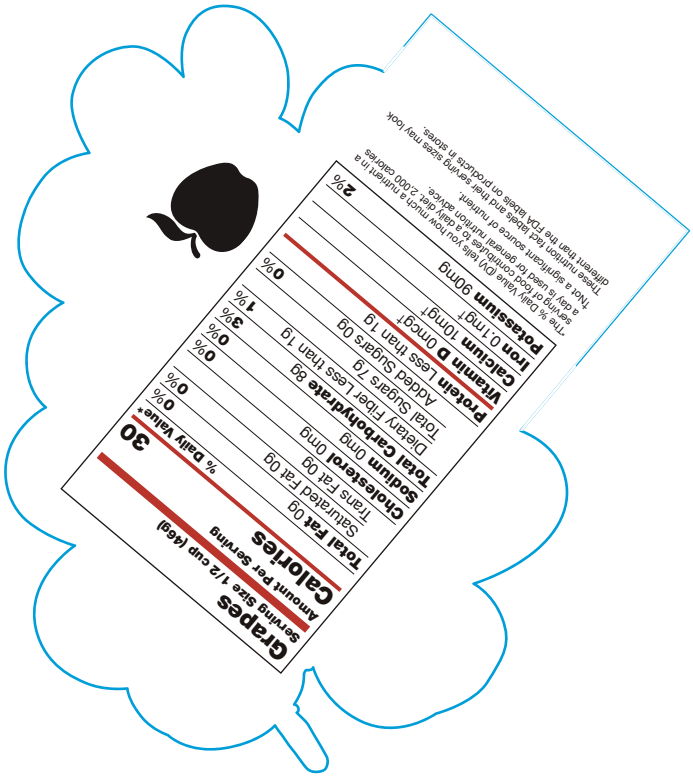


GRAPEFRUIT
½ medium

GRAPES
½ cup

NECTARINE
1 medium

LYCHEE
½ cup


Grapes
Serving Size 1/2 cup (46g)
Amount Per Serving
Calories 30
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 8g 3%
Dietary Fiber Less than 1g 1%
Total Sugars 7g
Added Sugars 0g 0%
Protein Less than 1g
Vitamin D 0mcg† 0%
Calcium 10mg† 1%
Iron 0.1mg† 2%
Potassium 90mg 2%
*The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
These a significant source for general nutrition advice.
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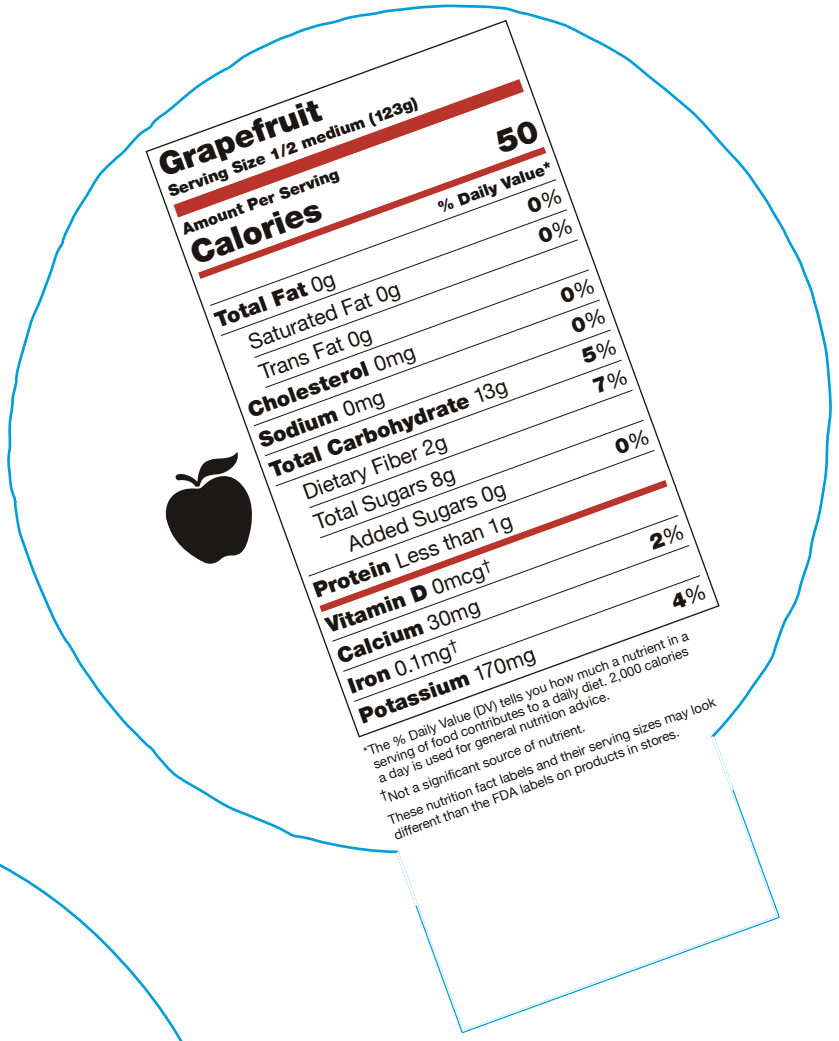
Grapefruit
Serving Size 1/2 medium (123g)
Amount Per Serving
Calories 50
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 5%
Total Carbohydrate 13g 7%
Dietary Fiber 2g 0%
Total Sugars 8g
Added Sugars 0g
Protein Less than 1g
Vitamin D 0mcg† 2%
Calcium 30mg 4%
Iron 0.1mg†
Potassium 170mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
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Canned Lychee
Serving Size 1/2 cup (140g)
Amount Per Serving
Calories 120
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 90mg 4%
Total Carbohydrate 27g 10%
Dietary Fiber 1g 4%
Total Sugars 22g
Added Sugars **
Protein Less than 1g
Vitamin D ◆
Calcium 20mg†
Iron 1.1mg 6%
Potassium ◆
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
◆Data not available for nutrient.
†Not a significant source of nutrient.
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Nectarine
Serving Size 1 medium (142g)
Amount Per Serving
Calories 60
% Daily Value*
Total Fat Less than 1g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 15g 5%
Dietary Fiber 2g 9%
Total Sugars 11g
Added Sugars 0g 0%
Protein 2g
Vitamin D 0mcg† 2%
Calcium 10mg† 6%
Iron 0.4mg
Potassium 290mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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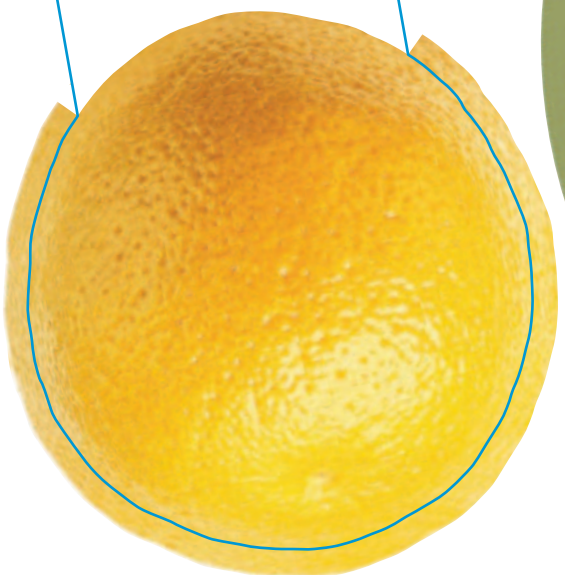
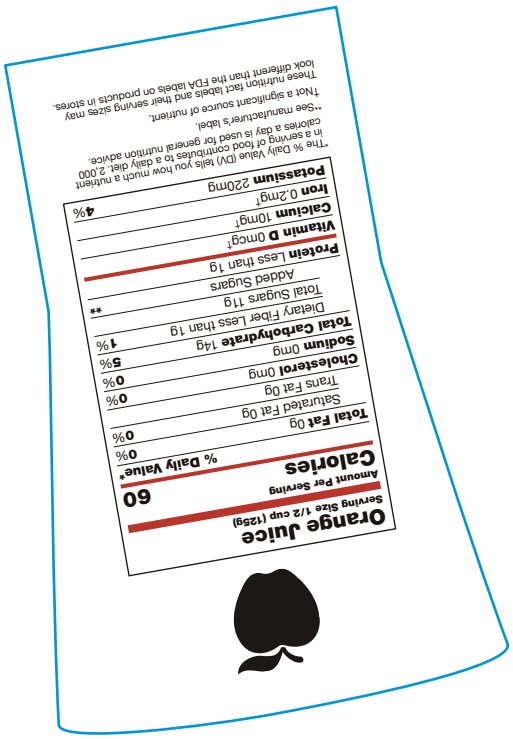
DRIED APPLE RINGS
5 rings

ORANGE JUICE
½ cup

CANNED PEACHES
½ cup

ORANGE
1 fruit




Orange Juice
Serving Size 1/2 cup (125g)
Amount Per Serving
Calories 60
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 5%
Total Carbohydrate 14g 1%
Dietary Fiber Less than 1g **
Total Sugars 11g
Added Sugars
Protein Less than 1g
Vitamin D 0mcg† 4%
Calcium 10mg†
Iron 0.2mg†
Potassium 220mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
†Not a significant source of nutrient.
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Dried Apple Rings
Serving Size 5 rings (32g)
Amount Per Serving
Calories 80
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 30mg 1%
Total Carbohydrate 21g 8%
Dietary Fiber 3g 10%
Total Sugars 18g
Added Sugars **
Protein Less than 1g 2%
Vitamin D 0mcg† 4%
Calcium 0mg†
Iron 0.5mg
Potassium 140mg
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**See manufacturer's label.
†Not a significant source of nutrient.
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Canned Peaches
Serving Size
Amount Per Serving
Calories
In Juice 1/2 cup (125g) 60
In Light Syrup 1/2 cup (125g) 70
In Heavy Syrup 1/2 cup (131g) 100
% Daily Value*
Total Fat
Saturated Fat
Trans Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Total Sugars
Added Sugars
Protein
Vitamin D
Calcium
Iron
Potassium
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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†Not a significant source of nutrient.
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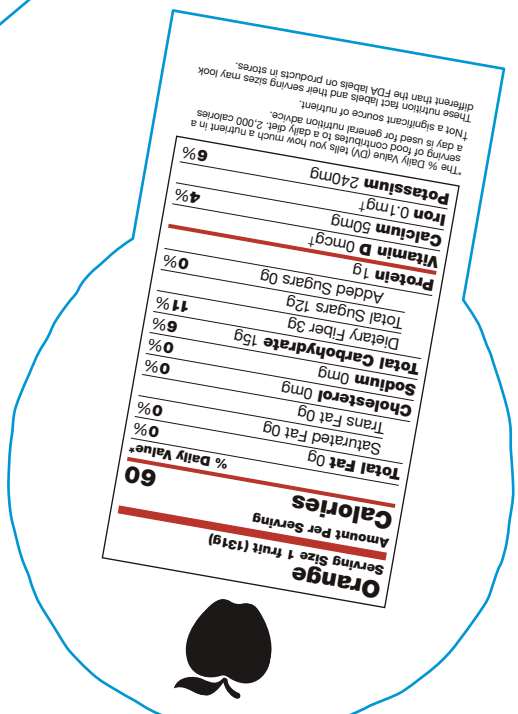
Orange
Serving Size 1 fruit (131g)
Amount Per Serving
Calories 60
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 15g 6%
Dietary Fiber 3g 11%
Total Sugars 12g
Added Sugars 0g 0%
Protein 1g
Vitamin D 0mcg†
Calcium 50mg 4%
Iron 0.1mg†
Potassium 240mg 6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
†Not a significant source of nutrient.
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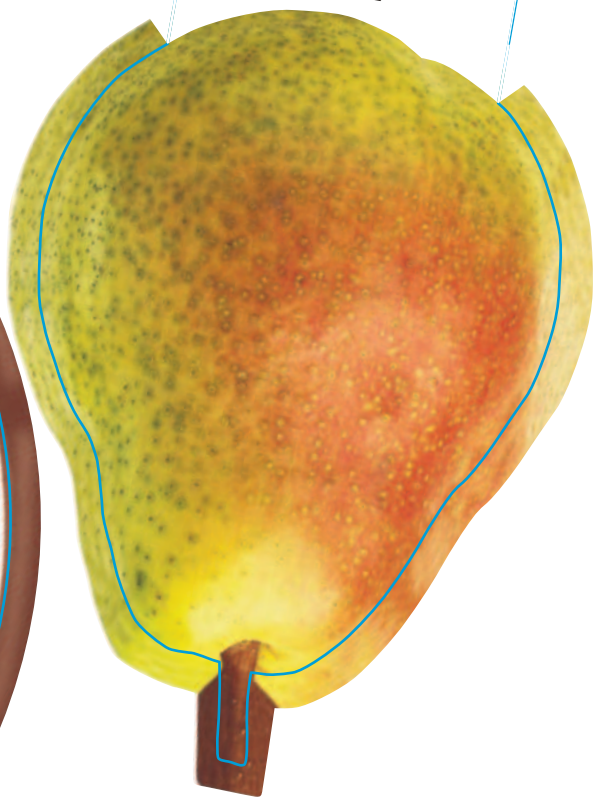
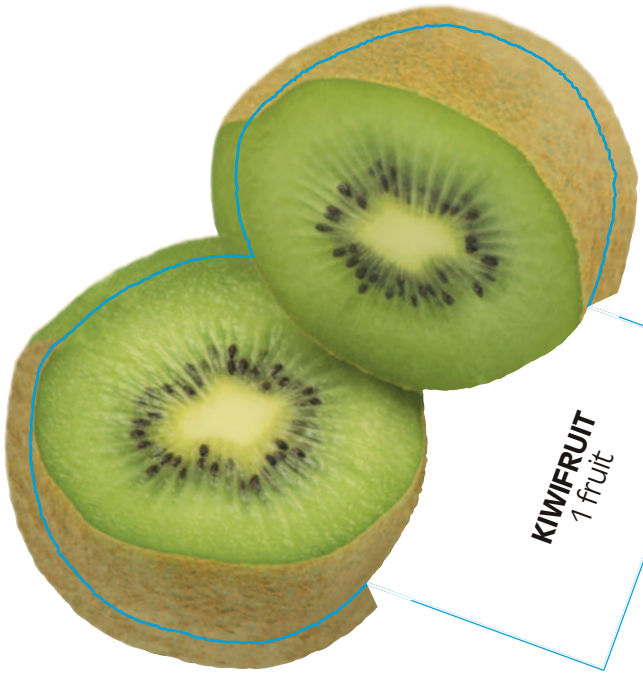
CANNED PEARS
½ cup

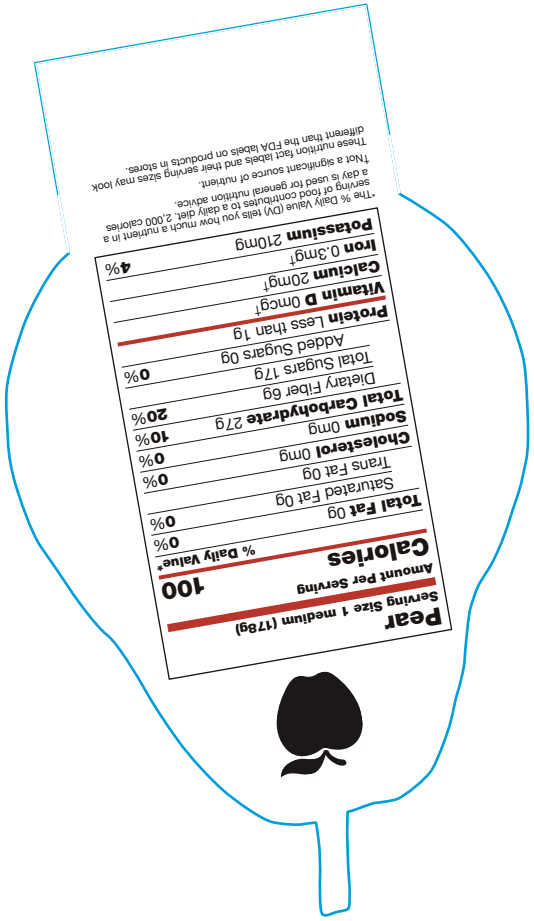


PEAR
1 medium



KIWIFRUIT
1 fruit

PINEAPPLE
½ cup



Pear
Serving Size 1 medium (178g)

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 27g	**10%**
Dietary Fiber 6g	**20%**
Total Sugars 17g	
Added Sugars 0g	**0%**
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.3mg†	**4%**
Potassium 210mg	

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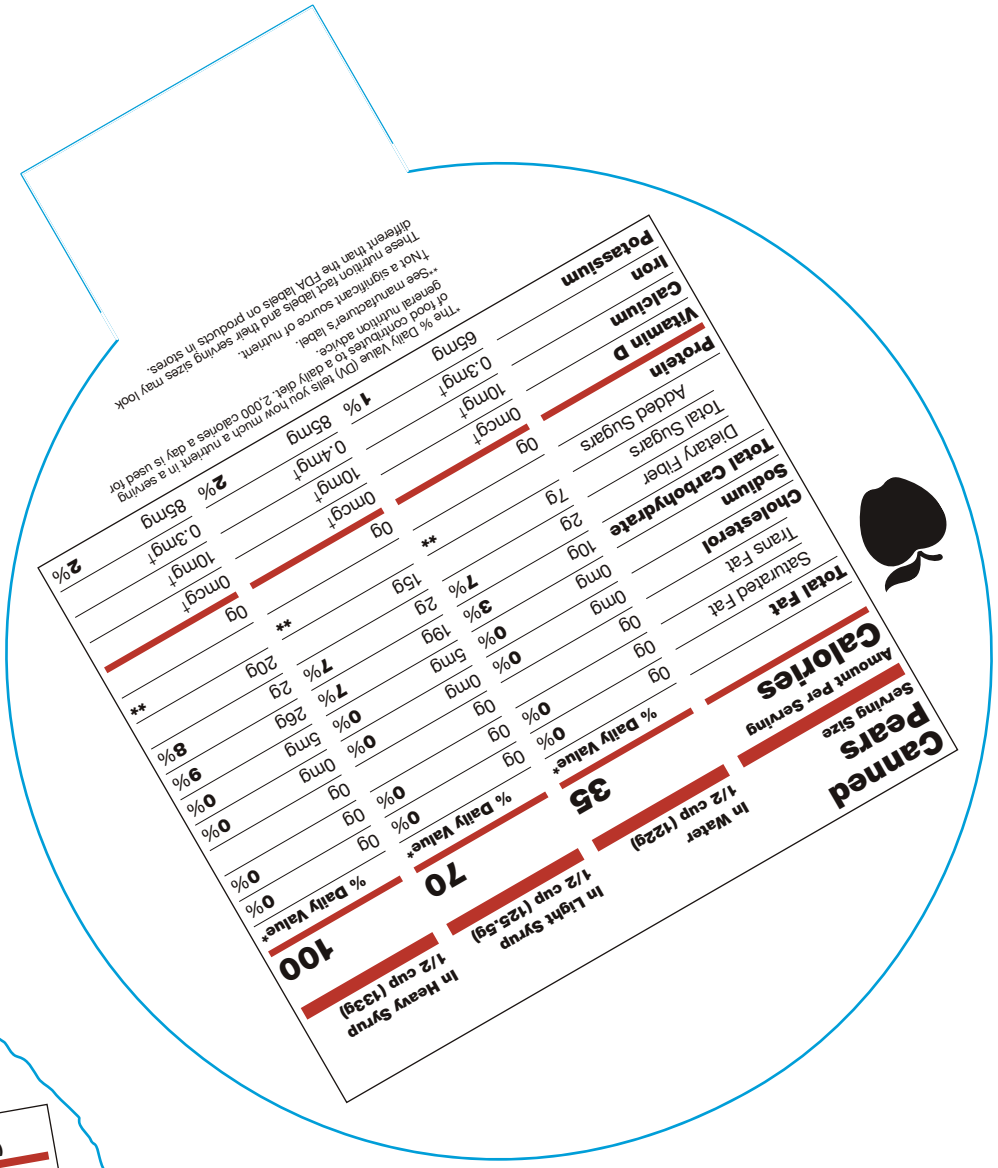

Canned Pears

Serving Size	In Heavy Syrup 1/2 cup (133g)	In Light Syrup 1/2 cup (125.5g)	In Water 1/2 cup (122g)
Amount Per Serving			
Calories	**100**	**70**	**35**
	% Daily Value*	**% Daily Value***	**% Daily Value***
Total Fat	0g **0%**	0g **0%**	0g **0%**
Saturated Fat	0g **0%**	0g **0%**	0g **0%**
Trans Fat	0g	0g	0g
Cholesterol	0mg **0%**	0mg **0%**	0mg **0%**
Sodium	5mg **0%**	0mg **0%**	0mg **0%**
Total Carbohydrate	26g **9%**	19g **7%**	10g **3%**
Dietary Fiber	2g **7%**	2g **7%**	2g **7%**
Total Sugars	20g	15g	7g
Added Sugars	0g **0%**	0g **0%**	0g **0%**
Protein	0mcg†	0mcg†	0mcg†
Vitamin D	10mg†	10mg†	10mg†
Calcium	0.4mg†	0.3mg†	0.3mg†
Iron	85mg **2%**	85mg **2%**	85mg **2%**
Potassium			

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†Not a significant source of nutrient.

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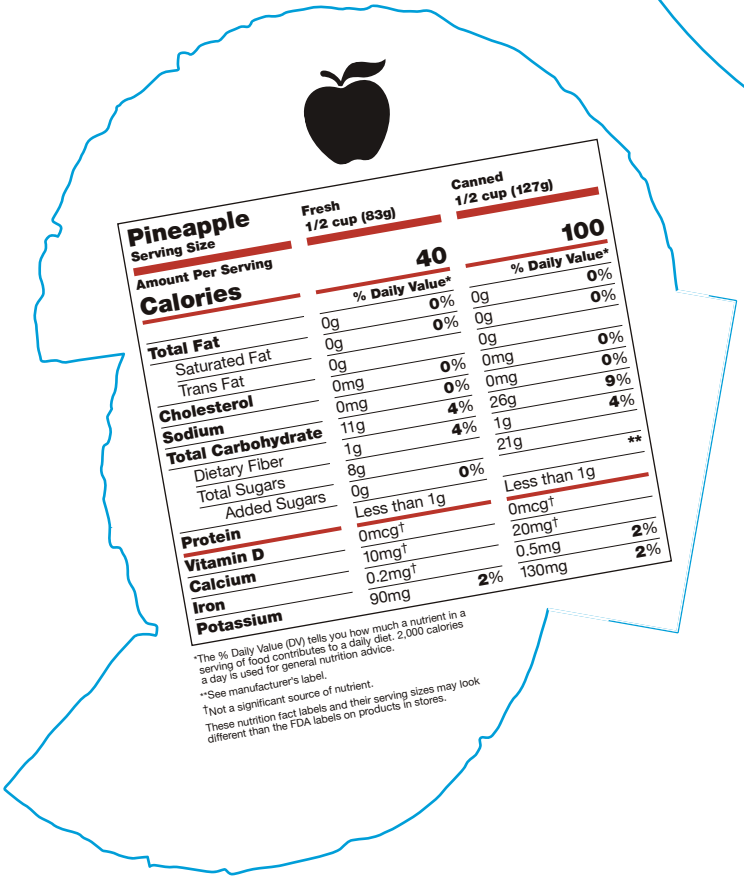

Pineapple

Serving Size	Fresh 1/2 cup (83g)	Canned 1/2 cup (127g)
Amount Per Serving		
Calories	**40**	**100**
	% Daily Value*	**% Daily Value***
Total Fat	0g **0%**	0g **0%**
Saturated Fat	0g **0%**	0g
Trans Fat	0g	0g
Cholesterol	0mg **0%**	0mg **0%**
Sodium	0mg **4%**	26g **9%**
Total Carbohydrate	11g **4%**	1g **4%**
Dietary Fiber	1g	21g
Total Sugars	8g **0%**	
Added Sugars	0g	Less than 1g
Protein	Less than 1g	0mcg†
Vitamin D	0mcg†	20mg†
Calcium	10mg†	0.5mg **2%**
Iron	0.2mg† **2%**	130mg **2%**
Potassium	90mg	

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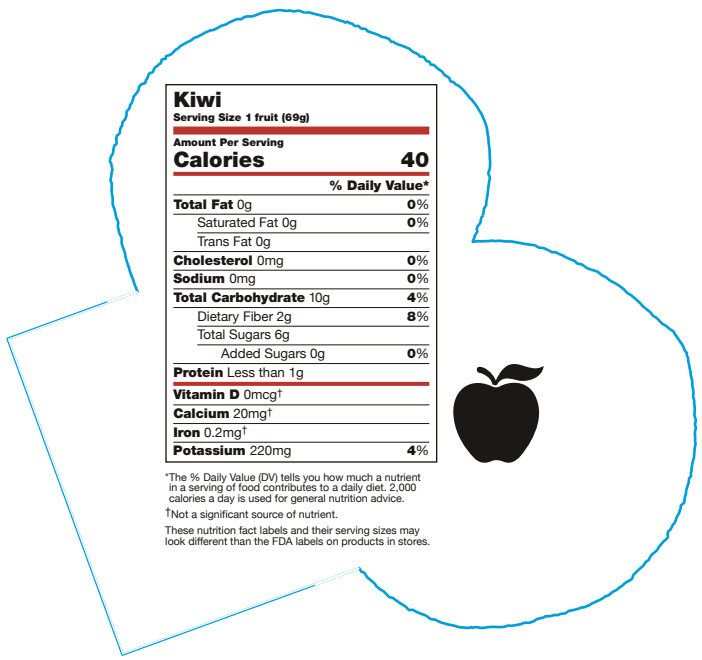

Kiwi
Serving Size 1 fruit (69g)

Amount Per Serving	
Calories	**40**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 2g	**8%**
Total Sugars 6g	
Added Sugars 0g	**0%**
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.2mg†	
Potassium 220mg	**4%**

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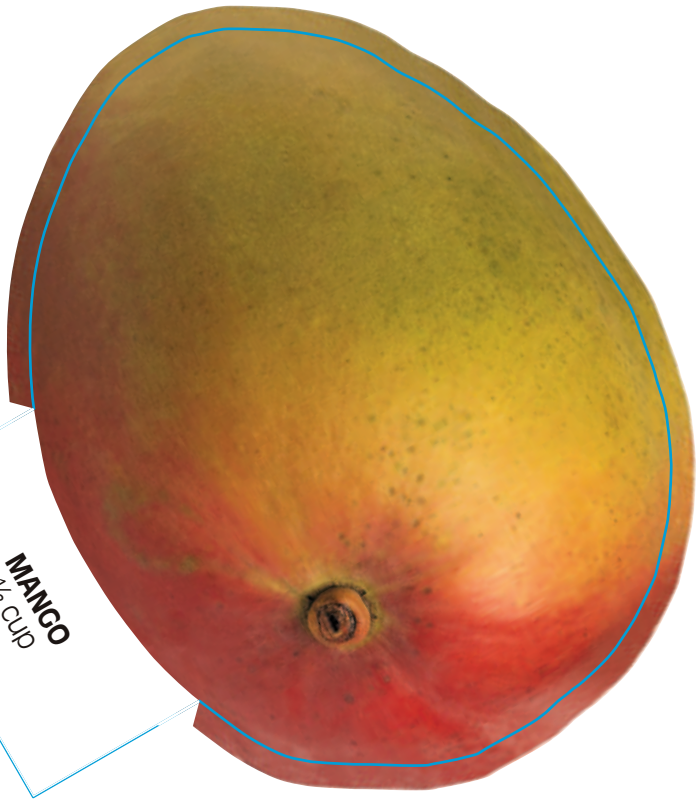
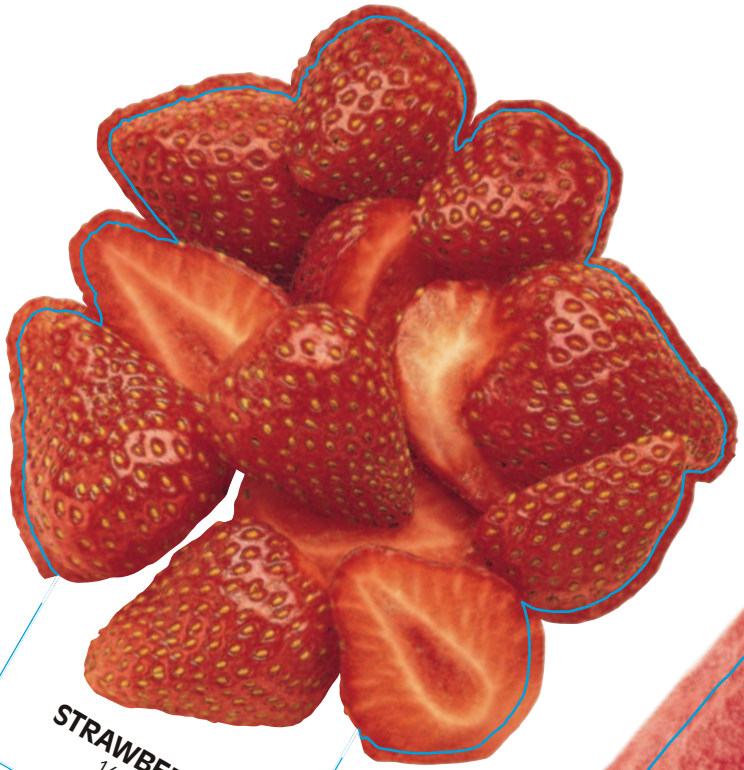
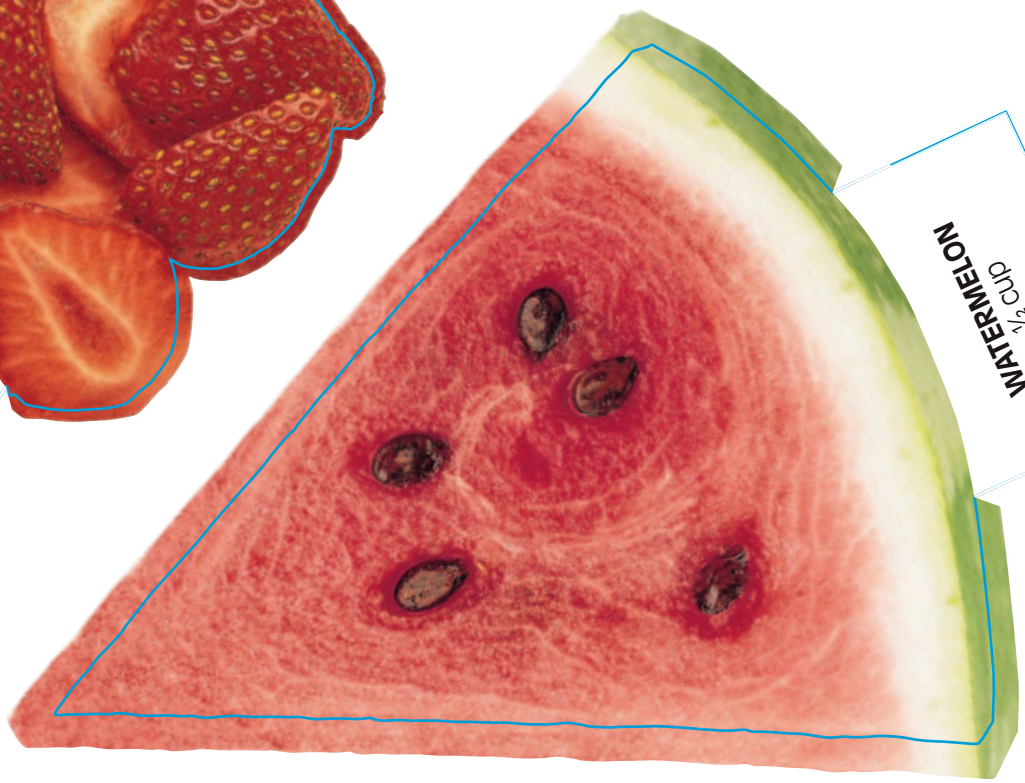
RAISINS
¼ cup



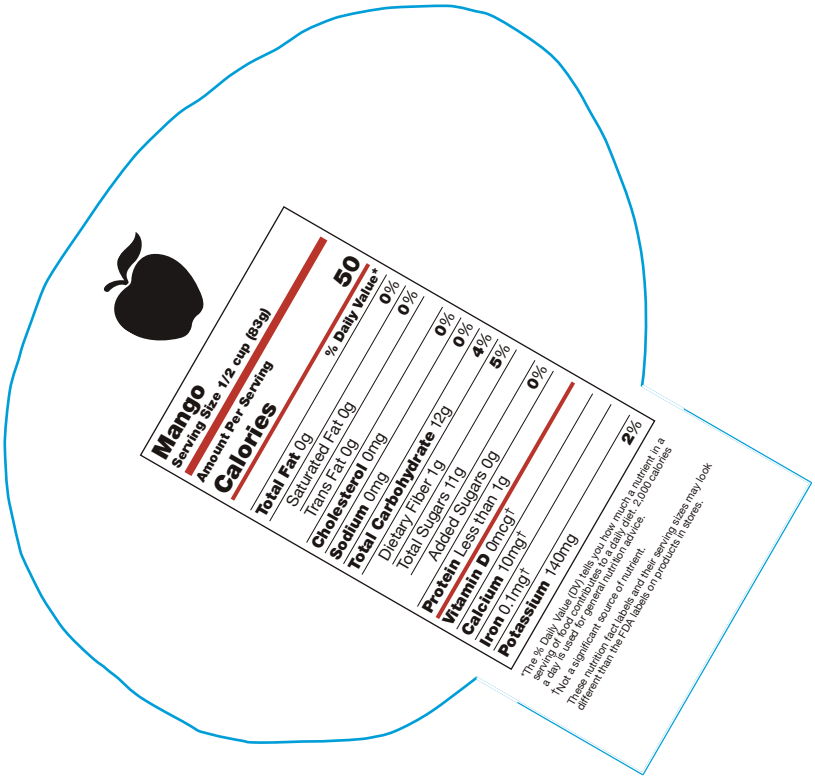
MANGO
½ cup



STRAWBERRIES
½ cup



WATERMELON
½ cup


Mango
Serving Size 1/2 cup (83g)
Amount Per Serving
Calories 50
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 4%
Total Carbohydrate 12g 5%
Dietary Fiber 1g 0%
Total Sugars 11g
Added Sugars 0g
Protein Less than 1g
Vitamin D 0mcg† 0%
Calcium 10mg† 2%
Iron 0.1mg† 0%
Potassium 140mg
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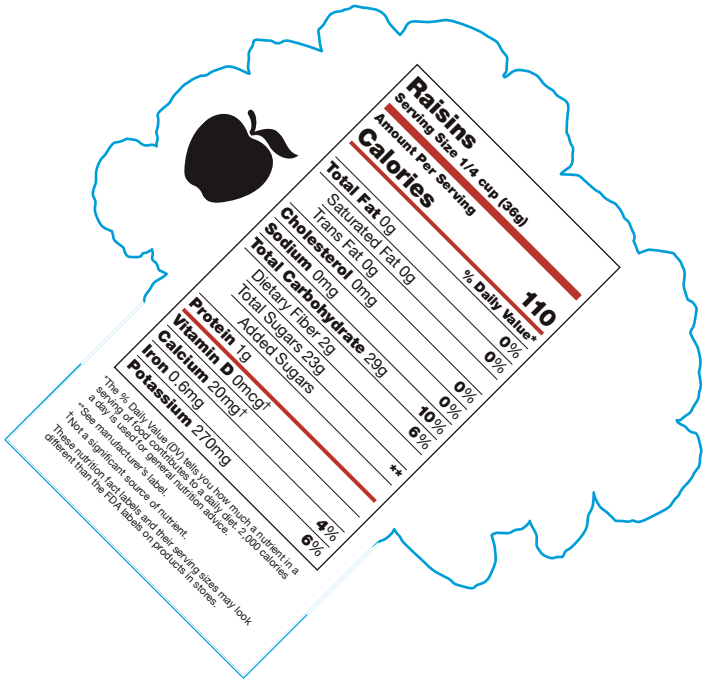
Raisins
Serving Size 1/4 cup (36g)
Amount Per Serving
Calories 110
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 29g 10%
Dietary Fiber 2g 6%
Total Sugars 23g
Added Sugars
Protein 1g **
Vitamin D 0mcg† 4%
Calcium 20mg† 6%
Iron 0.6mg
Potassium 270mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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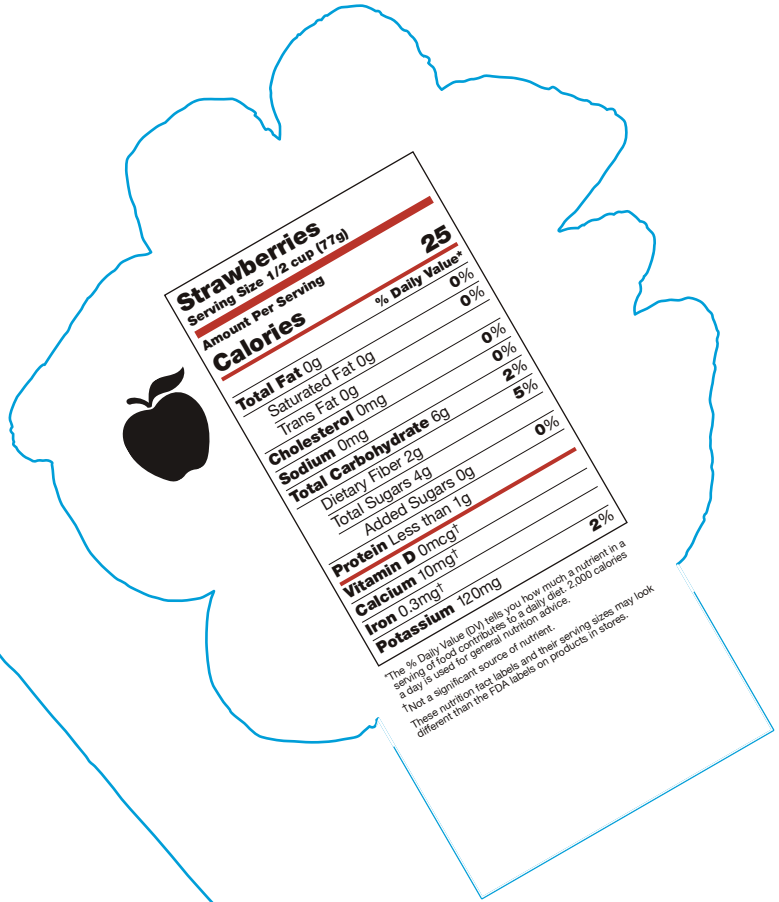
Strawberries
Serving Size 1/2 cup (77g)
Amount Per Serving
Calories 25
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 2%
Sodium 0mg 5%
Total Carbohydrate 6g 0%
Dietary Fiber 2g
Total Sugars 4g
Added Sugars 0g
Protein Less than 1g
Vitamin D 0mcg† 2%
Calcium 10mg†
Iron 0.3mg†
Potassium 120mg
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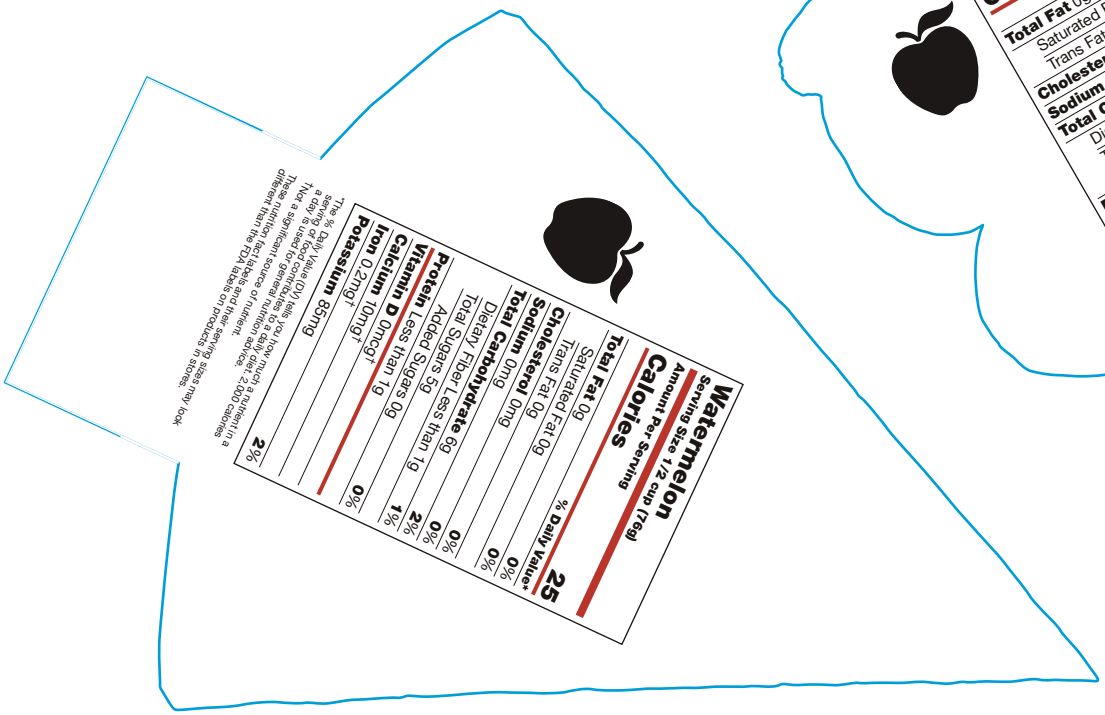
Watermelon
Serving Size 1/2 cup (76g)
Amount Per Serving
Calories 25
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 1%
Total Carbohydrate 6g 2%
Dietary Fiber Less than 1g 0%
Total Sugars 5g
Added Sugars 0g 0%
Protein Less than 1g
Vitamin D 0mcg† 0%
Calcium 10mg† 2%
Iron 0.2mg†
Potassium 85mg
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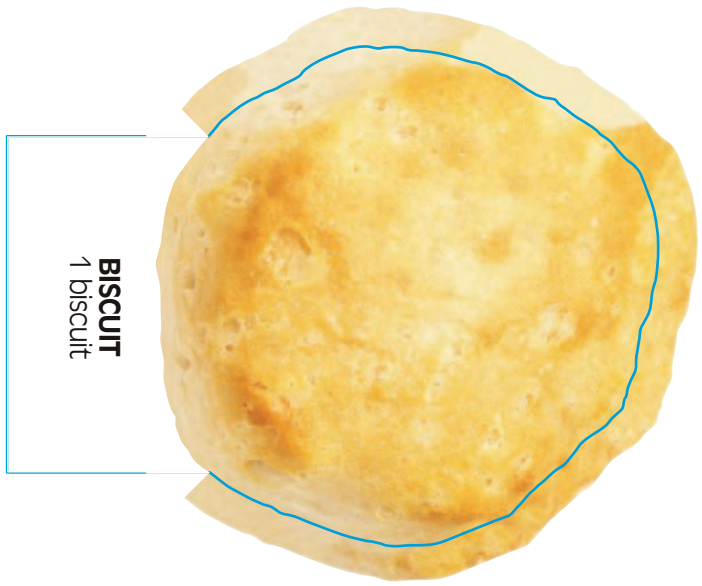
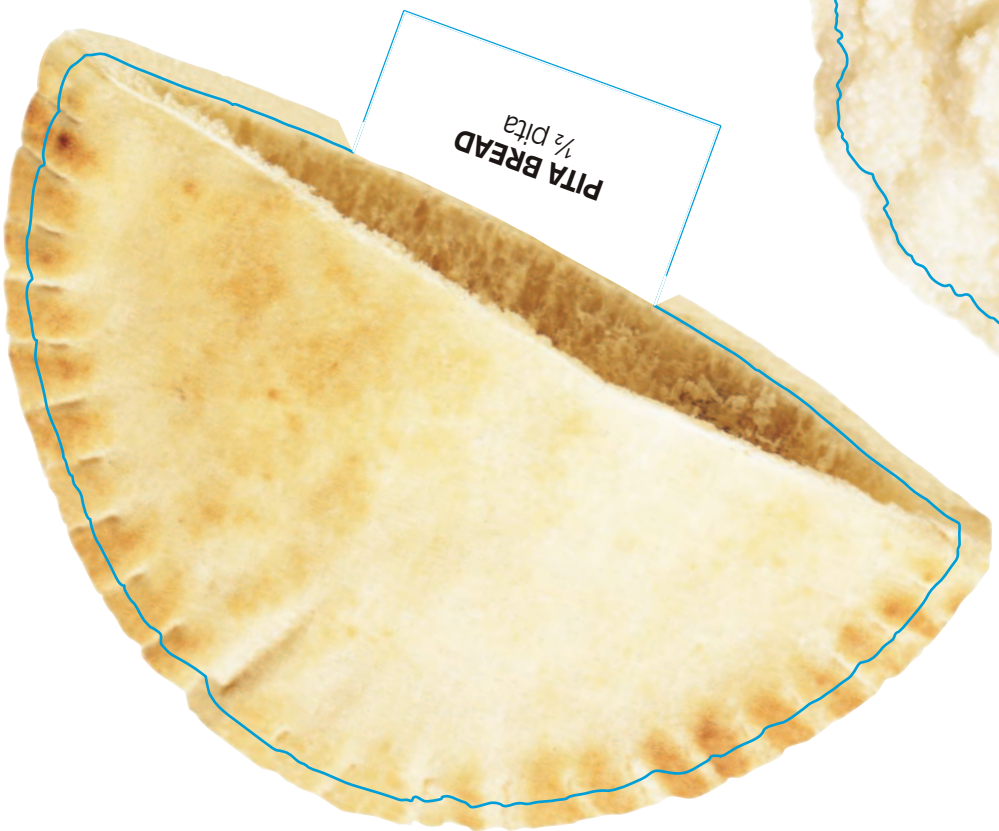
BAGEL
½ bagel

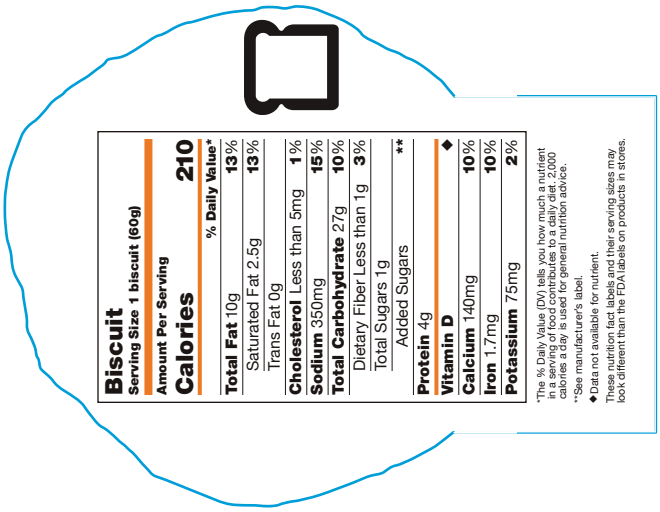


BISCUIT
1 biscuit

GRITS
½ cup



PITA BREAD
½ pita



Biscuit
Serving Size 1 biscuit (60g)

Amount Per Serving
Calories 210

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol Less than 5mg	**1%**
Sodium 350mg	**15%**
Total Carbohydrate 27g	**10%**
Dietary Fiber Less than 1g	**3%**
Total Sugars 1g	
Added Sugars	**
Protein 4g	
Vitamin D	◆
Calcium 140mg	**10%**
Iron 1.7mg	**10%**
Potassium 75mg	**2%**

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**See manufacturer's label.
◆Data not available for nutrient.
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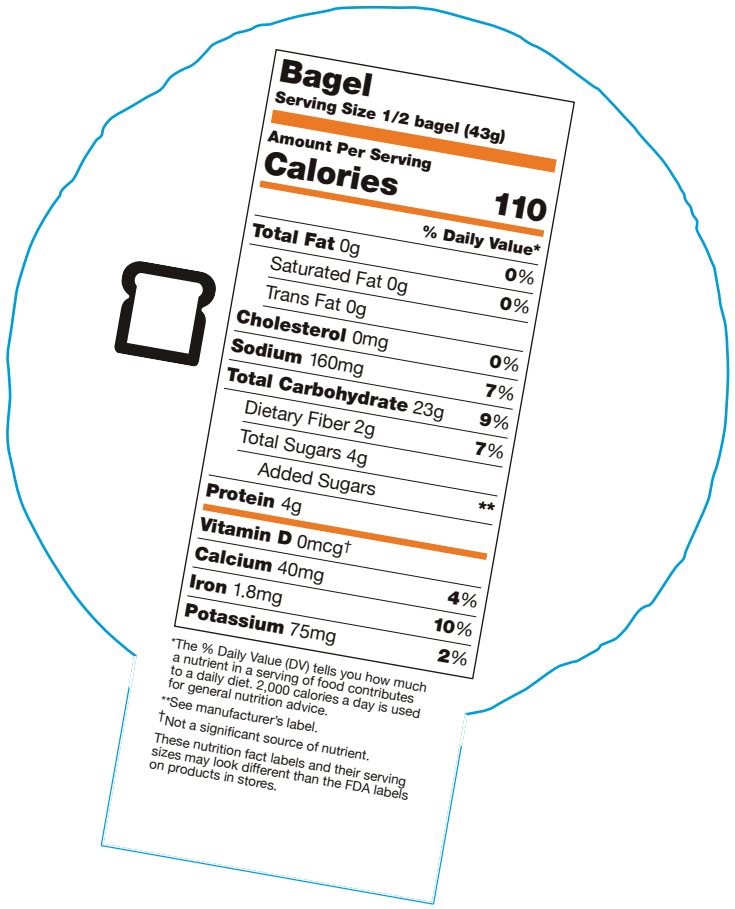

Bagel
Serving Size 1/2 bagel (43g)

Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 23g	**9%**
Dietary Fiber 2g	**7%**
Total Sugars 4g	
Added Sugars	**
Protein 4g	
Vitamin D 0mcg†	
Calcium 40mg	**4%**
Iron 1.8mg	**10%**
Potassium 75mg	**2%**

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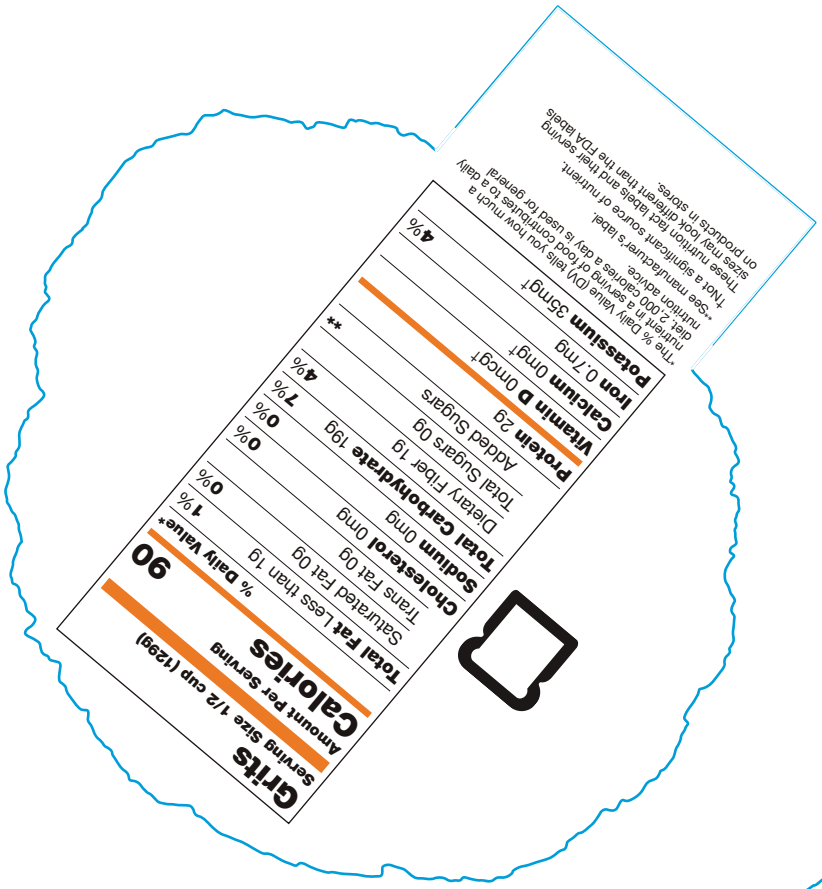

Grits
Serving Size 1/2 cup (129g)

Amount Per Serving
Calories 90

	% Daily Value*
Total Fat less than 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	**0%**
Calcium 0mg†	**0%**
Iron 0.7mg†	**4%**
Potassium 35mg†	

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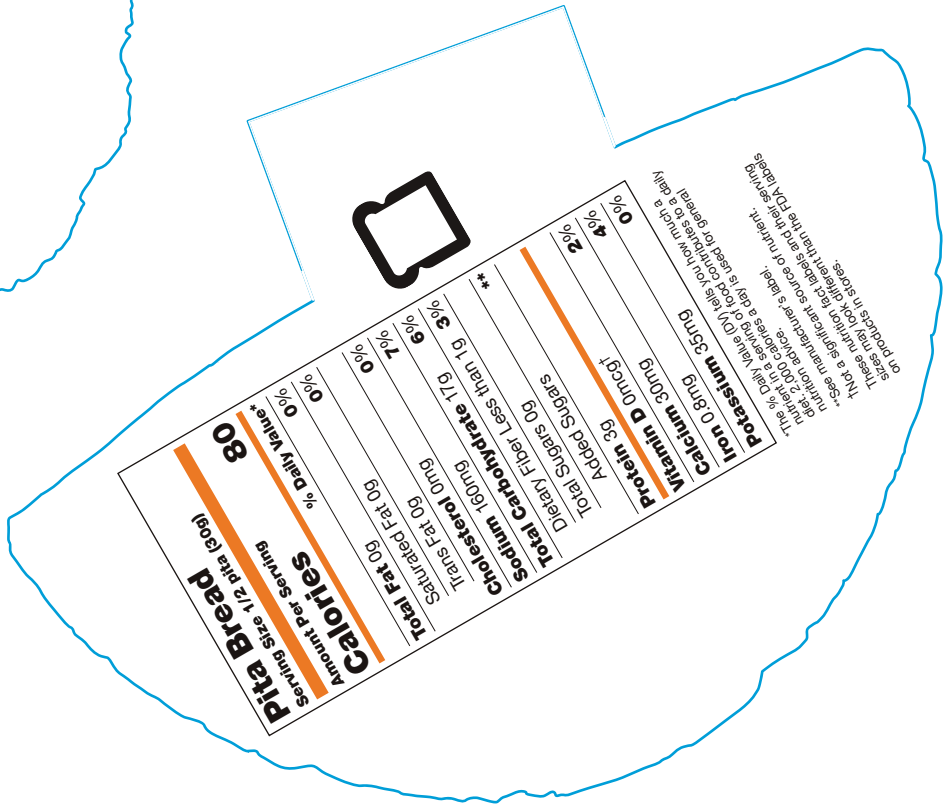

Pita Bread
Serving Size 1/2 pita (60g)

Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 17g	**6%**
Dietary Fiber Less than 1g	**3%**
Total Sugars 0g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	**0%**
Calcium 30mg	**2%**
Iron 0.8mg	**4%**
Potassium 35mg	**0%**

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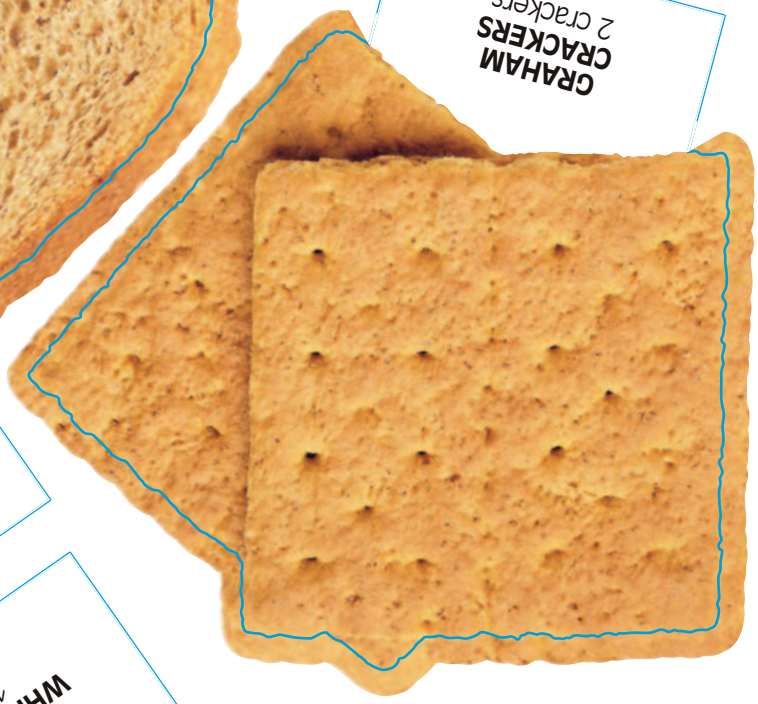
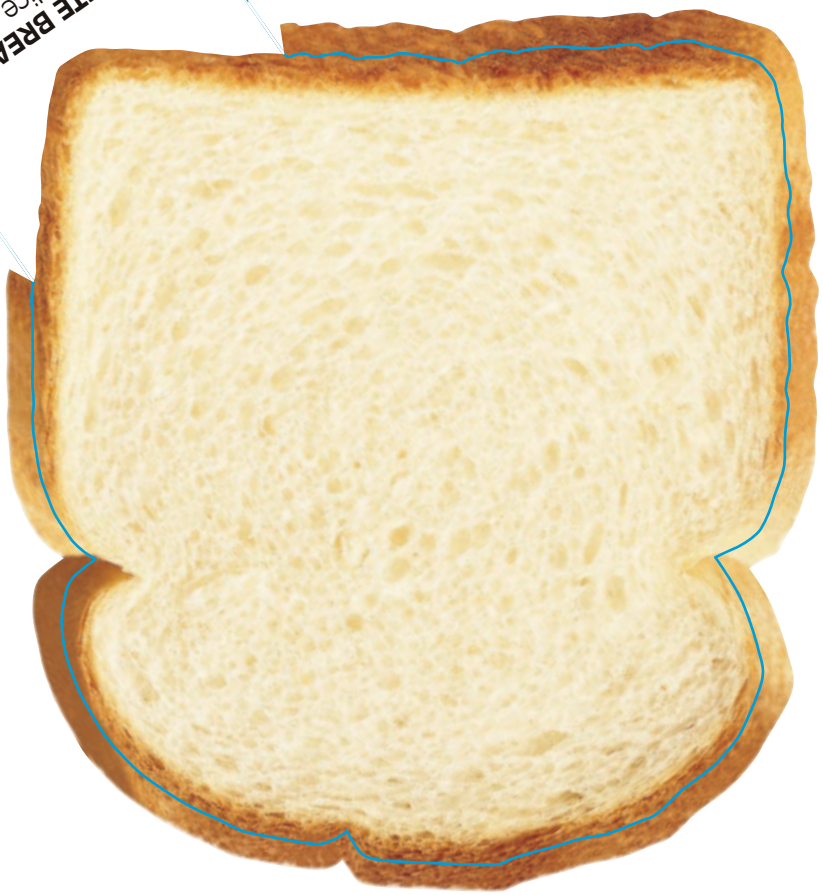
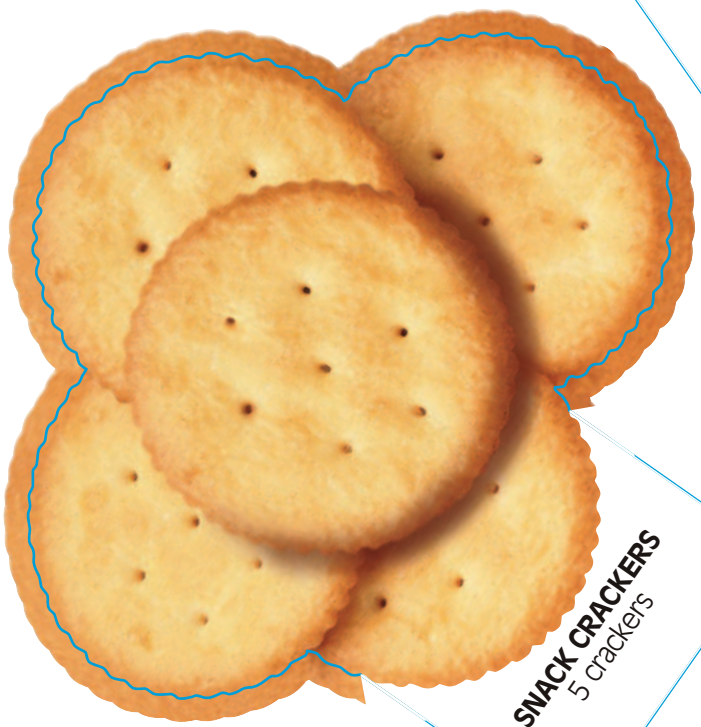
RYE BREAD
1 slice



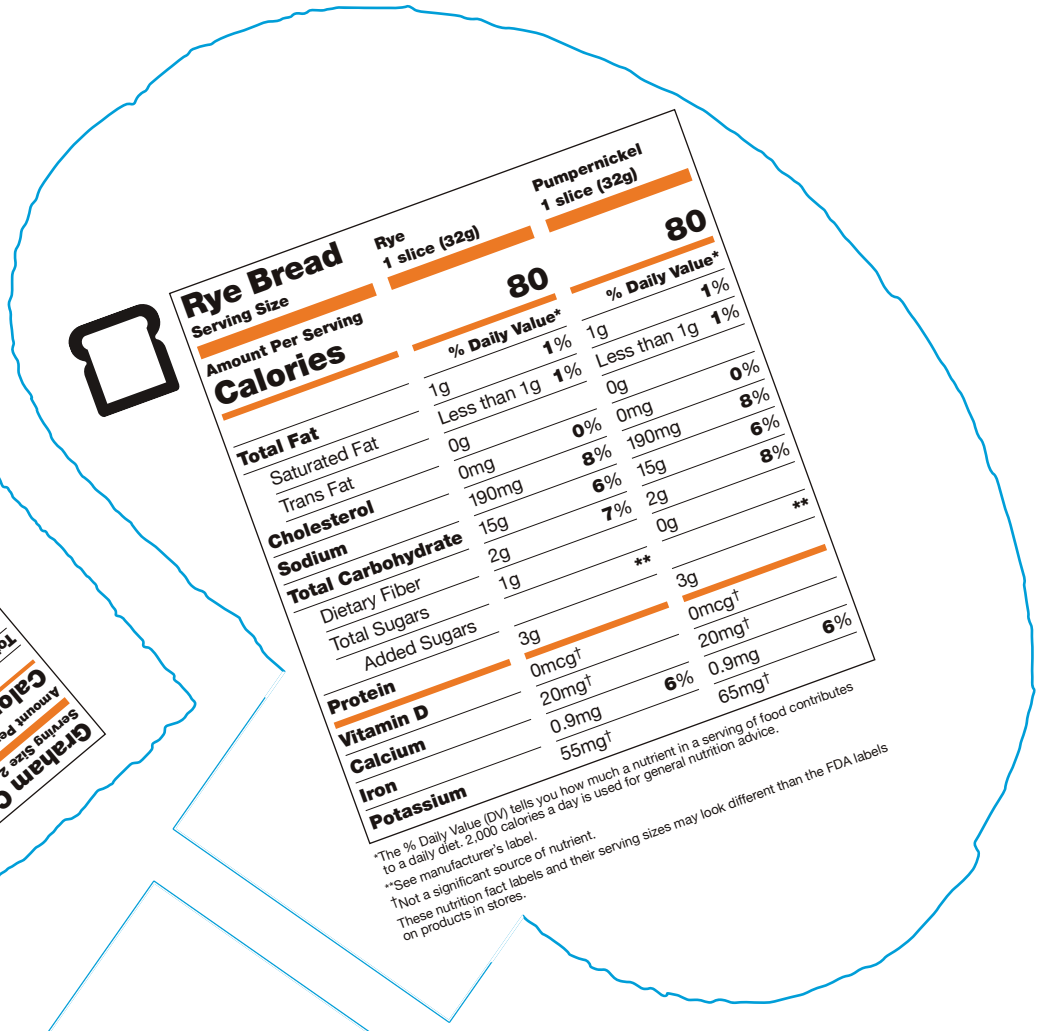
GRAHAM CRACKERS
2 crackers

WHITE BREAD
1 slice





SNACK CRACKERS
5 crackers


Rye Bread
Serving Size
Rye 1 slice (32g)
Pumpernickel 1 slice (32g)
Amount Per Serving
Calories 80 80
% Daily Value*
Total Fat 1g 1% 1g 1%
Saturated Fat Less than 1g 1% Less than 1g 1%
Trans Fat 0g 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 190mg 8% 190mg 8%
Total Carbohydrate 15g 6% 15g 6%
Dietary Fiber 2g 8% 2g 8%
Total Sugars 1g ** 0g **
Added Sugars 3g 3g
Protein 0mcg† 0mcg†
Vitamin D 20mg† 20mg† 6%
Calcium 0.9mg 6% 0.9mg
Iron 55mg† 65mg†
Potassium
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
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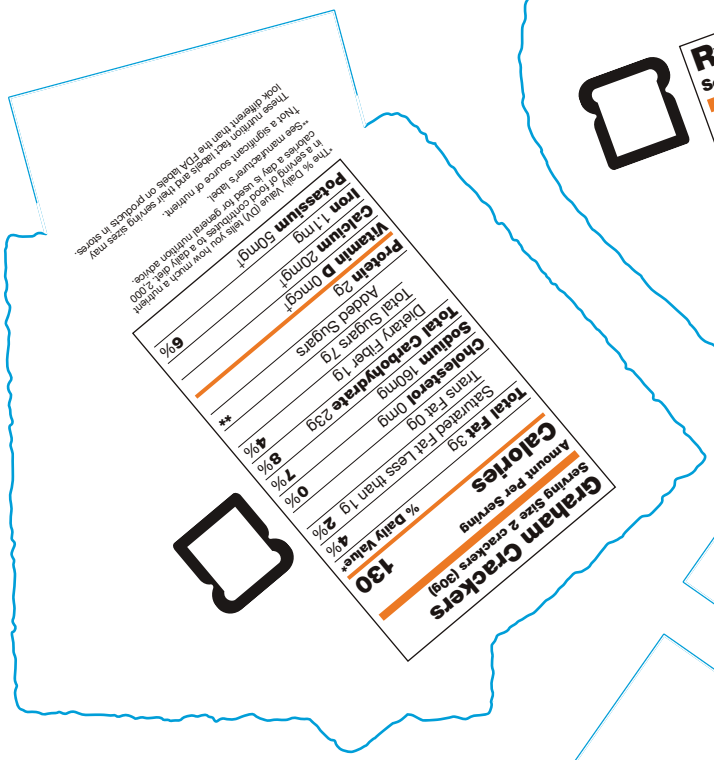
Graham Crackers
Serving Size 2 crackers (30g)
Amount Per Serving
Calories 130
% Daily Value*
Total Fat 3g 4%
Saturated Fat Less than 1g 2%
Trans Fat 0mg
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 23g 8%
Dietary Fiber 1g 4%
Total Sugars 7g **
Added Sugars
Protein 2g
Vitamin D 0mcg† 0%
Calcium 20mg† 2%
Iron 1.1mg 6%
Potassium 50mg†
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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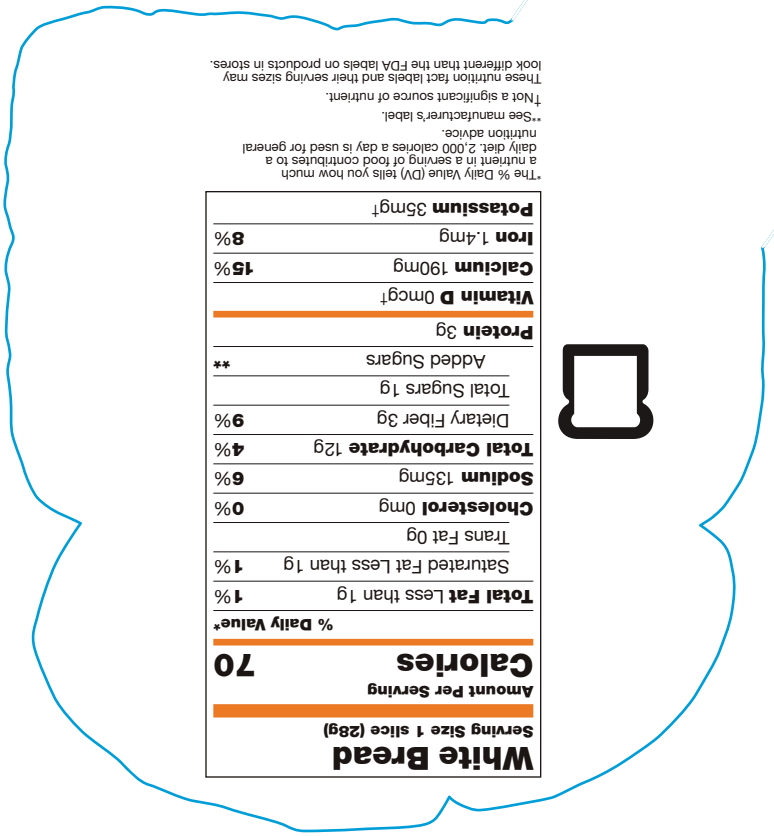
White Bread
Serving Size 1 slice (28g)
Amount Per Serving
Calories 70
% Daily Value*
Total Fat Less than 1g 1%
Saturated Fat Less than 1g 1%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 135mg 6%
Total Carbohydrate 12g 4%
Dietary Fiber 3g 9%
Total Sugars 1g
Added Sugars **
Protein 3g
Vitamin D 0mcg†
Calcium 190mg 15%
Iron 1.4mg 8%
Potassium 35mg†
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
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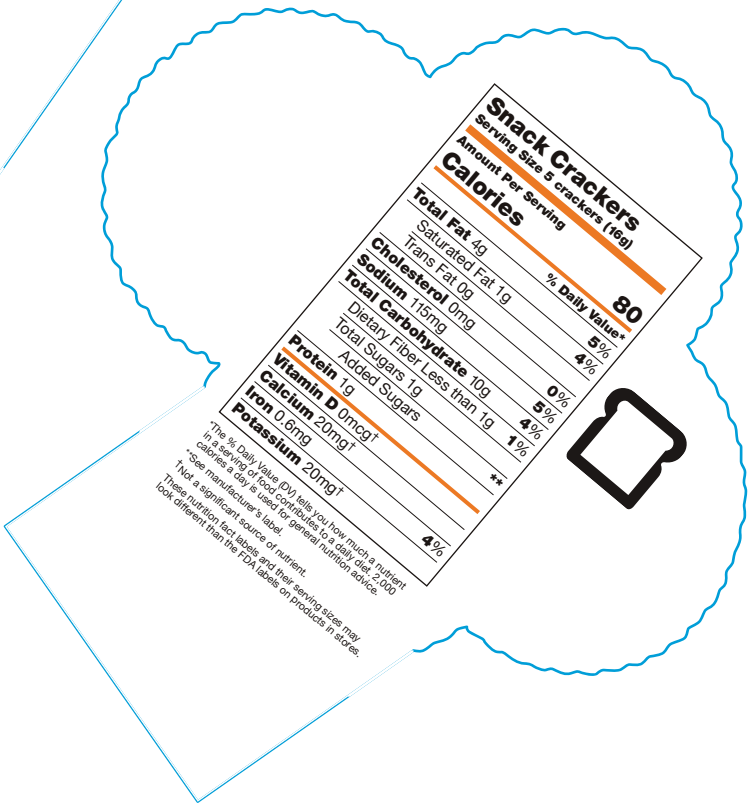
Snack Crackers
Serving Size 5 crackers (16g)
Amount Per Serving
Calories 80
% Daily Value*
Total Fat 4g 5%
Saturated Fat 1g
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 115mg 5%
Total Carbohydrate 10g 4%
Dietary Fiber Less than 1g 1%
Total Sugars 1g
Added Sugars **
Protein 1g
Vitamin D 0mcg†
Calcium 20mg† 4%
Iron 0.6mg
Potassium 20mg† 4%
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†Not a significant source of nutrient.
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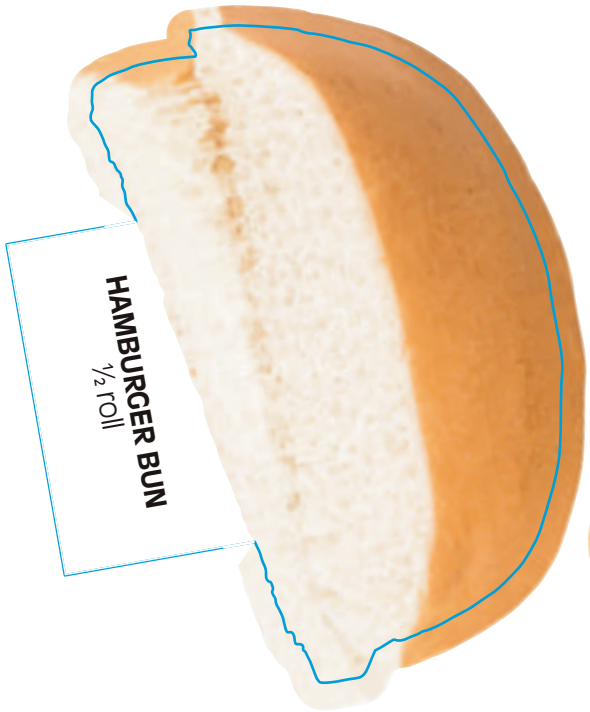
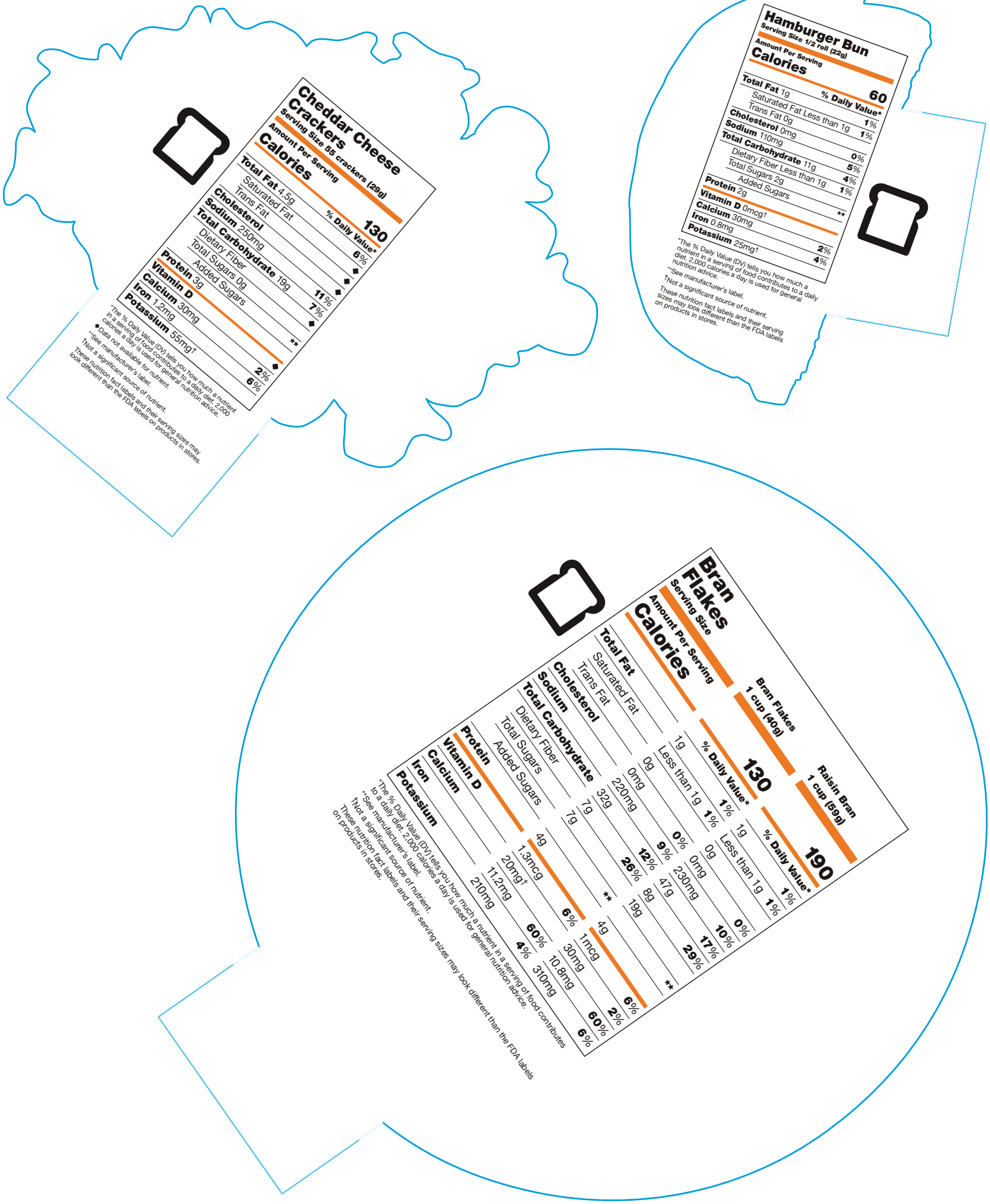


HAMBURGER BUN
½ roll

CHEDDAR CHEESE CRACKERS
55 crackers

BRAN FLAKES
1 cup


Cheddar Cheese Crackers
Serving Size 55 crackers (29g)
Amount Per Serving
Calories 130
% Daily Value*
Total Fat 4.5g 6%
Saturated Fat
Trans Fat
Cholesterol 0%
Sodium 250mg 11%
Total Carbohydrate 19g 7%
Dietary Fiber
Total Sugars 0g
Added Sugars **
Protein 3g
Vitamin D 2%
Calcium 30mg 6%
Iron 1.2mg
Potassium 55mg† 2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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Hamburger Bun
Serving Size 1/2 roll (22g)
Amount Per Serving
Calories 60
% Daily Value*
Total Fat 1g 1%
Saturated Fat Less than 1g
Trans Fat 0g
Cholesterol 0mg 1%
Sodium 110mg 0%
Total Carbohydrate 11g 5%
Dietary Fiber Less than 1g 4%
Total Sugars 2g 1%
Added Sugars
Protein 2g **
Vitamin D 0mcg† 2%
Calcium 30mg 4%
Iron 0.8mg
Potassium 25mg†
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**See manufacturer's label.
†Not a significant source of nutrient.
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Bran Flakes
Serving Size
Amount Per Serving
Calories
Bran Flakes 1 cup (40g) 130
Raisin Bran 1 cup (59g) 190
% Daily Value*
Total Fat
Saturated Fat 1g 1%
Trans Fat Less than 1g 1%
Cholesterol 0mg 0%
Sodium 220mg 9%
Total Carbohydrate 32g 12%
Dietary Fiber 7g 26%
Total Sugars 7g **
Added Sugars 4g 6%
Protein 1.3mcg
Vitamin D 20mg† 1mcg 6%
Calcium 112mg 30mg 2%
Iron 210mg 10.8mg 60%
Potassium 310mg 6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
†Not a significant source of nutrient.
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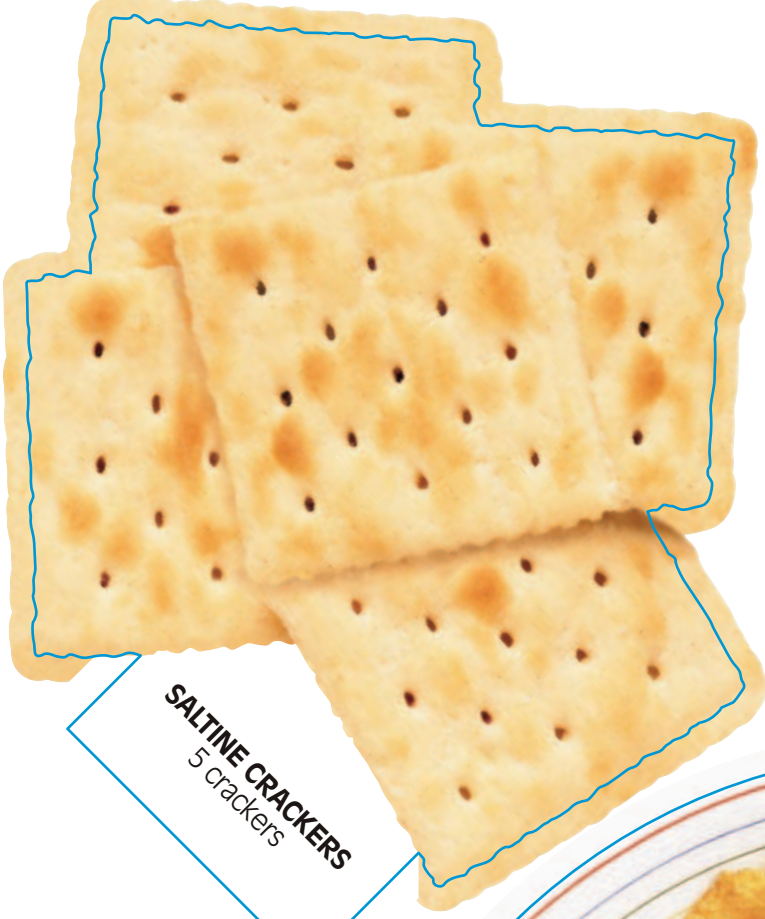
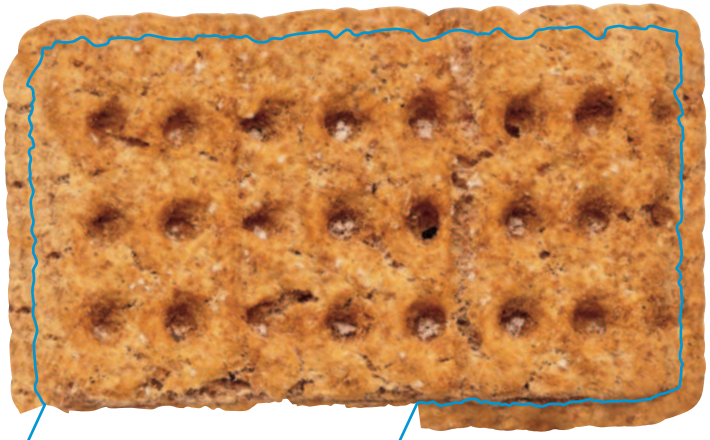
1g Less than 1g 1% 1g Less than 1g 1%
0g 0mg 0% 0g 0mg 0%
220mg 9% 230mg 10%
32g 12% 47g 17%
7g 26% 8g 29%
7g ** 19g **
4g 4g

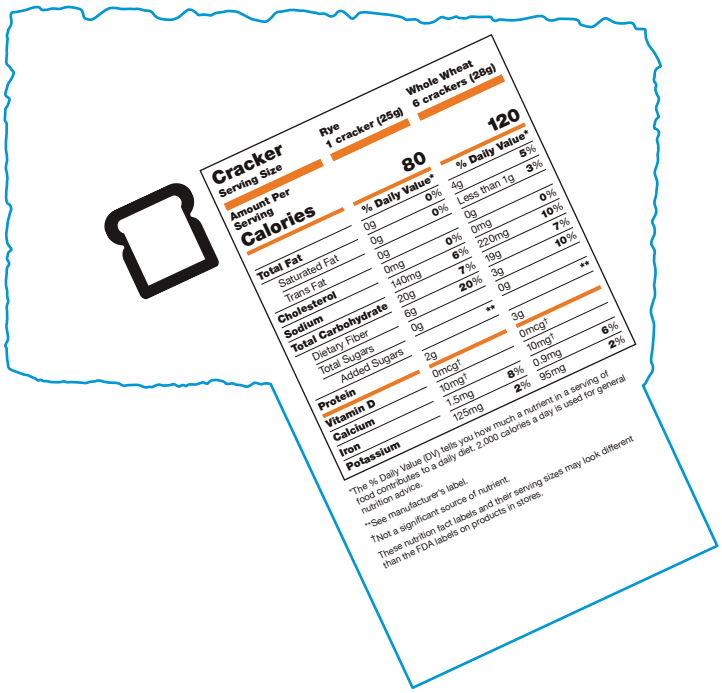


SALTINE CRACKERS
5 crackers



RYE CRACKER
1 cracker

CORN FLAKES
1 cup



Cracker
Serving Size

Amount Per Serving	Rye 1 cracker (25g)	Whole Wheat 6 crackers (28g)
Calories	**80**	**120**
	% Daily Value*	% Daily Value*
Total Fat	0g	0%	4g	5%
Saturated Fat	0g	0%	Less than 1g	3%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	140mg	6%	220mg	10%
Total Carbohydrate	20g	7%	19g	7%
Dietary Fiber	0g	0%	3g	10%
Total Sugars	6g	**	0g	
Added Sugars				
Protein	2g		3g	
Vitamin D	0mcg†	0%	0mcg†	0%
Calcium	10mg†	0%	10mg†	6%
Iron	1.5mg	8%	0.9mg	2%
Potassium	125mg	2%	95mg	

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Saltine Crackers
Serving Size 5 crackers (15g)

Amount Per Serving	
Calories	**60**
	% Daily Value*
Total Fat 1.5g	
Saturated Fat Less than 1g	2%
Trans Fat 0g	1%
Cholesterol 0mg	
Sodium 140mg	0%
Total Carbohydrate 11g	6%
Dietary Fiber Less than 1g	4%
Total Sugars 0g	1%
Added Sugars	
Protein 1g	**
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.8mg	
Potassium 25mg†	4%

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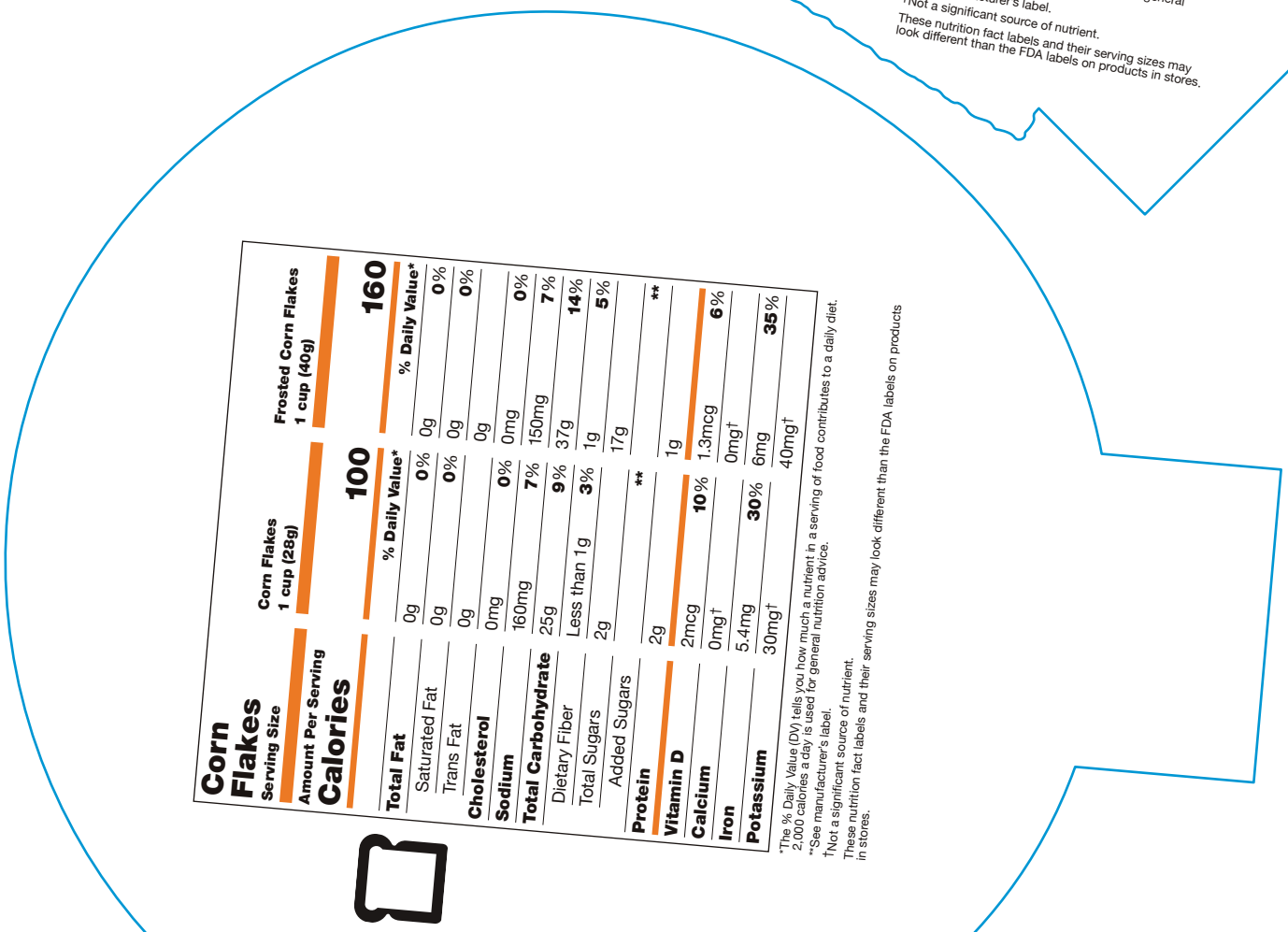

Corn Flakes
Serving Size

Amount Per Serving	Corn Flakes 1 cup (28g)	Frosted Corn Flakes 1 cup (40g)
Calories	**100**	**160**
	% Daily Value*	% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	160mg	7%	150mg	7%
Total Carbohydrate	25g	9%	37g	14%
Dietary Fiber	Less than 1g	3%	1g	5%
Total Sugars	2g		17g	
Added Sugars		**		**
Protein	2g		1g	
Vitamin D	2mcg	10%	1.3mcg	6%
Calcium	0mg†		0mg†	
Iron	5.4mg	30%	6mg	35%
Potassium	30mg†		40mg†	

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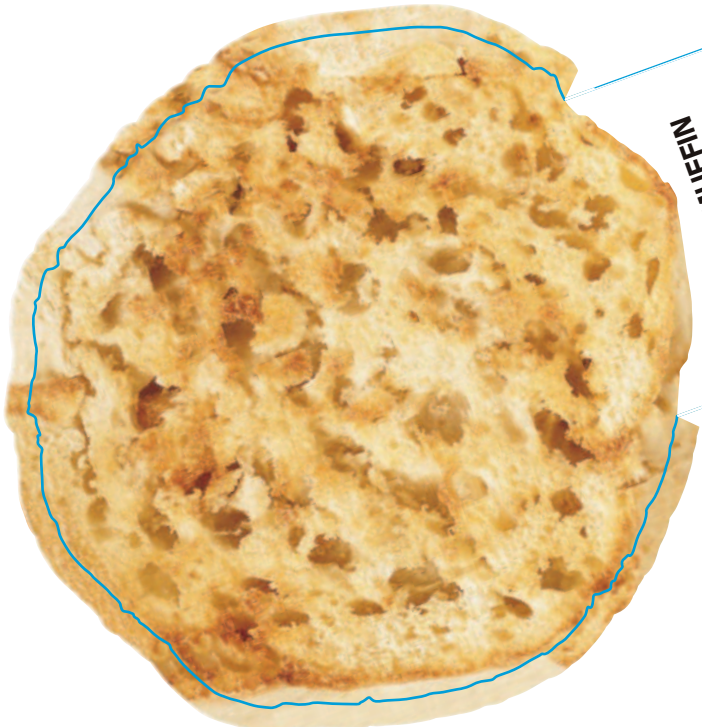
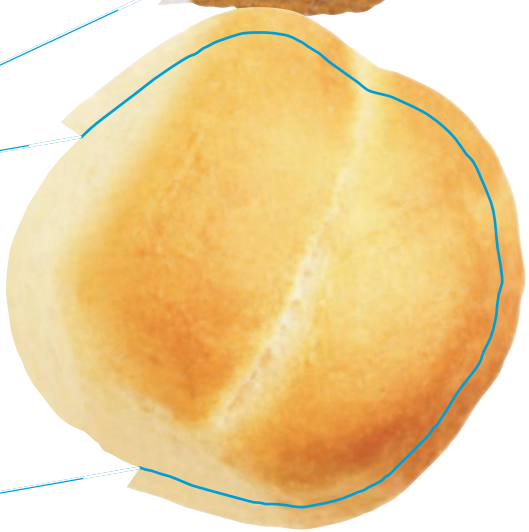
GRANOLA
¼ cup

BRAN MUFFIN
1 small



ENGLISH MUFFIN
½ muffin



DINNER ROLL
1 small

Granola
Serving Size 1/4 cup (1 oz) (28g)
Amount Per Serving
Calories 140

	% Daily Value*
Total Fat 7g	
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	9%
Total Sugars 6g	
Added Sugars	6%
Protein 4g	
Vitamin D 0mcg†	**
Calcium 20mg†	4%
Iron 1.1mg	6%
Potassium 150mg	4%

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Bran Muffin
Serving Size 1 small (66g)
Amount Per Serving
Calories 180

	% Daily Value*
Total Fat 5g	
Saturated Fat Less than 1g	6%
Trans Fat 0g	
Cholesterol 0mg	4%
Sodium 260mg	0%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Total Sugars 9g	
Added Sugars	11%
Protein 5g	
Vitamin D 0mcg†	**
Calcium 40mg	4%
Iron 2.8mg	15%
Potassium 340mg	8%

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English Muffin
Serving Size 1/2 muffin (28g)
Amount Per Serving
Calories 70

	% Daily Value*
Total Fat Less than 1g	
Saturated Fat Less than 1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber Less than 1g	3%
Total Sugars Less than 1g	
Added Sugars	4%
Protein 3g	
Vitamin D 0mcg†	**
Calcium 50mg	4%
Iron 1.2mg	6%
Potassium 35mg	1%

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Dinner Roll
Serving Size 1 small (28g)
Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 2g	
Saturated Fat Less than 1g	2%
Trans Fat 0g	
Cholesterol 0mg	2%
Sodium 130mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber Less than 1g	5%
Total Sugars 2g	
Added Sugars	2%
Protein 3g	
Vitamin D 0mcg†	**
Calcium 50mg	4%
Iron 1mg	6%
Potassium 40mg†	

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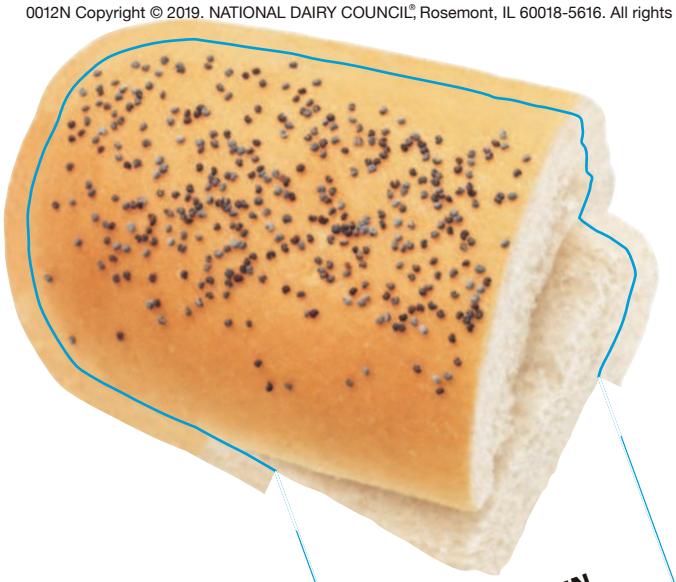
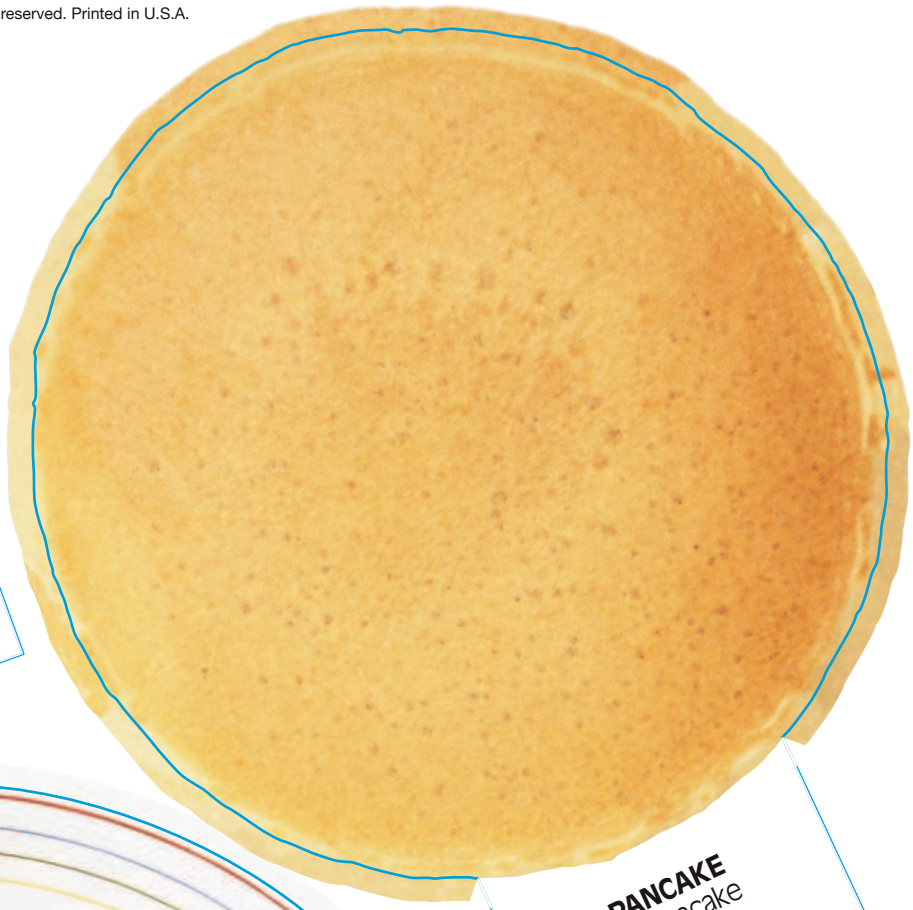
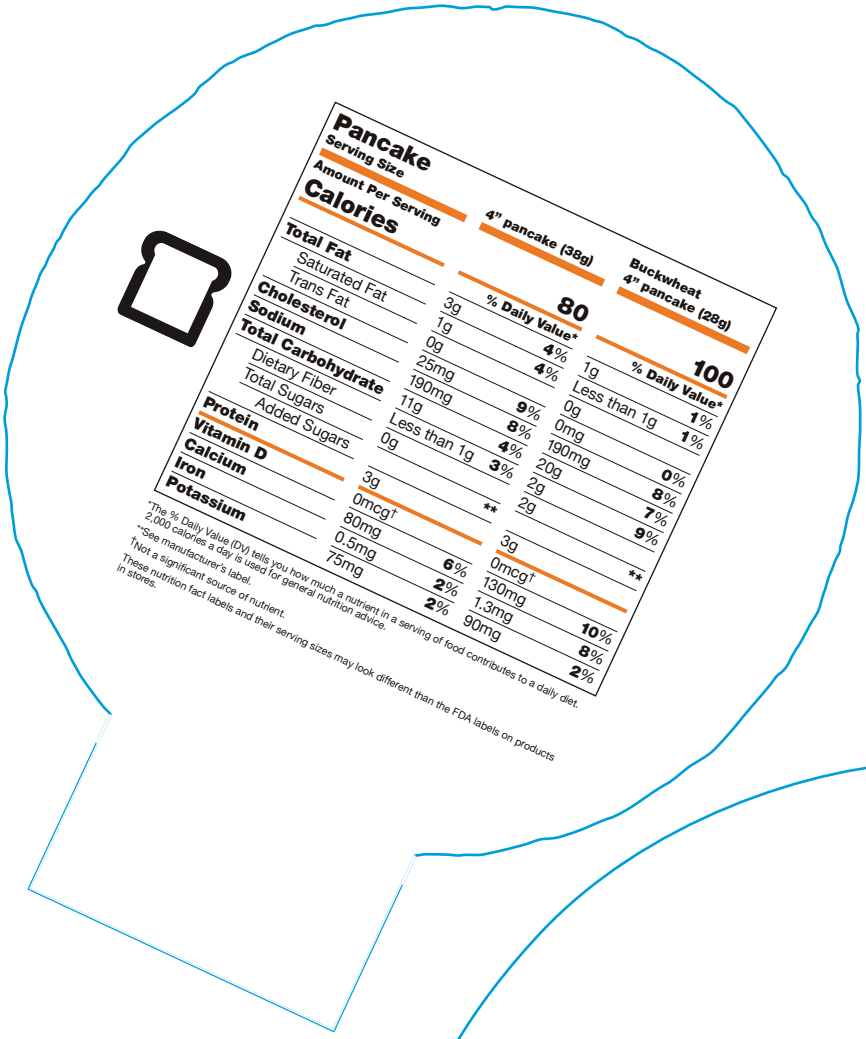


HOT DOG BUN
½ roll



PANCAKE
4" pancake

OATMEAL
½ cup



Pancake
Serving Size

Amount Per Serving	4" pancake (38g)	Buckwheat 4" pancake (28g)
Calories	80	100
	% Daily Value*	% Daily Value*
Total Fat	3g 4%	1g 1%
Saturated Fat	1g 4%	Less than 1g 1%
Trans Fat	0g	0g
Cholesterol	25mg 9%	0mg 0%
Sodium	190mg 8%	190mg 8%
Total Carbohydrate	11g 4%	20g 7%
Dietary Fiber	Less than 1g 3%	2g 9%
Total Sugars	0g	2g
Added Sugars	**	**
Protein	3g	3g
Vitamin D	0mcg†	0mcg†
Calcium	80mg 6%	130mg 10%
Iron	0.5mg 2%	1.3mg 8%
Potassium	75mg 2%	90mg 2%

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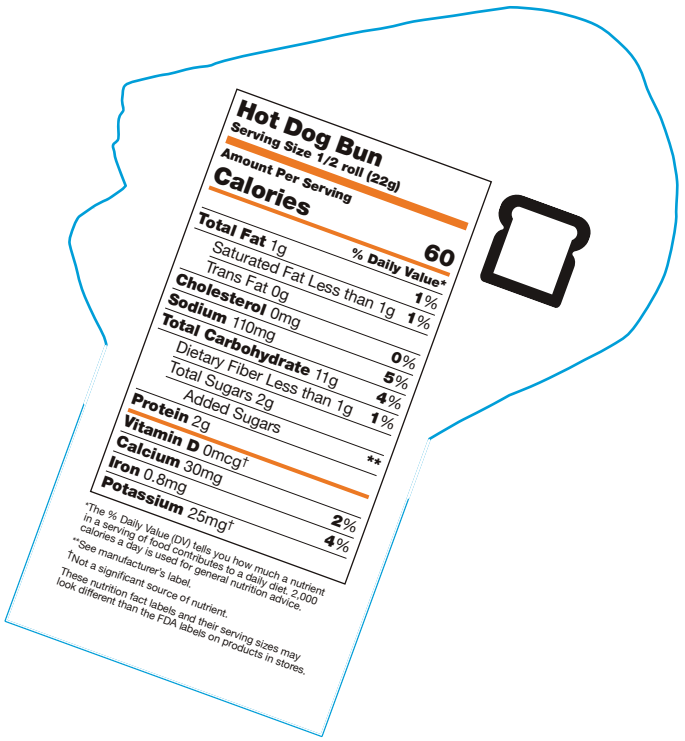

Hot Dog Bun
Serving Size 1/2 roll (22g)

Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 1g	1%
Saturated Fat Less than 1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber Less than 1g	1%
Total Sugars 2g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	2%
Calcium 30mg	4%
Iron 0.8mg	
Potassium 25mg†	

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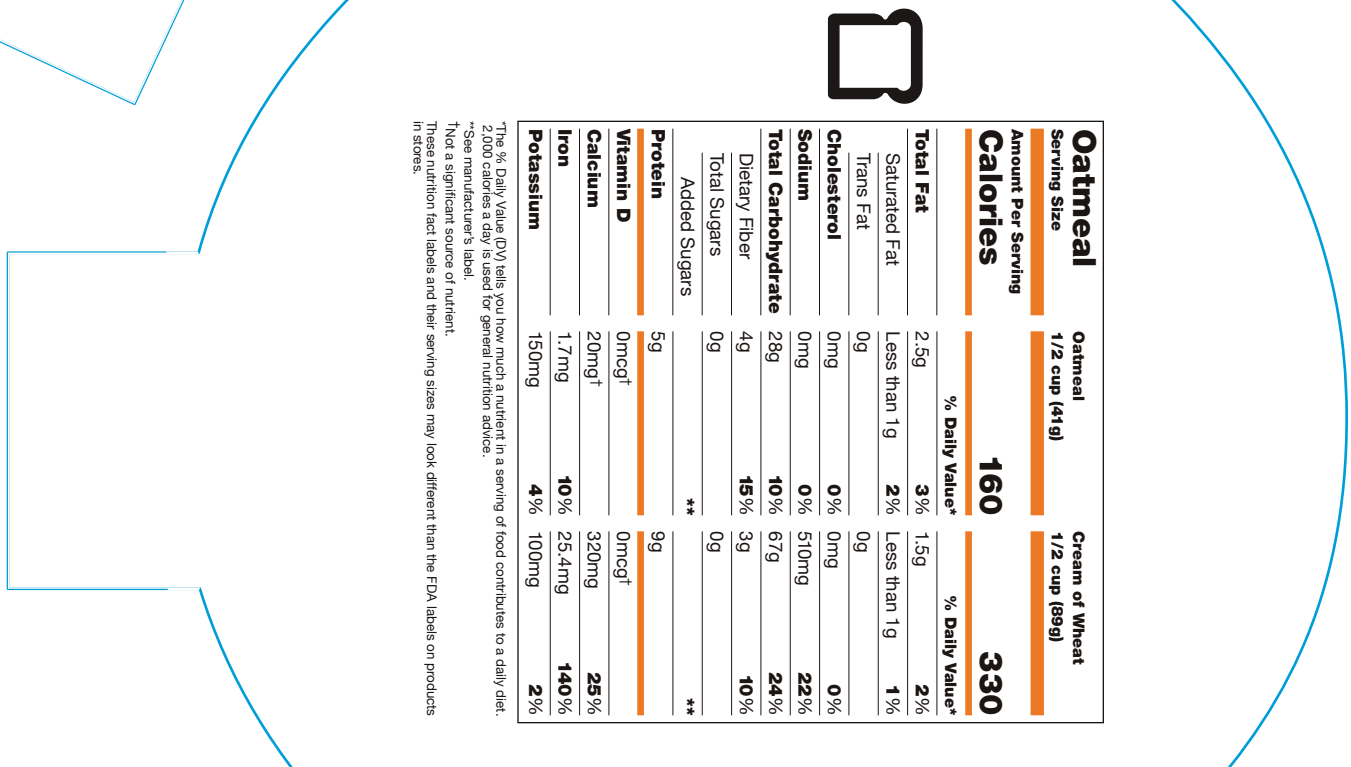

Oatmeal
Serving Size

Amount Per Serving	Oatmeal 1/2 cup (41g)	Cream of Wheat 1/2 cup (89g)
Calories	160	330
	% Daily Value*	% Daily Value*
Total Fat	2.5g 3%	1.5g 2%
Saturated Fat	Less than 1g 2%	Less than 1g 1%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	0mg 0%	510mg 22%
Total Carbohydrate	28g 10%	67g 24%
Dietary Fiber	4g 15%	3g 10%
Total Sugars	0g	0g
Added Sugars	**	**
Protein	5g	9g
Vitamin D	0mcg†	0mcg†
Calcium	20mg†	320mg 25%
Iron	1.7mg 10%	25.4mg 140%
Potassium	150mg 4%	100mg 2%

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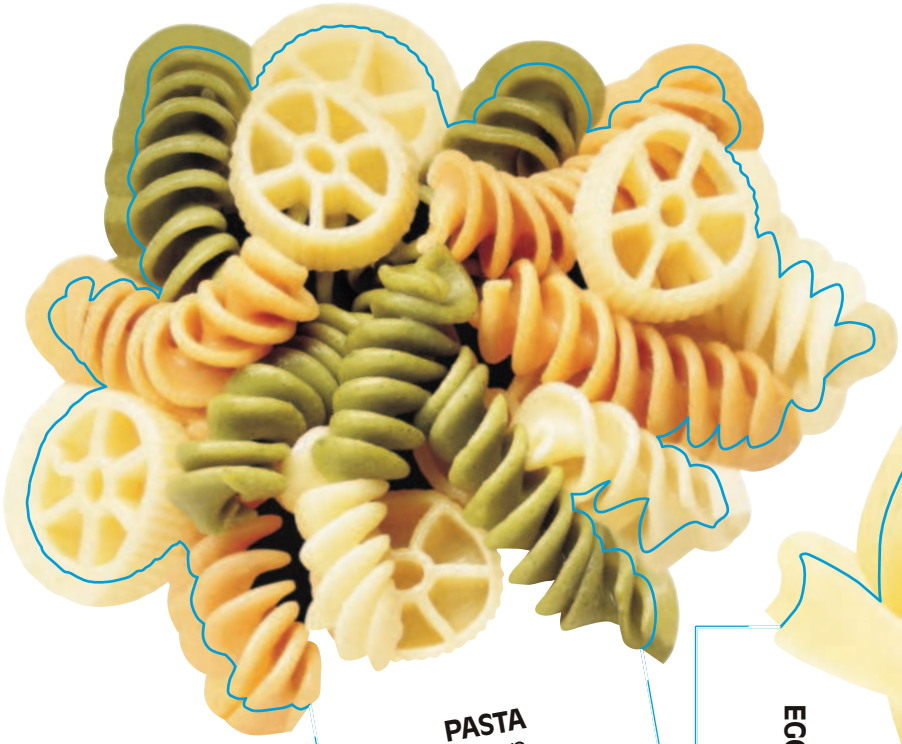
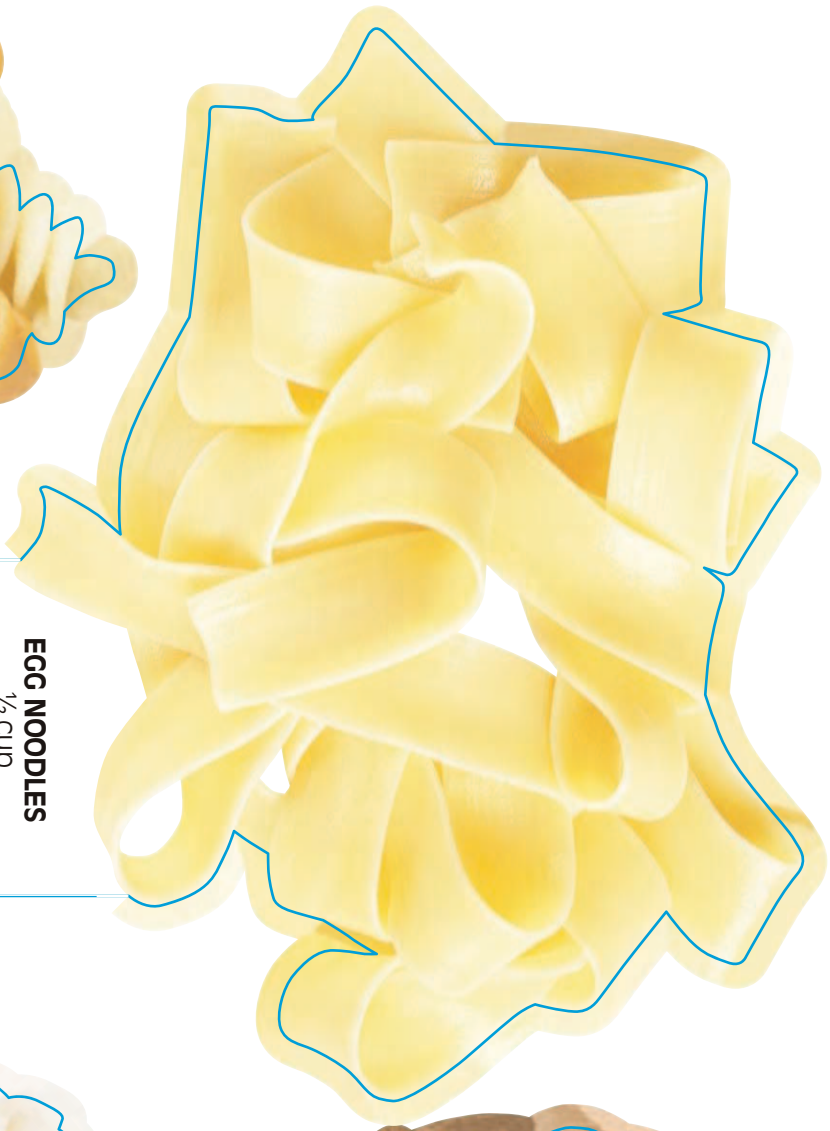


PASTA
½ cup



EGG NOODLES
½ cup

RICE
½ cup

SOBA NOODLES
½ cup

Egg Noodles

Serving Size 1/2 cup (80g)

Amount Per Serving	
Calories	**110**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat Less than 1g	**2%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 0mg	**0%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Added Sugars	**
Protein 4g	
Vitamin D 0.1mcg†	
Calcium 10mg†	**6%**
Iron 1.2mg	
Potassium 30mg†	

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Pasta

Serving Size	Plain 1/2 cup (60g)		Vegetable 1/2 cup (67g)	
Amount Per Serving				
Calories	**100**		**90**	
		% Daily Value*		**% Daily Value***
Total Fat	1g	**1%**	0g	**0%**
Saturated Fat	Less than 1g	**1%**	0g	**0%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	0mg	**0%**	0mg	**6%**
Total Carbohydrate	19g	**7%**	18g	**10%**
Dietary Fiber	1g	**4%**	3g	
Total Sugars	0g		Less than 1g	**
Added Sugars		**		
Protein	3g		3g	
Vitamin D	0mcg†		0mcg†	
Calcium	0mg†	**4%**	10mg†	
Iron	0.8mg		0.3mg†	
Potassium	25mg†		20mg†	

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Soba Noodles

Serving Size 1/2 cup (57g)

Amount Per Serving	
Calories	**60**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**1%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.3mg†	
Potassium 20mg†	

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**See manufacturer's label.

†Not a significant source of nutrient.

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Rice

Serving Size	White 1/2 cup (79g)		Long Grain Brown 1/2 cup (101g)		Wild 1/2 cup (82g)	
Amount Per Serving						
Calories	**100**		**120**		**80**	
		% Daily Value*		**% Daily Value***		**% Daily Value***
Total Fat	0g	**0%**	1g	**1%**	0g	**0%**
Saturated Fat	0g	**0%**	Less than 1g	**1%**	0g	**0%**
Trans Fat	0g		0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**	0mg	**0%**
Sodium	0mg	**0%**	0mg	**0%**	0mg	**0%**
Total Carbohydrate	22g	**8%**	26g	**9%**	18g	**6%**
Dietary Fiber	Less than 1g	**1%**	2g	**6%**	2g	**5%**
Total Sugars	0g		Less than 1g		Less than 1g	
Added Sugars	0g	**0%**	0g	**0%**	0g	**0%**
Protein	2g		3g		3g	
Vitamin D	0mcg†		0mcg†		0mcg†	
Calcium	10mg†		0mg†		0mg†	
Iron	1mg	**6%**	0.6mg	**4%**	0.5mg	**2%**
Potassium	30mg†		85mg	**2%**	85mg	**2%**

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†Not a significant source of nutrient.

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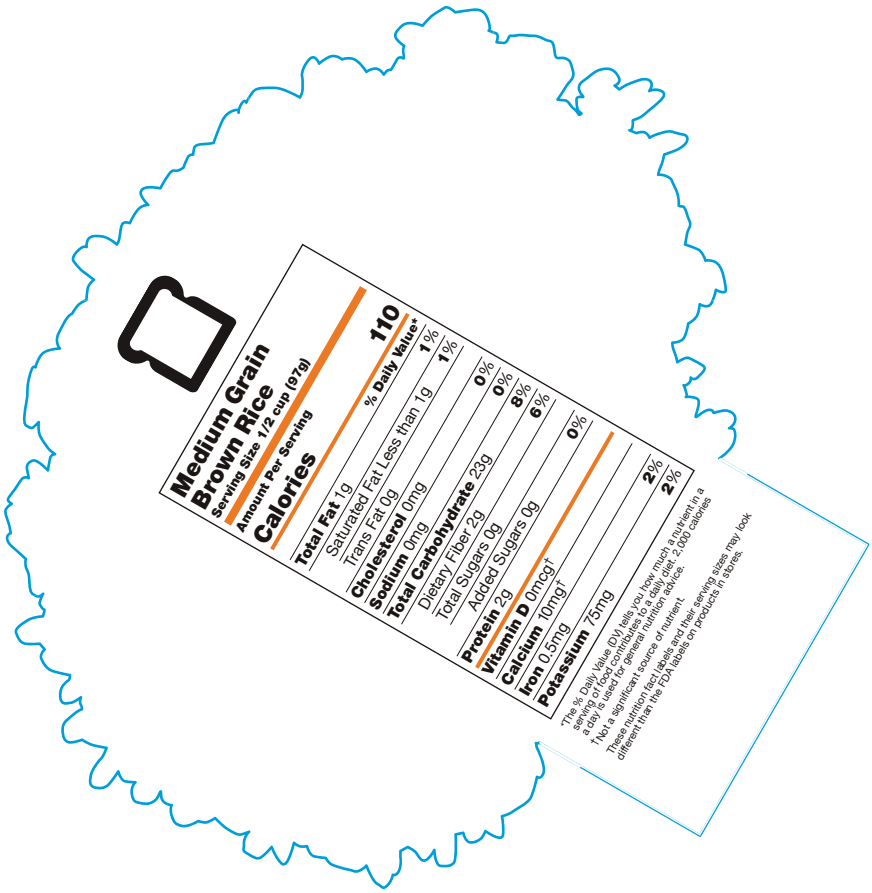
POLENTA
½ cup

BROWN RICE
½ cup

COUSCOUS
½ cup

WHOLE WHEAT DINNER ROLL
1 small


Medium Grain Brown Rice
Serving Size 1/2 cup (97g)
Amount Per Serving
Calories 110
% Daily Value*
Total Fat 1g 1%
Saturated Fat Less than 1g 1%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 23g 8%
Dietary Fiber 2g 6%
Total Sugars 0g
Added Sugars 0g 0%
Protein 2g
Vitamin D 0mcg† 2%
Calcium 10mg† 2%
Iron 0.5mg
Potassium 75mg
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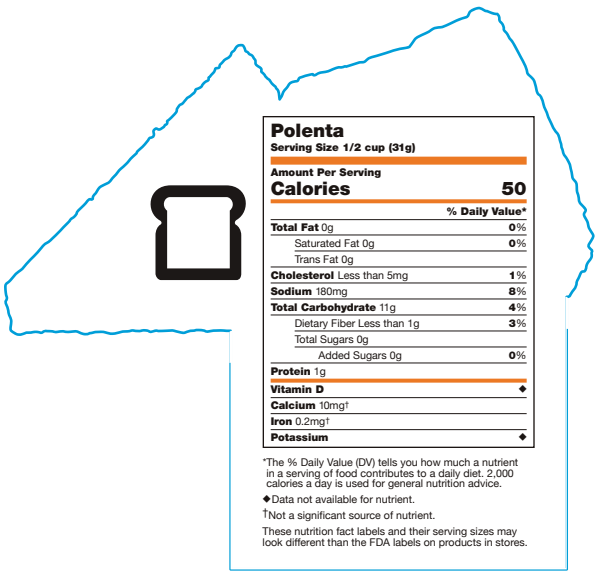
Polenta
Serving Size 1/2 cup (31g)
Amount Per Serving
Calories 50
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol Less than 5mg 1%
Sodium 180mg 8%
Total Carbohydrate 11g 4%
Dietary Fiber Less than 1g 3%
Total Sugars 0g
Added Sugars 0g 0%
Protein 1g
Vitamin D ◆
Calcium 10mg†
Iron 0.2mg†
Potassium ◆
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆Data not available for nutrient.
†Not a significant source of nutrient.
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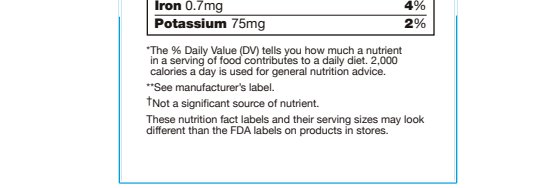
Whole Wheat Dinner Roll
Serving Size 1 small (28g)
Amount Per Serving
Calories 70
% Daily Value*
Total Fat 1.5g 2%
Saturated Fat Less than 1g 1%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 150mg 6%
Total Carbohydrate 14g 5%
Dietary Fiber 2g 8%
Total Sugars 2g
Added Sugars **
Protein 2g
Vitamin D 0mcg† 0%
Calcium 30mg 2%
Iron 0.7mg 4%
Potassium 75mg 2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
†Not a significant source of nutrient.
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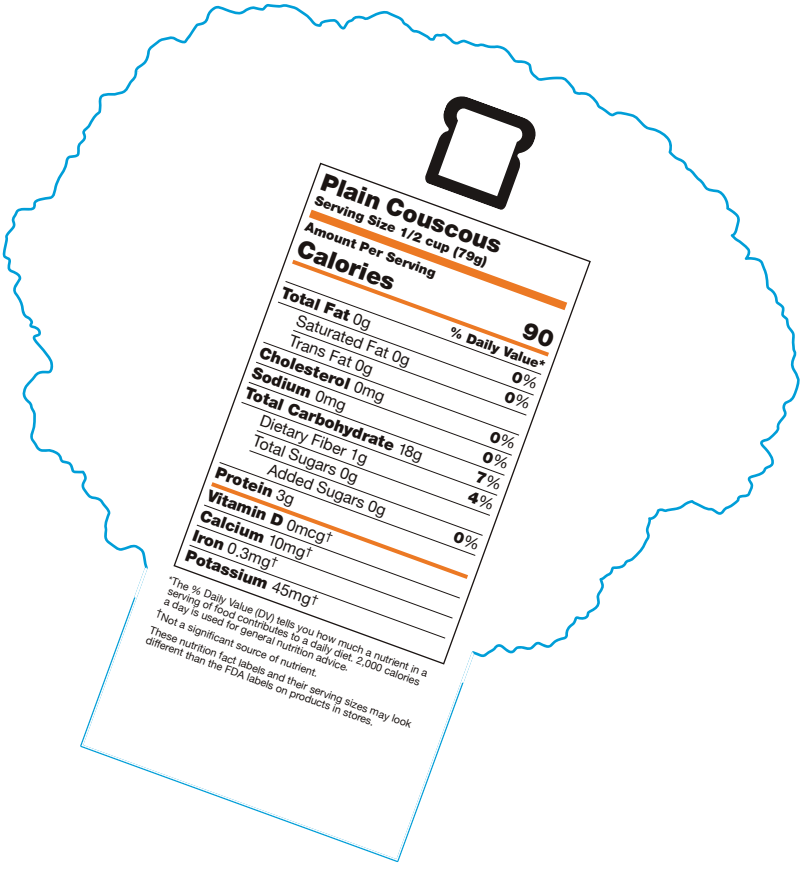
Plain Couscous
Serving Size 1/2 cup (79g)
Amount Per Serving
Calories 90
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 18g 7%
Dietary Fiber 1g 4%
Total Sugars 0g
Added Sugars 0g 0%
Protein 3g
Vitamin D 0mcg† 0%
Calcium 10mg† 0%
Iron 0.3mg† 2%
Potassium 45mg† 2%
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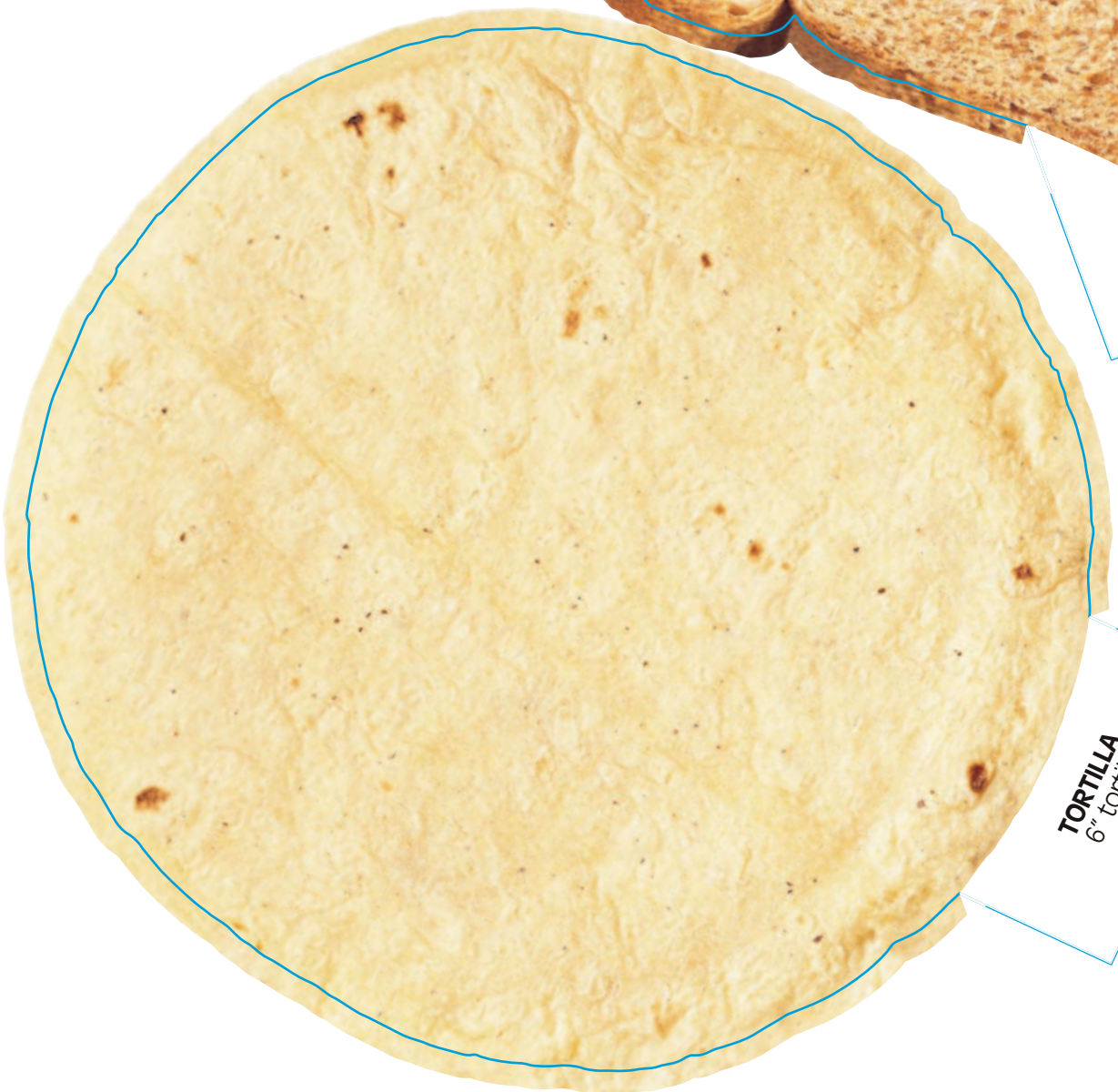
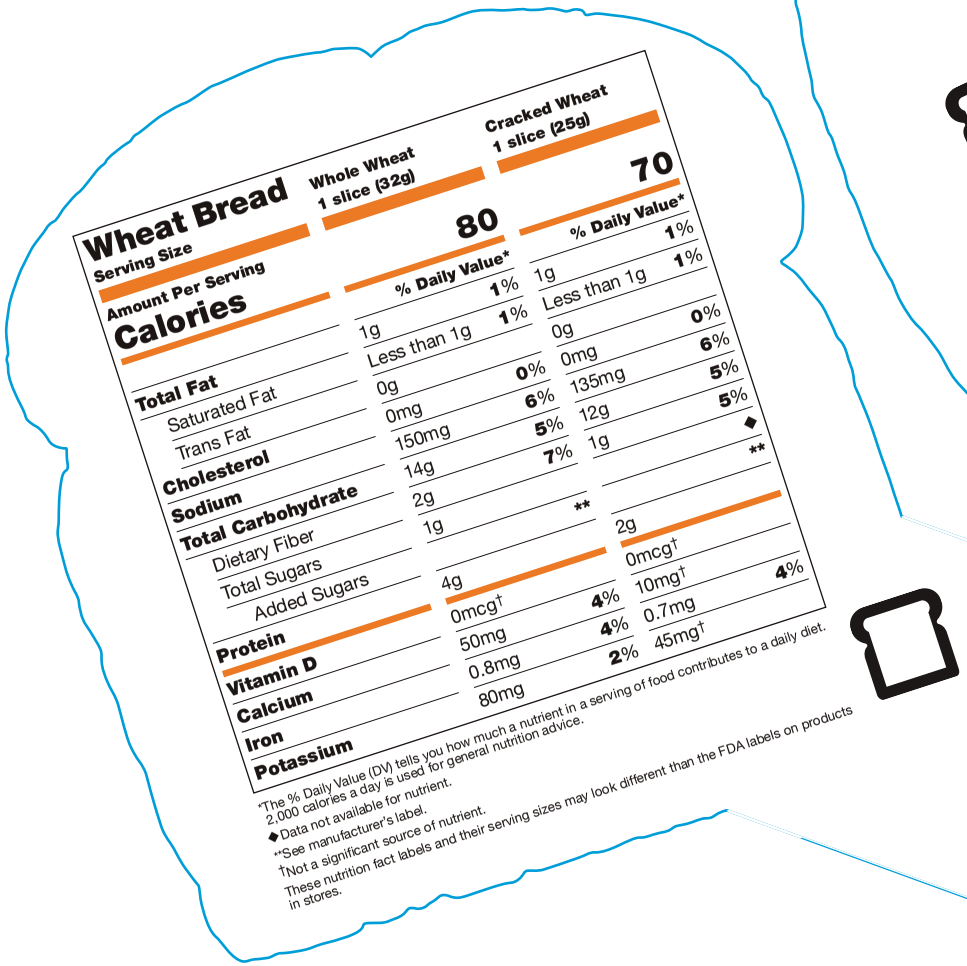
WHOLE WHEAT BREAD
1 slice



TORTILLA
6" tortilla

CARD 35



Wheat Bread	Whole Wheat 1 slice (32g)		Cracked Wheat 1 slice (25g)	
Serving Size				
Amount Per Serving		% Daily Value*		% Daily Value*
Calories	80		70	
Total Fat	1g	1%	1g	1%
Saturated Fat	Less than 1g	1%	Less than 1g	1%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	150mg	6%	135mg	6%
Total Carbohydrate	14g	5%	12g	5%
Dietary Fiber	2g	7%	1g	◆
Total Sugars	1g	**		**
Added Sugars			2g	
Protein	4g		0mcg†	
Vitamin D	0mcg†	4%	10mg†	4%
Calcium	50mg	4%	0.7mg	
Iron	0.8mg	2%	45mg†	
Potassium	80mg			

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◆Data not available for nutrient.
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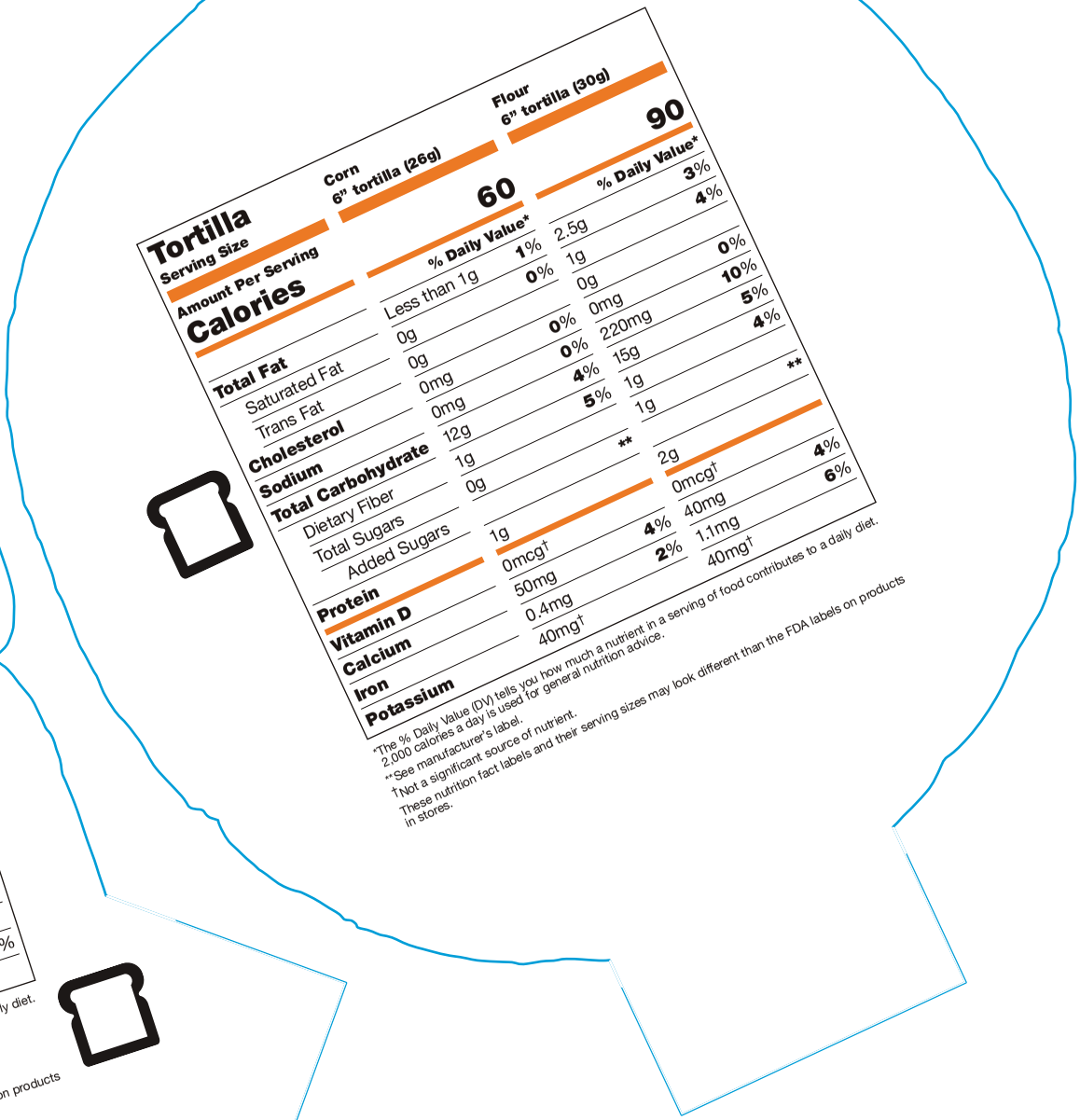

Tortilla	Corn 6" tortilla (26g)		Flour 6" tortilla (30g)	
Serving Size				
Amount Per Serving		% Daily Value*		% Daily Value*
Calories	60		90	
Total Fat	Less than 1g	1%	2.5g	3%
Saturated Fat	0g	0%	1g	4%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	4%	220mg	10%
Total Carbohydrate	12g	5%	15g	5%
Dietary Fiber	1g	**	1g	4%
Total Sugars	0g			**
Added Sugars			2g	
Protein	1g		0mcg†	4%
Vitamin D	0mcg†	4%	50mg	6%
Calcium	50mg	4%	0.4mg	
Iron	0.4mg	2%	40mg†	
Potassium	40mg†			

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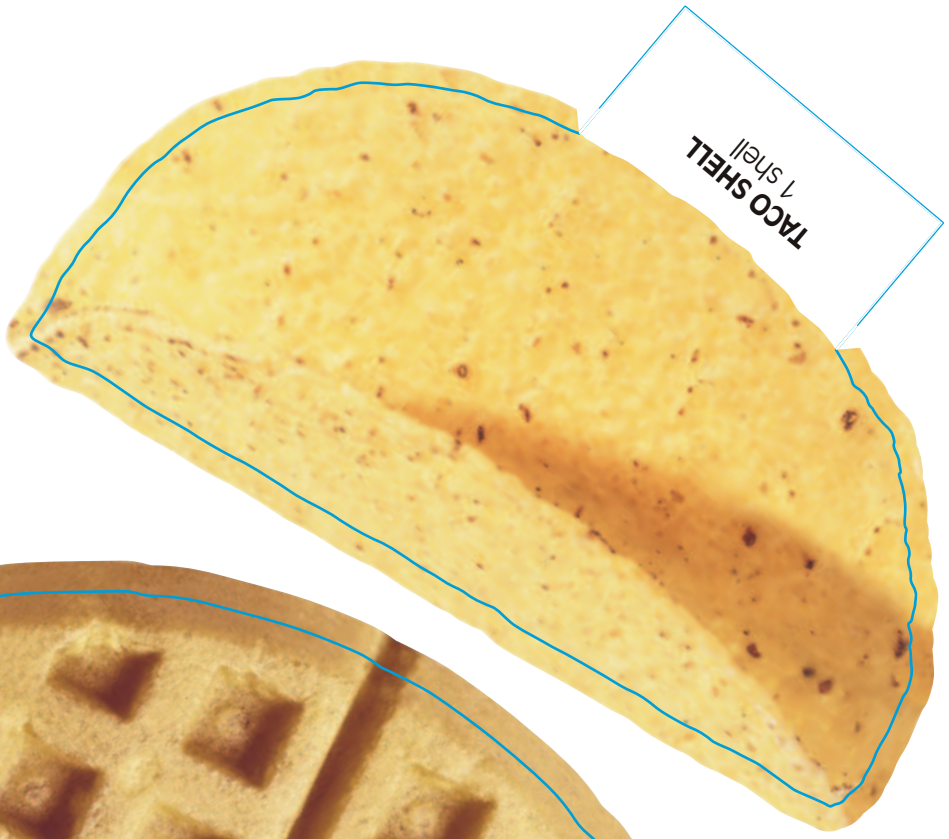

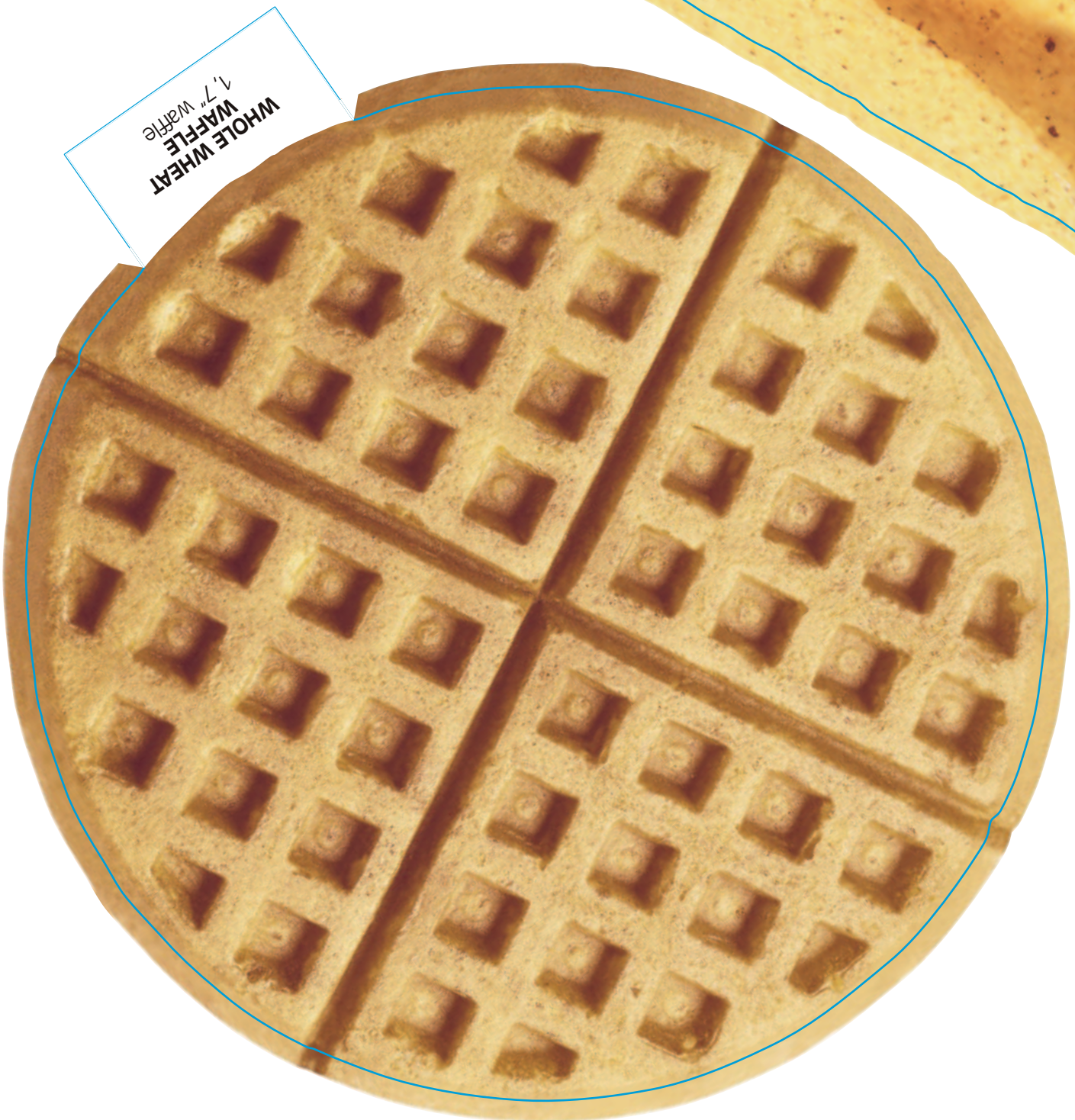

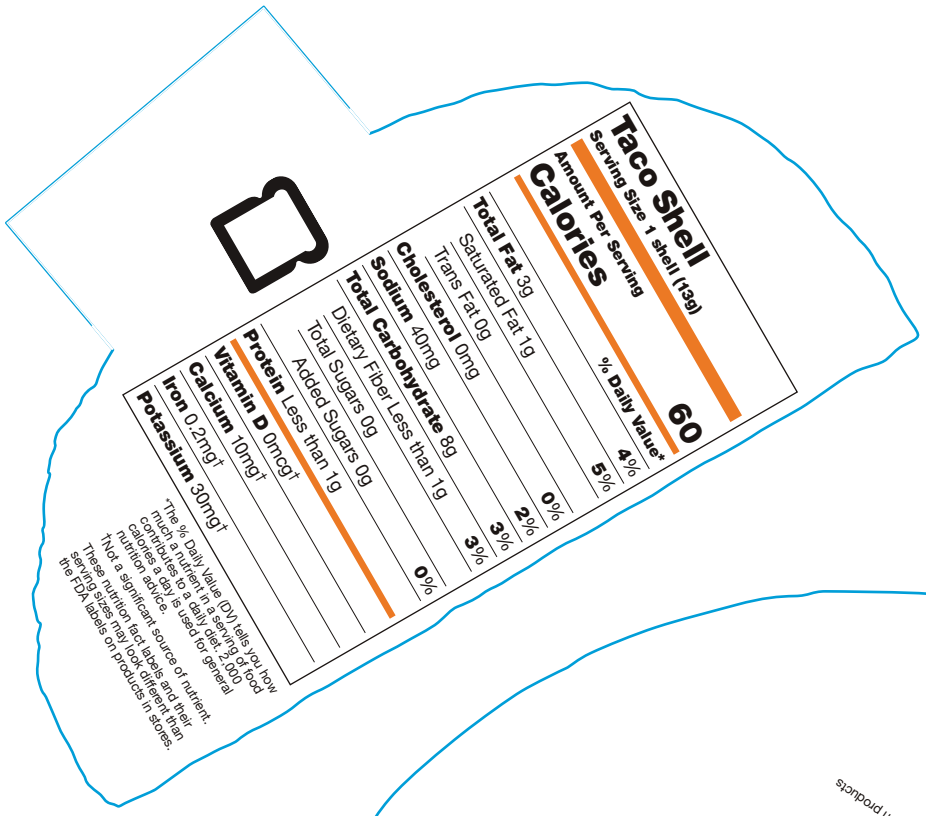

Taco Shell

Serving Size 1 shell (13g)

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber Less than 1g	3%
Total Sugars 0g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.2mg†	
Potassium 30mg†	

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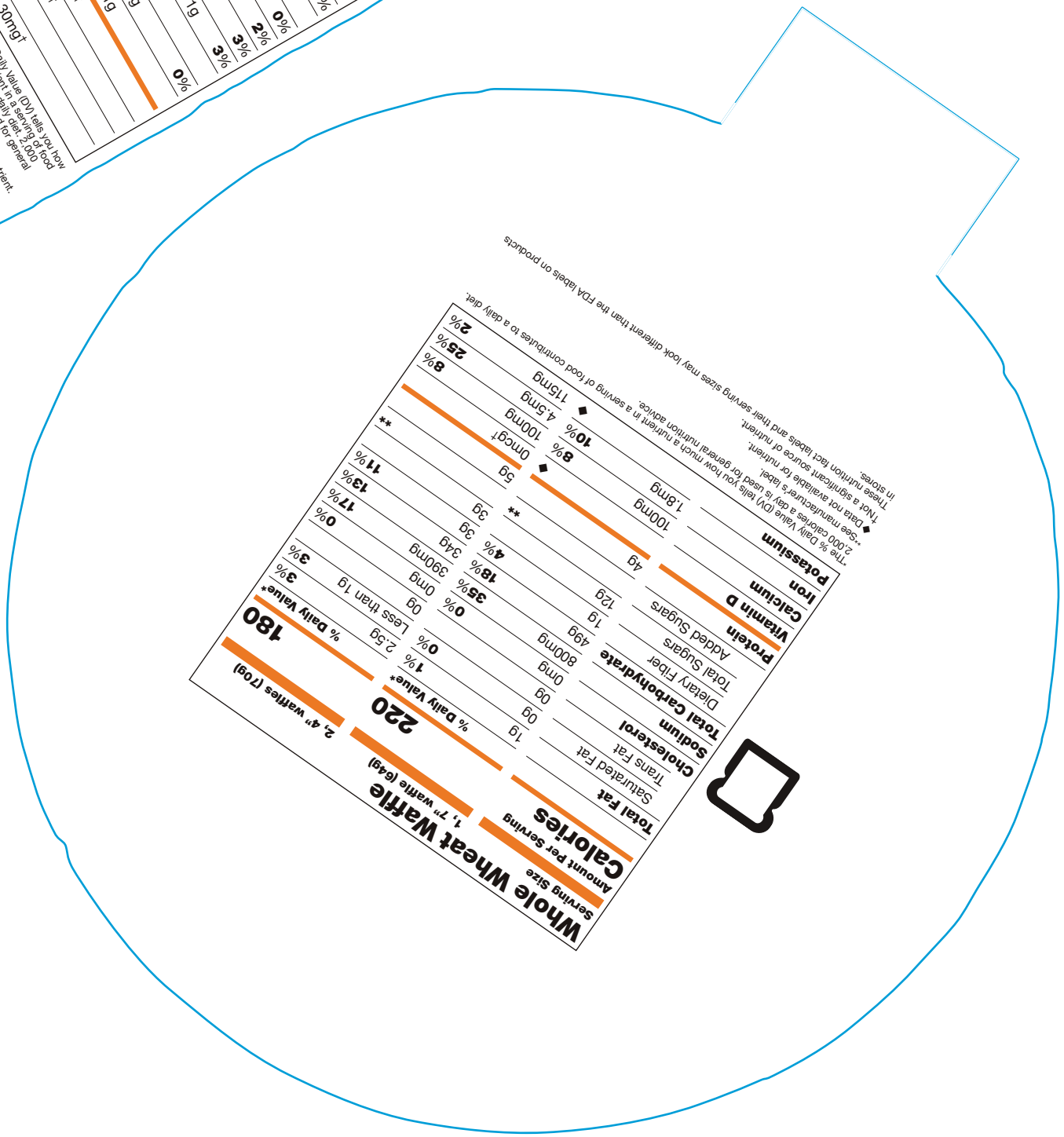

Whole Wheat Waffle

Serving Size 1, 7" waffle (64g)

Amount Per Serving

Calories 220

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	14%
Total Sugars 12g	
Added Sugars 9g	18%
Protein 4g	
Vitamin D 0mcg†	0%
Calcium 100mg	8% ◆
Iron 1.8mg	10% ◆
Potassium 100mg	2%

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†Not a significant source of nutrient.

◆See manufacturer's label for ingredients.

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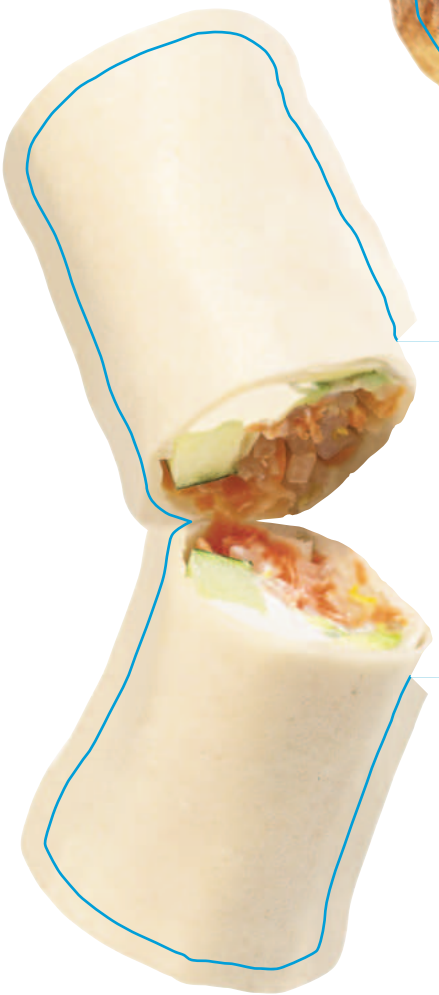
2, 4" waffles (76g) **180**

	% Daily Value*
Total Fat 3g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 34g	13%
Dietary Fiber 3g	11%
Total Sugars 2.5g	
Added Sugars Less than 1g	3%
Protein 3g	
Vitamin D 0mcg†	0%
Calcium 115mg	8%
Iron 4.3mg	25%
Potassium 150mg	2%

CHICKEN CHOW MEIN
1 cup



VEGETABLE SPRING ROLL
1 roll

VEGETABLE FRIED RICE
1 cup

Chicken Chow Mein
Serving Size 1 cup (250g)
Amount Per Serving
Calories 210
% Daily Value*
Total Fat 7g 9%
Saturated Fat 1g 6%
Trans Fat 0g
Cholesterol 40mg 13%
Sodium 80mg 3%
Total Carbohydrate 21g 8%
Dietary Fiber 3g 9%
Total Sugars 4g
Added Sugars 4g
Protein 17g
Vitamin D ◆
Calcium 50mg 4%
Iron 1.7mg 10%
Potassium 310mg 6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
◆Data not available for nutrient.
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Vegetable Spring Roll
Serving Size 1 roll (68g)
Amount Per Serving
Calories 150
% Daily Value*
Total Fat 4.5g 6%
Saturated Fat 1g 4%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 330mg 14%
Total Carbohydrate 22g 8%
Dietary Fiber 2g 6%
Total Sugars 4g
Added Sugars **
Protein 4g
Vitamin D 0mcg† 2%
Calcium 30mg 8%
Iron 1.3mg 4%
Potassium 150mg
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Vegetable Fried Rice
Serving Size 1 cup (129g)
Amount Per Serving
Calories 150
% Daily Value*
Total Fat 1g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 570mg 25%
Total Carbohydrate 30g 11%
Dietary Fiber 2g 8%
Total Sugars 2g
Added Sugars **
Protein 4g
Vitamin D ◆
Calcium 20mg† 4%
Iron 0.7mg
Potassium 20mg†
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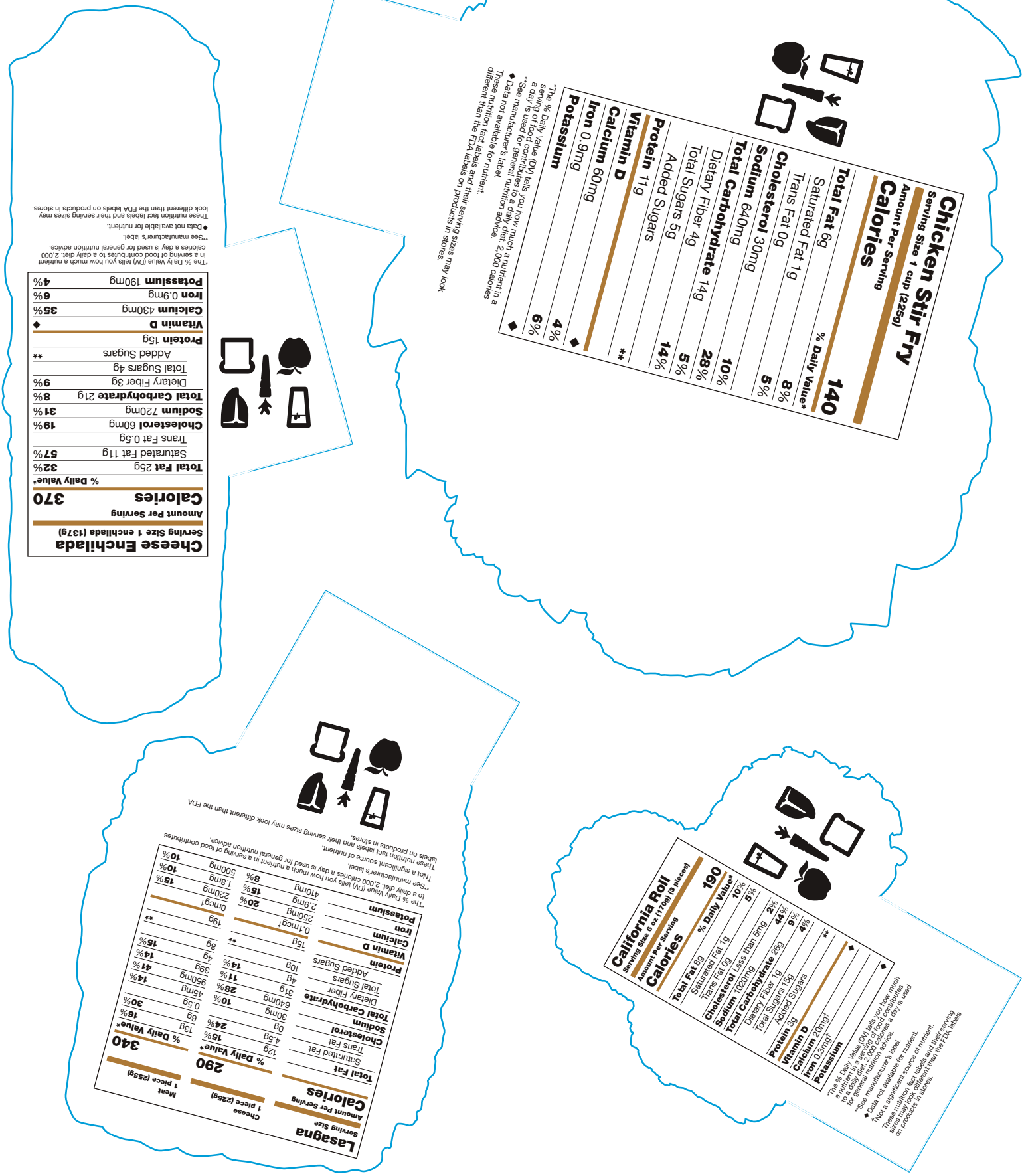
CHICKEN STIR-FRY
1 cup

CHEESE ENCHILADA
1 enchilada

LASAGNA
1 piece

CALIFORNIA ROLL
3 pieces

CARD 38



Chicken Stir Fry
Serving Size 1 cup (225g)
Amount Per Serving
Calories 140

	% Daily Value*
Total Fat 6g	
Saturated Fat 1g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 640mg	28%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Added Sugars	**
Protein 11g	
Vitamin D	◆
Calcium 60mg	4%
Iron 0.9mg	6%
Potassium	◆

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Cheese Enchilada
Serving Size 1 enchilada (137g)
Amount Per Serving
Calories 370

	% Daily Value*
Total Fat 25g	32%
Saturated Fat 11g	57%
Trans Fat 0.5g	
Cholesterol 60mg	19%
Sodium 720mg	31%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	9%
Total Sugars 4g	
Added Sugars	**
Protein 15g	
Vitamin D	◆
Calcium 430mg	35%
Iron 0.9mg	6%
Potassium 190mg	4%

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Lasagna

Serving Size	Cheese 1 piece (225g)	Meat 1 piece (255g)
Amount Per Serving		
Calories	**290**	**340**
	% Daily Value*	% Daily Value*
Total Fat	12g 15%	13g 16%
Saturated Fat	4.5g 24%	6g 30%
Trans Fat	0g	0.5g
Cholesterol	30mg 10%	45mg 14%
Sodium	640mg 28%	950mg 41%
Total Carbohydrate	31g 11%	39g 14%
Dietary Fiber	4g 14%	4g 15%
Total Sugars	10g	8g
Added Sugars	**	**
Protein	15g	19g
Vitamin D	0mcg†	0mcg†
Calcium	250mg 20%	220mg 15%
Iron	2.9mg 15%	1.8mg 10%
Potassium	410mg 8%	500mg 10%

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California Roll
Serving Size 6 oz (170g) (8 pieces)
Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Less than 5mg	2%
Sodium 1020mg	44%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 15g	
Added Sugars	**
Protein 5g	◆
Vitamin D	◆
Calcium 20mg†	
Iron 0.3mg†	
Potassium	◆

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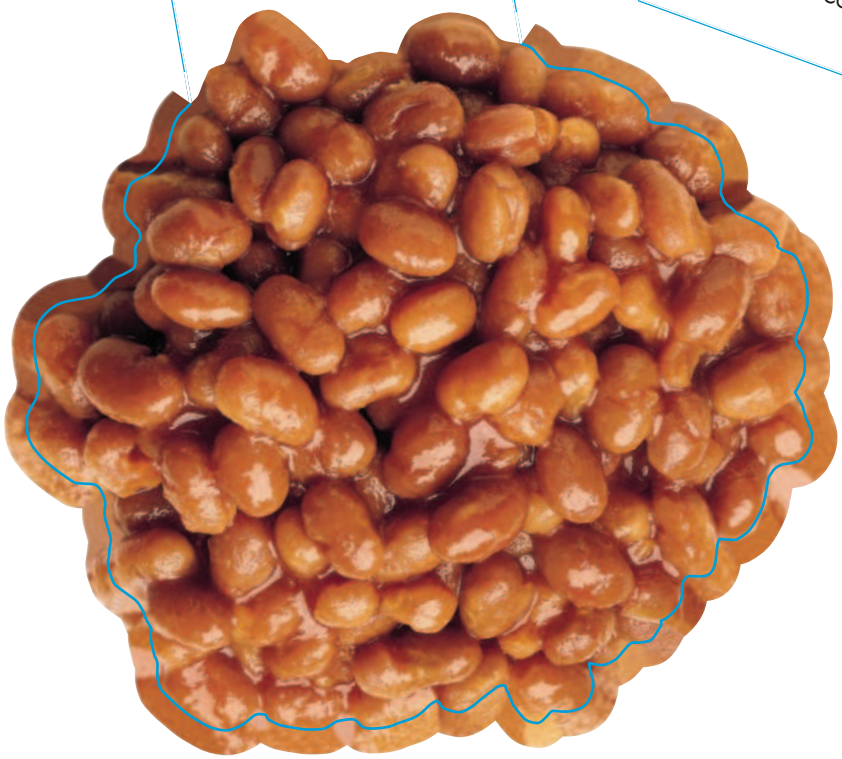
PIZZA
2 slices



BAKED BEANS
½ cups

TACO
1 taco

Cheese Pizza
Serving Size 2 slices (138g)

Amount Per Serving	
Calories	**360**
	% Daily Value*
Total Fat 15g	**20**%
Saturated Fat 8g	**39**%
Trans Fat 0g	
Cholesterol 30mg	**10**%
Sodium 650mg	**28**%
Total Carbohydrate 40g	**14**%
Dietary Fiber 4g	**15**%
Total Sugars 5g	
Added Sugars	**
Protein 16g	
Vitamin D 0mcg†	**25**%
Calcium 310mg	**15**%
Iron 3mg	**6**%
Potassium 280mg	

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Taco
Serving Size 1 taco (134g)

Amount Per Serving	
Calories	**290**
	% Daily Value*
Total Fat 14g	**19**%
Saturated Fat 6g	**30**%
Trans Fat 1g	
Cholesterol 45mg	**15**%
Sodium 680mg	**30**%
Total Carbohydrate 24g	**9**%
Dietary Fiber 2g	**7**%
Total Sugars 3g	
Added Sugars	**
Protein 17g	◆
Vitamin D	**10**%
Calcium 160mg	**15**%
Iron 2.5mg	**6**%
Potassium 330mg	

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Baked Beans

Amount per Serving	Canned with Pork 1/2 cup (127g)
Serving Size	
Calories	**120**
	% Daily Value*
Total Fat 1g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 4mg	**1**%
Sodium 280mg	**12**%
Total Carbohydrate 27g	**10**%
Dietary Fiber 7g	**25**%
Total Sugars 10g	
Added Sugars 0g	**
Protein 6g	
Vitamin D 0mcg	**0**%
Calcium 68mg	**6**%
Iron 2mg	**10**%
Potassium 360mg	**8**%

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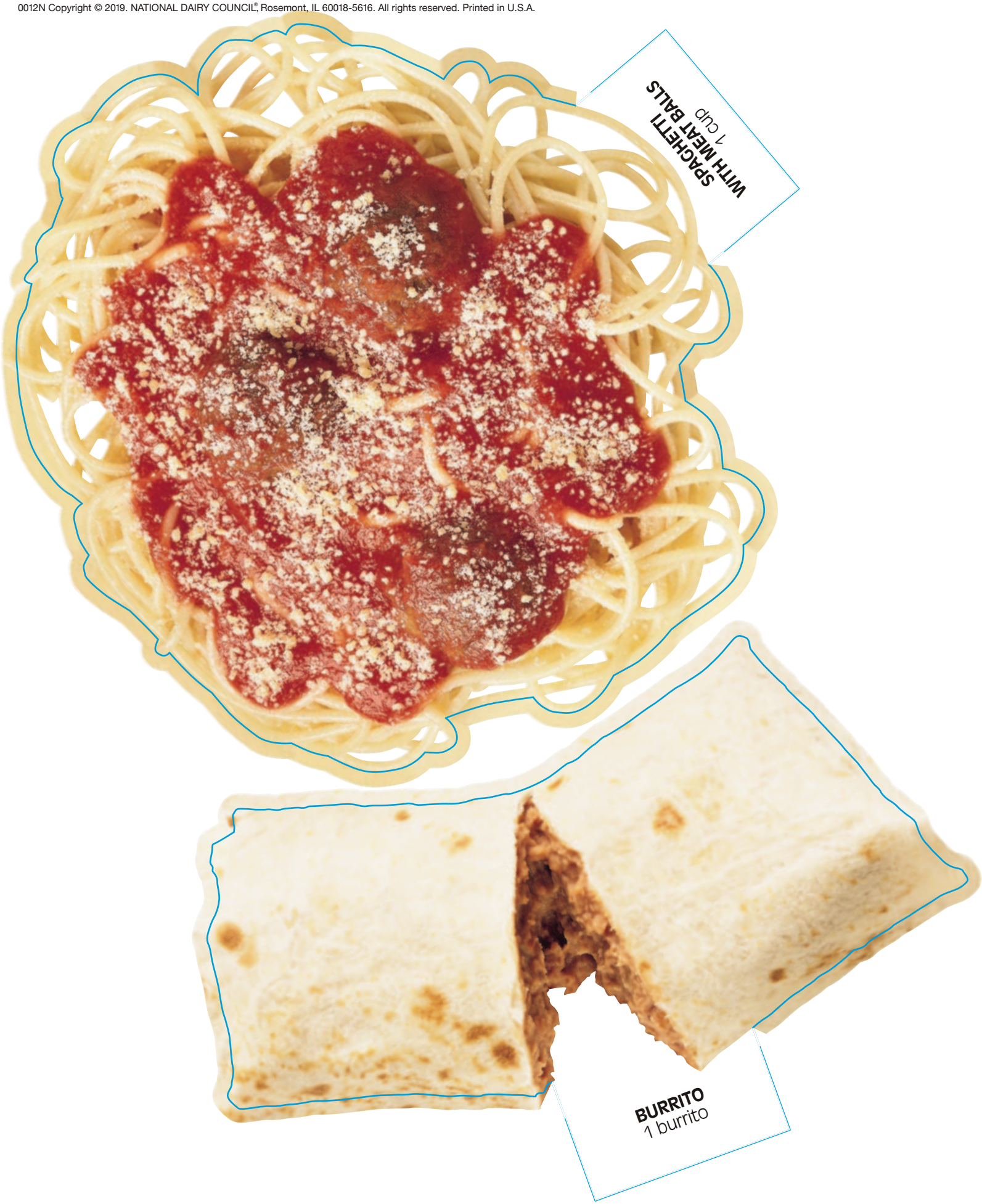

SPAGHETTI WITH MEAT BALLS
1 cup

BURRITO
1 burrito

Spaghetti and Meatballs

Serving Size

Amount Per Serving

	Canned 1 cup (248g)	% Daily Value*	Homemade 1 cup (134g)	% Daily Value*
Calories	**250**		**230**	
Total Fat	11g	**13%**	10g	**15%**
Saturated Fat	4g	**18%**	3.5g	**21%**
Trans Fat	0g		0g	
Cholesterol	25mg	**8%**	15mg	**5%**
Sodium	470mg	**20%**	690mg	**30%**
Total Carbohydrate	21g	**8%**	28g	**10%**
Dietary Fiber	2g	**7%**	7g	**24%**
Total Sugars	3g	**	7g	**
Added Sugars	0.5mg	■	0.5mg	■
Protein	11g	**22%**	11g	**24%**
Vitamin D	60mg	**4%**	70mg	**6%**
Calcium	1.7mg	**10%**	2.5mg	**15%**
Iron	280mg	**6%**	530mg	**10%**
Potassium				

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**See manufacturer's label.

■Data not available for nutrient.

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Burrito

Serving Size

Amount Per Serving

	Bean 1 burrito (109g)	% Daily Value*	Beef 1 burrito (116g)	% Daily Value*
Calories	**220**		**350**	
Total Fat	7g	**9%**	14g	**18%**
Saturated Fat	3.5g	**17%**	4.5g	**24%**
Trans Fat	Less than 5mg	**1%**	10mg	**3%**
Cholesterol	490mg	**22%**	760mg	**33%**
Sodium	36g	**13%**	45g	**16%**
Total Carbohydrate		■	8g	**29%**
Dietary Fiber	7g	**	2g	**
Total Sugars			10g	
Added Sugars	60mg	**4%**	50mg	**4%**
Protein	2.3mg	**15%**	3.6mg	**20%**
Vitamin D	330mg	**6%**	310mg	**6%**
Calcium				
Iron				
Potassium				

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**See manufacturer's label.

■Data not available for nutrient.

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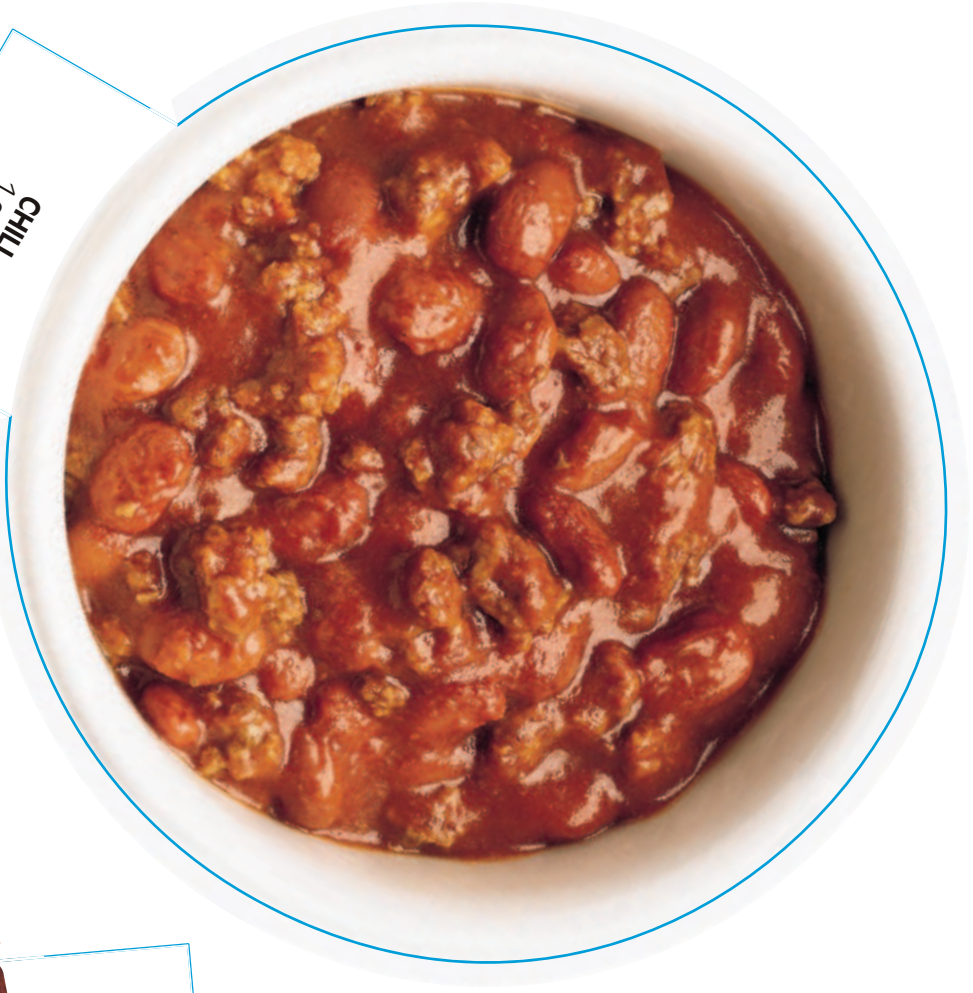
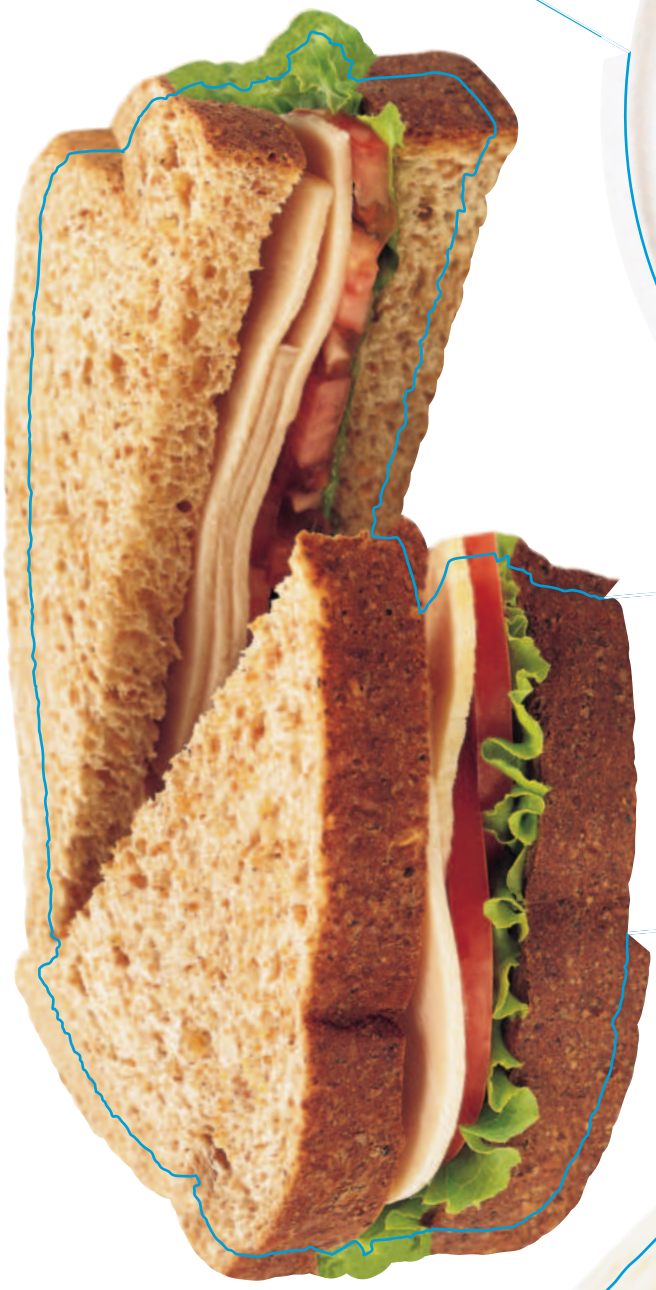
CHILI
1 cup

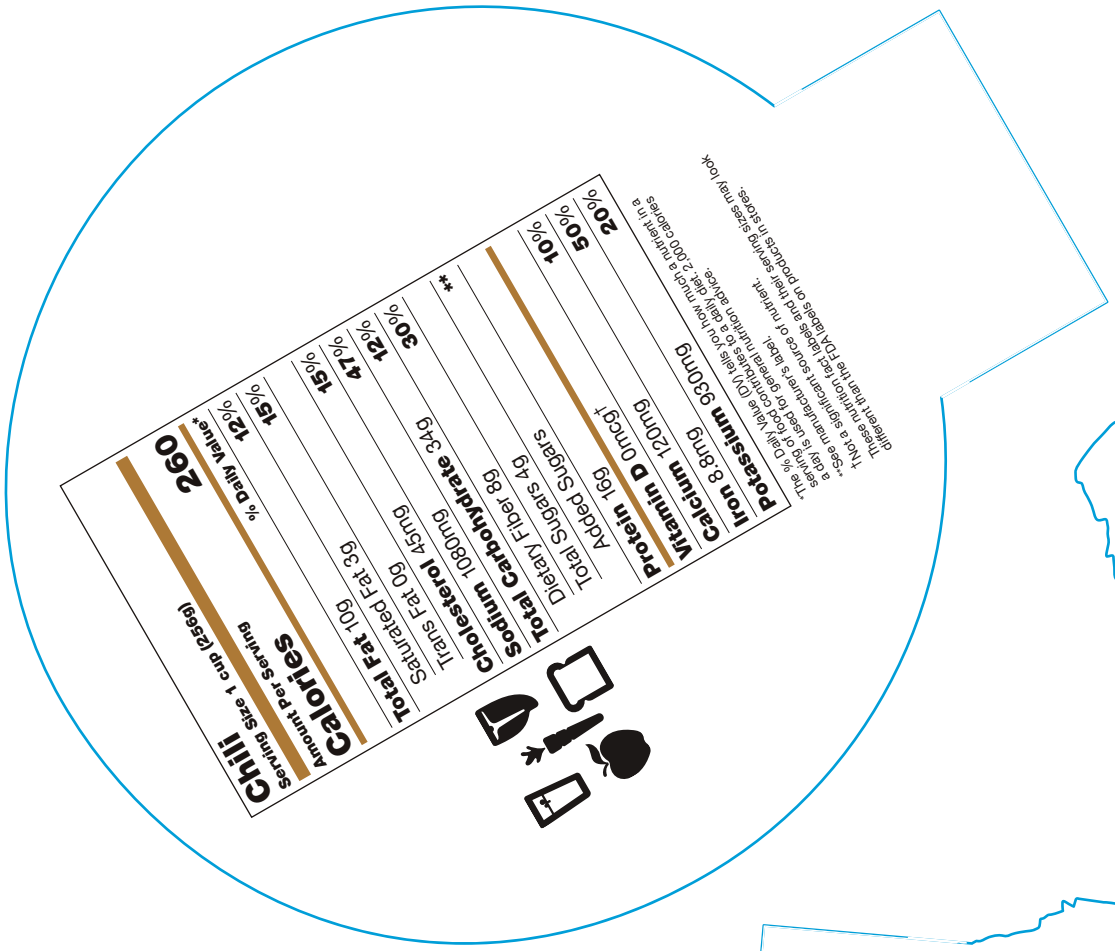




TURKEY SANDWICH
1 sandwich

PEANUT BUTTER AND JELLY SANDWICH
1 sandwich

CARD 41



Chili
Serving Size 1 cup (256g)
Amount Per Serving
Calories 260
% Daily Value*
Total Fat 10g 15%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 45mg 15%
Sodium 1080mg 47%
Total Carbohydrate 24g 12%
Dietary Fiber 8g 30%
Total Sugars 4g
Added Sugars **
Protein 16g
Vitamin D 0mcg† 0%
Calcium 120mg 10%
Iron 8.8mg 50%
Potassium 930mg 20%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
†Not a significant source of nutrient.
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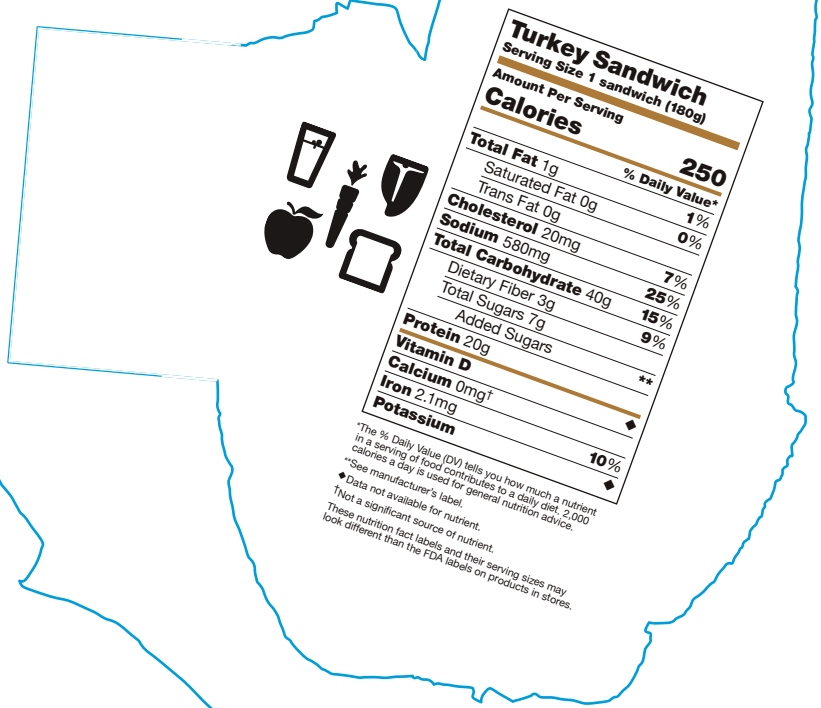

Turkey Sandwich
Serving Size 1 sandwich (180g)
Amount Per Serving
Calories 250
% Daily Value*
Total Fat 1g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 20mg 7%
Sodium 580mg 25%
Total Carbohydrate 40g 15%
Dietary Fiber 3g 9%
Total Sugars 7g
Added Sugars **
Protein 20g
Vitamin D 0mcg† 0%
Calcium 0mg† 0%
Iron 2.1mg 10%
Potassium ◆
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
◆Data not available for nutrient.
†Not a significant source of nutrient.
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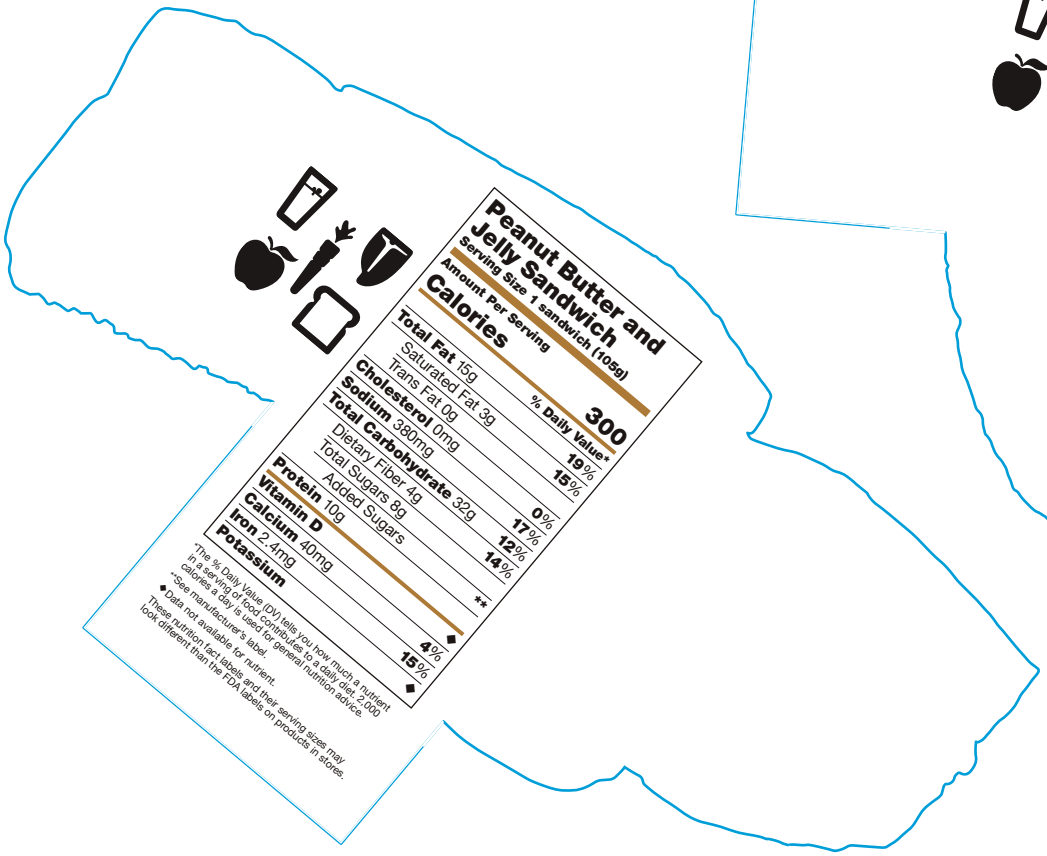

Peanut Butter and Jelly Sandwich
Serving Size 1 sandwich (105g)
Amount Per Serving
Calories 300
% Daily Value*
Total Fat 15g 19%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 380mg 17%
Total Carbohydrate 32g 12%
Dietary Fiber 4g 14%
Total Sugars 8g
Added Sugars **
Protein 10g
Vitamin D ◆
Calcium 40mg 4%
Iron 2.4mg 15%
Potassium ◆
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
◆Data not available for nutrient.
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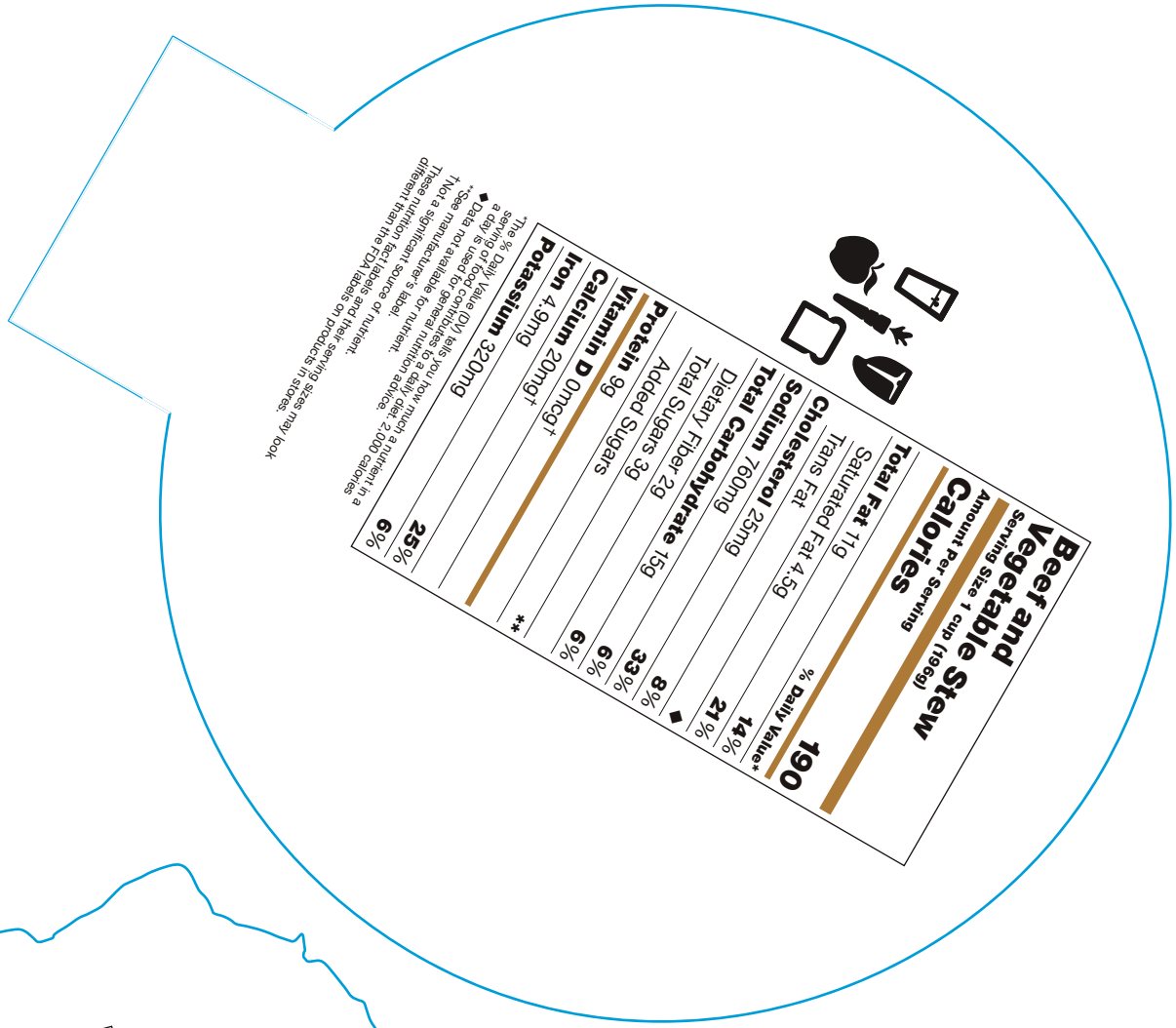
BEEF AND VEGETABLE STEW
1 cup

ROAST BEEF SANDWICH
1 sandwich

TUNA SALAD
½ cup

CARD 42



Beef and Vegetable Stew
Serving Size 1 cup (195g)
Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4.5g	21%
Trans Fat	◆
Cholesterol 25mg	8%
Sodium 760mg	33%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	6%
Total Sugars 3g	**
Added Sugars	
Protein 9g	
Vitamin D 0mcg†	0%
Calcium 20mg	2%
Iron 4.9mg	25%
Potassium 320mg	6%

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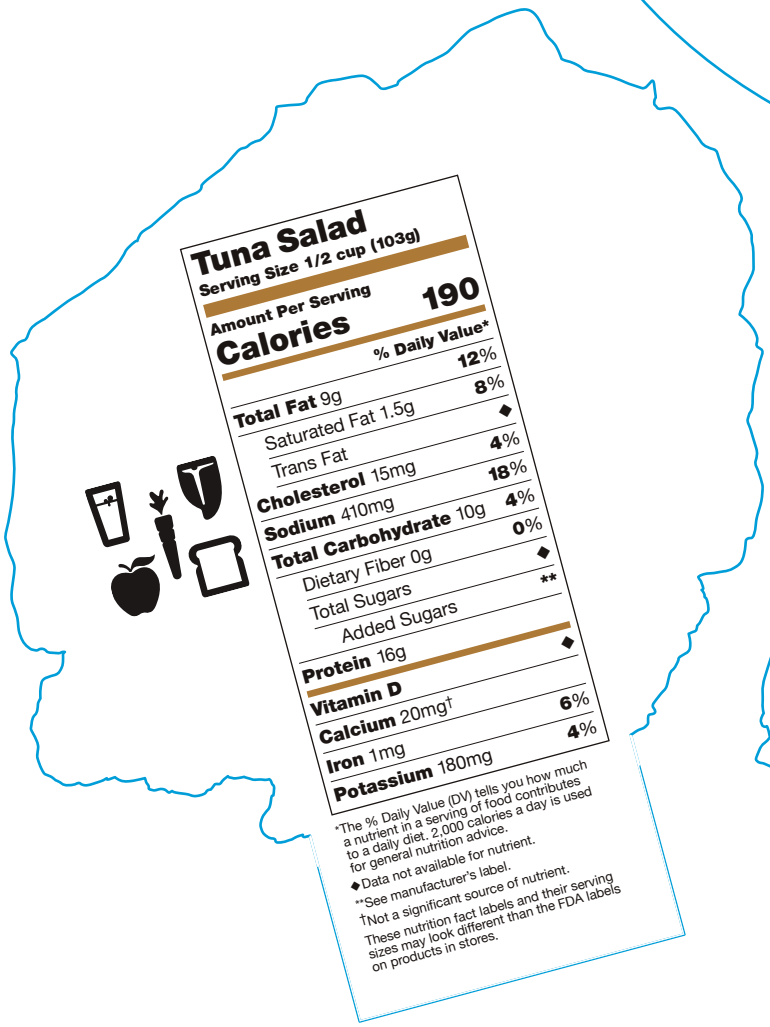

Tuna Salad
Serving Size 1/2 cup (103g)
Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat	◆
Cholesterol 15mg	4%
Sodium 410mg	18%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars	◆
Added Sugars	**
Protein 16g	
Vitamin D	◆
Calcium 20mg†	6%
Iron 1mg	4%
Potassium 180mg	4%

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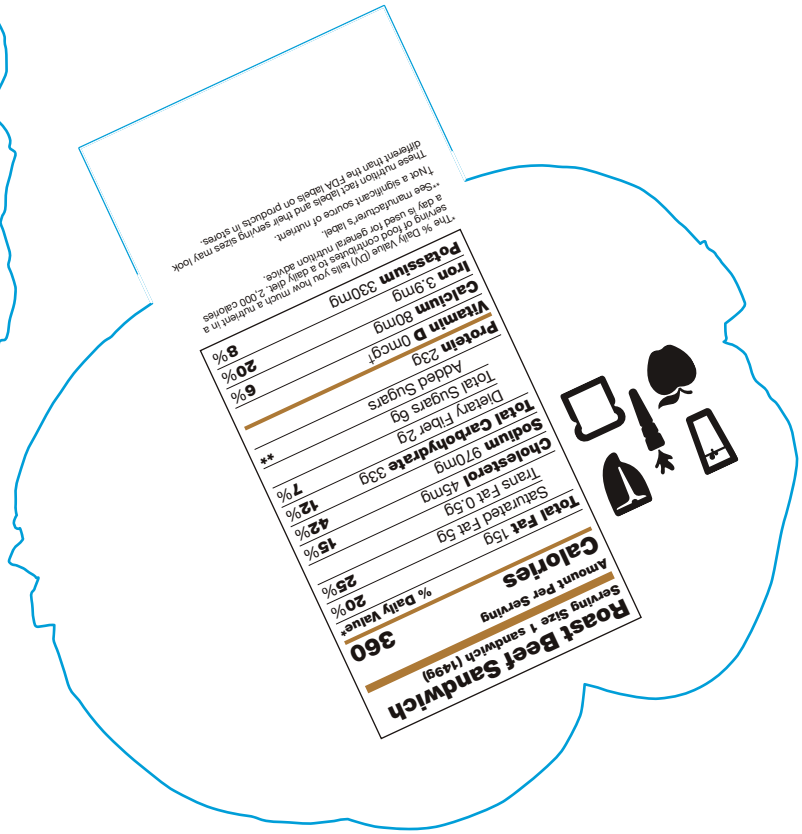

Roast Beef Sandwich
Serving Size 1 sandwich (149g)
Amount Per Serving
Calories 360

	% Daily Value*
Total Fat 15g	20%
Saturated Fat 5g	25%
Trans Fat 0.5g	
Cholesterol 45mg	15%
Sodium 970mg	42%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 6g	**
Added Sugars	
Protein 23g	
Vitamin D 0mcg†	6%
Calcium 80mg	20%
Iron 3.9mg	8%
Potassium 330mg	

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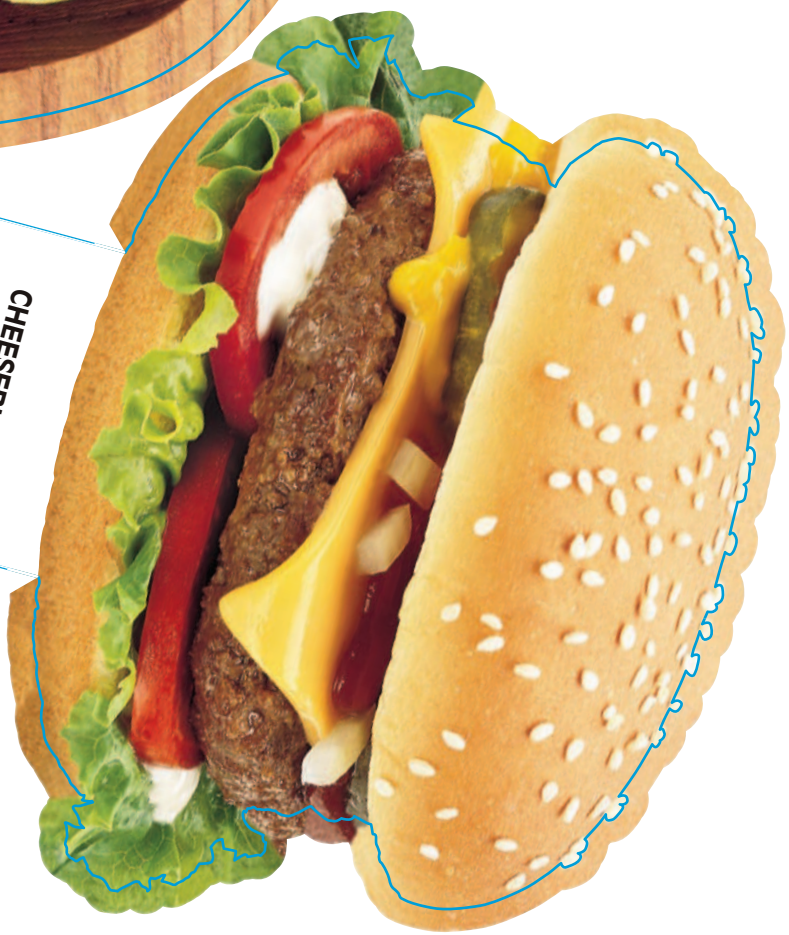
CHEF'S SALAD
1 salad



CHEESEBURGER
1 sandwich

Chef's Salad
Serving Size 1 salad (326g)
Amount per serving
Calories
270
% Daily Value*
Total Fat 13g 17%
Saturated Fat 7g 37%
Trans Fat
Cholesterol 295mg 99%
Sodium 680mg 30%
Total Carbohydrate 10g 4%
Dietary Fiber 3g 10%
Total Sugars
Added Sugars 4g
Protein 27g
Vitamin D
Calcium 220mg 15%
Iron 1.7mg 10%
Potassium
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** See manufacturer's label.
◆ Data not available for nutrient.
"See nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.

Cheesesburger
Serving Size
Amount per serving
Calories
540
% Daily Value*
Total Fat 29g 37%
Saturated Fat 14g 70%
Trans Fat 1g
Cholesterol 299mg 99%
Sodium 1180mg 51%
Total Carbohydrate 39g 14%
Dietary Fiber 2g 6%
Total Sugars 7g
Added Sugars 7g 14%
Protein 32g 64%
Vitamin D 2mcg 10%
Calcium 360mg 25%
Iron 4.4mg 25%
Potassium 470mg 10%
1 sandwich (193g)
280
% Daily Value*
Total Fat 13g 17%
Saturated Fat 6g 29%
Trans Fat 0.5g
Cholesterol 96mg 32%
Sodium 390mg 17%
Total Carbohydrate 26g 9%
Dietary Fiber 2g 7%
Total Sugars 5g
Added Sugars 5g 10%
Protein 16g 32%
Vitamin D 1mcg 6%
Calcium 180mg 15%
Iron 2.5mg 15%
Potassium 370mg 8%
1 large sandwich (193g)
540
% Daily Value*
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
** See manufacturer's label.
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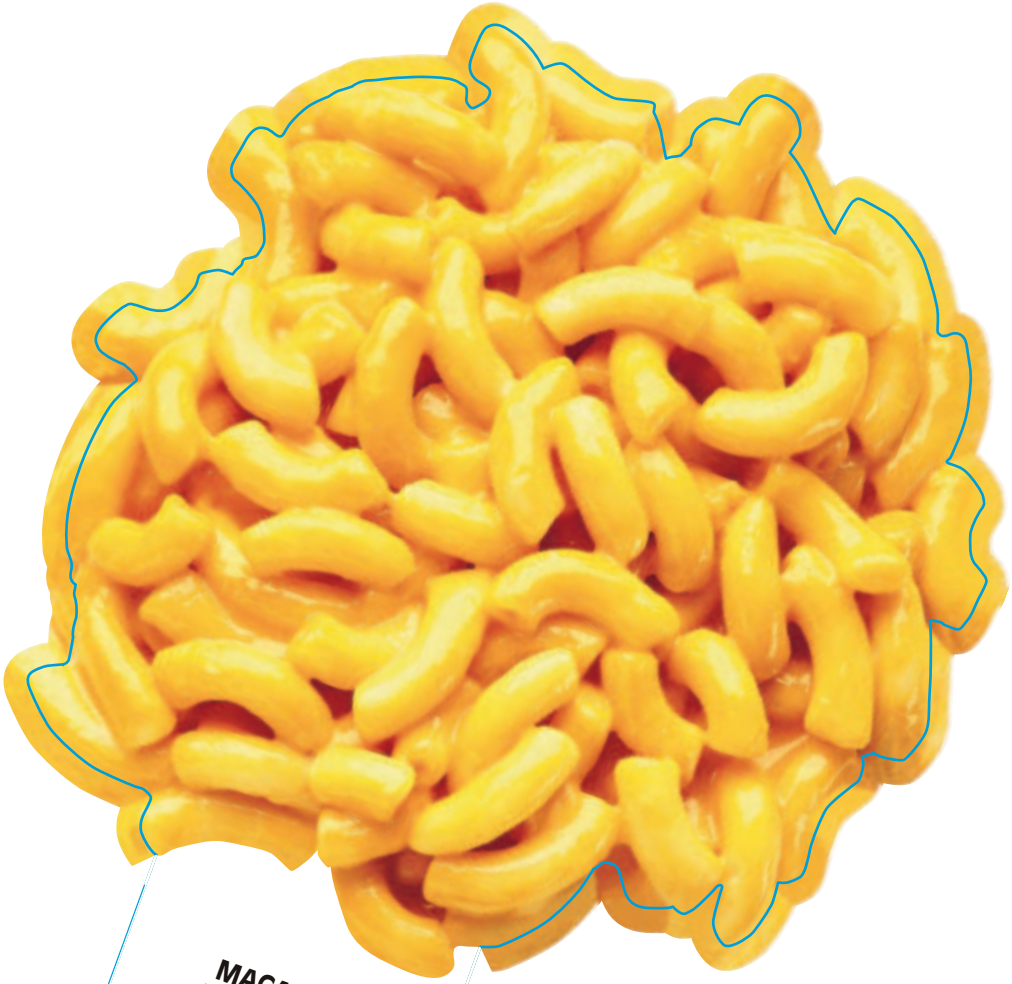
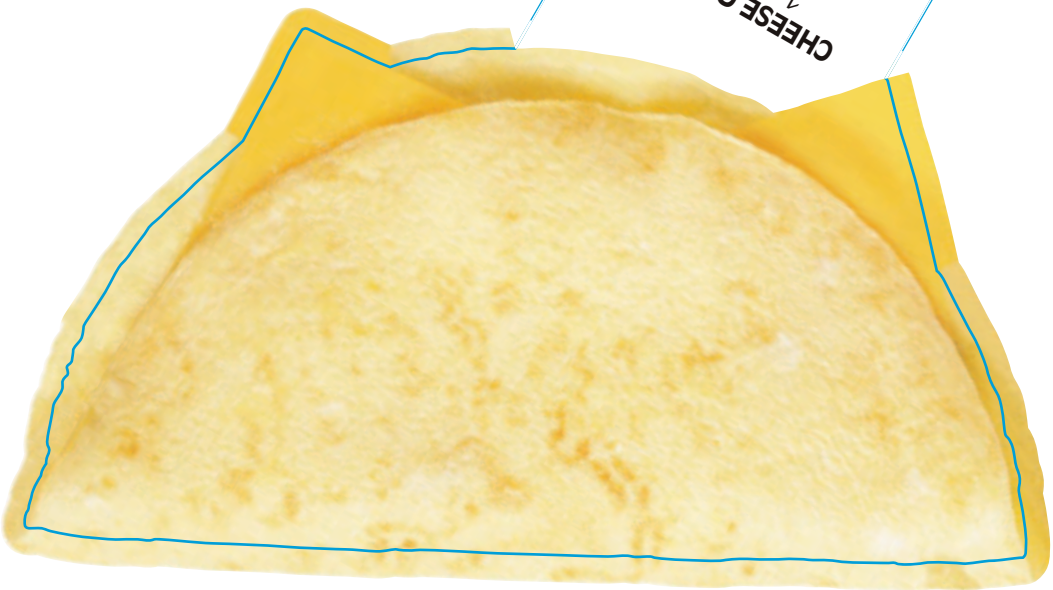
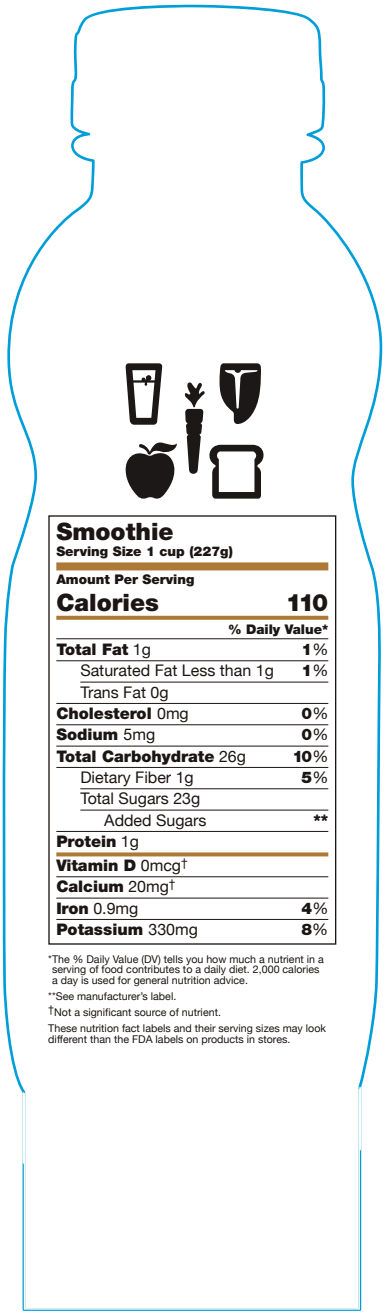


MACARONI AND CHEESE
1 cup

SMOOTHIE
1 cup



CHEESE OMELET
1 omelet



Smoothie

Serving Size 1 cup (227g)

Amount Per Serving

Calories	**110**
	% Daily Value*
Total Fat 1g	**1**%
Saturated Fat Less than 1g	**1**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 5mg	**0**%
Total Carbohydrate 26g	**10**%
Dietary Fiber 1g	**5**%
Total Sugars 23g	
Added Sugars	**
Protein 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.9mg	**4**%
Potassium 330mg	**8**%

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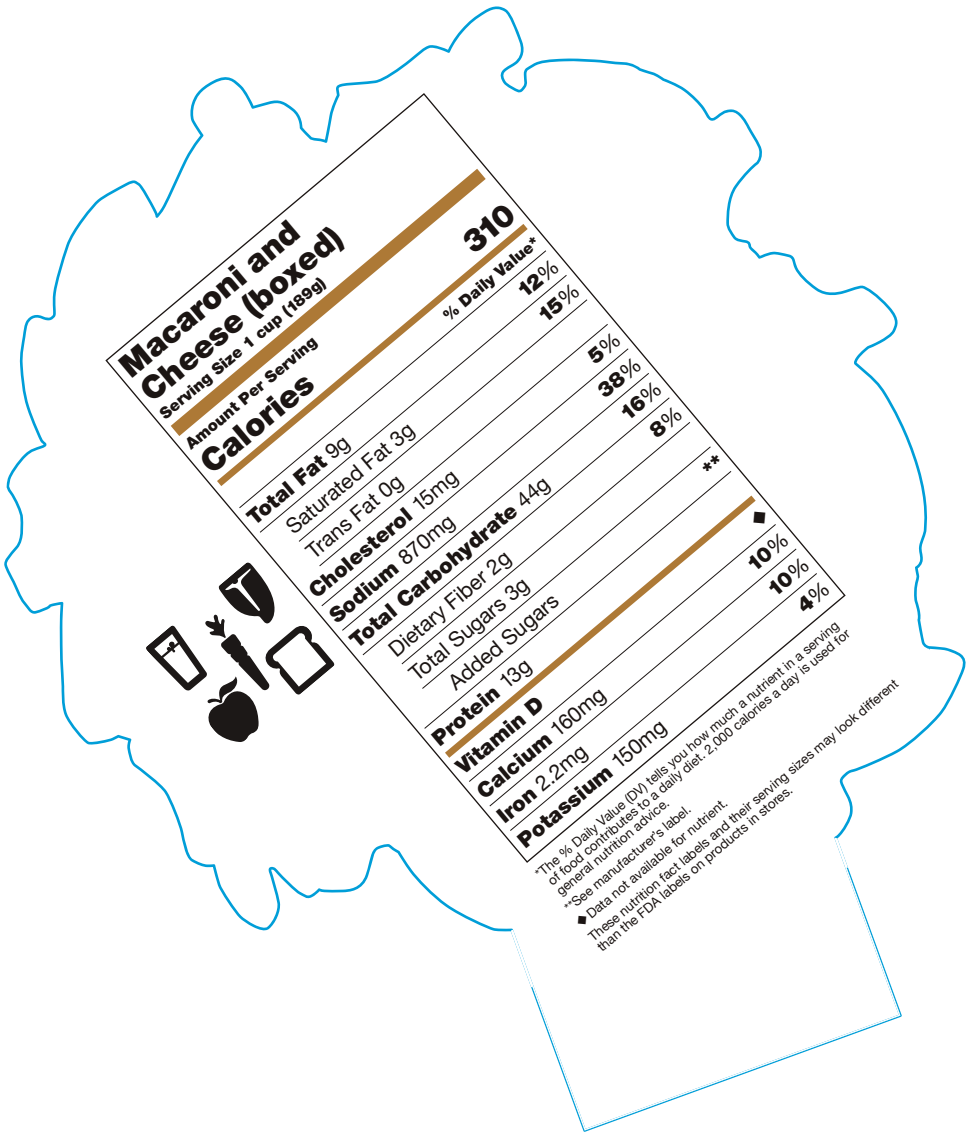

Macaroni and Cheese (boxed)

Serving Size 1 cup (189g)

Amount Per Serving

Calories	**310**
	% Daily Value*
Total Fat 9g	**12**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 870mg	**38**%
Total Carbohydrate 44g	**16**%
Dietary Fiber 2g	**8**%
Total Sugars 3g	
Added Sugars	**
Protein 13g	■
Vitamin D	
Calcium 160mg	**10**%
Iron 2.2mg	**10**%
Potassium 150mg	**4**%

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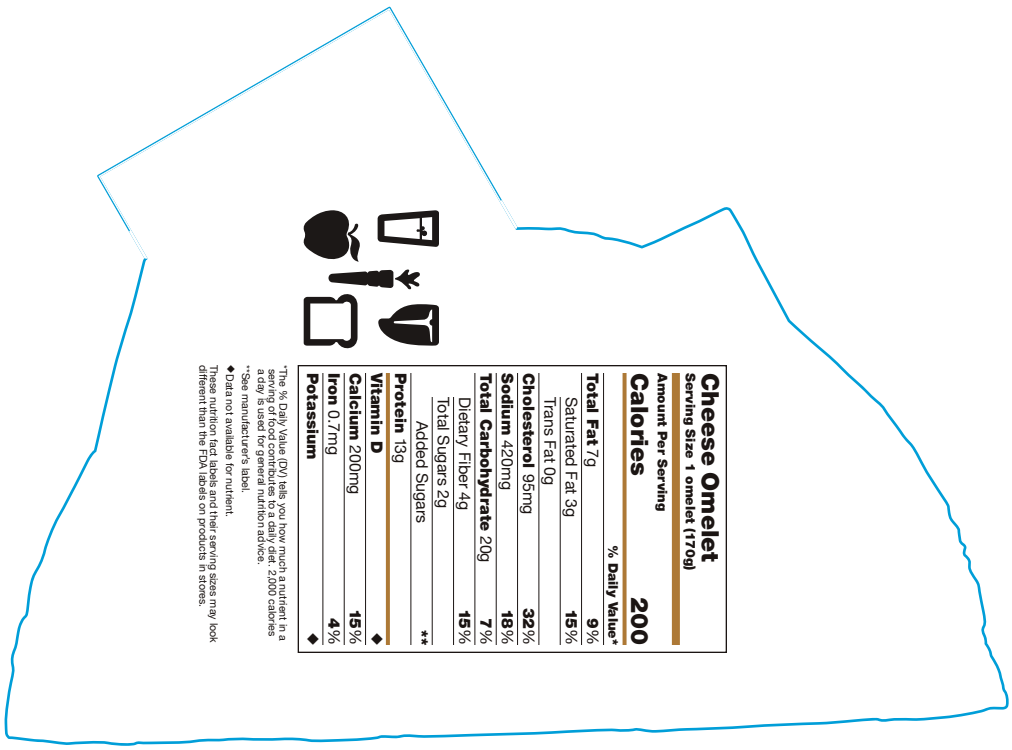

Cheese Omelet

Serving Size 1 omelet (170g)

Amount Per Serving

Calories	**200**
	% Daily Value*
Total Fat 7g	**9**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 95mg	**32**%
Sodium 420mg	**18**%
Total Carbohydrate 20g	**7**%
Dietary Fiber 4g	**15**%
Total Sugars 2g	
Added Sugars	**
Protein 13g	◆
Vitamin D	
Calcium 200mg	**15**%
Iron 0.7mg	**4**%
Potassium	◆

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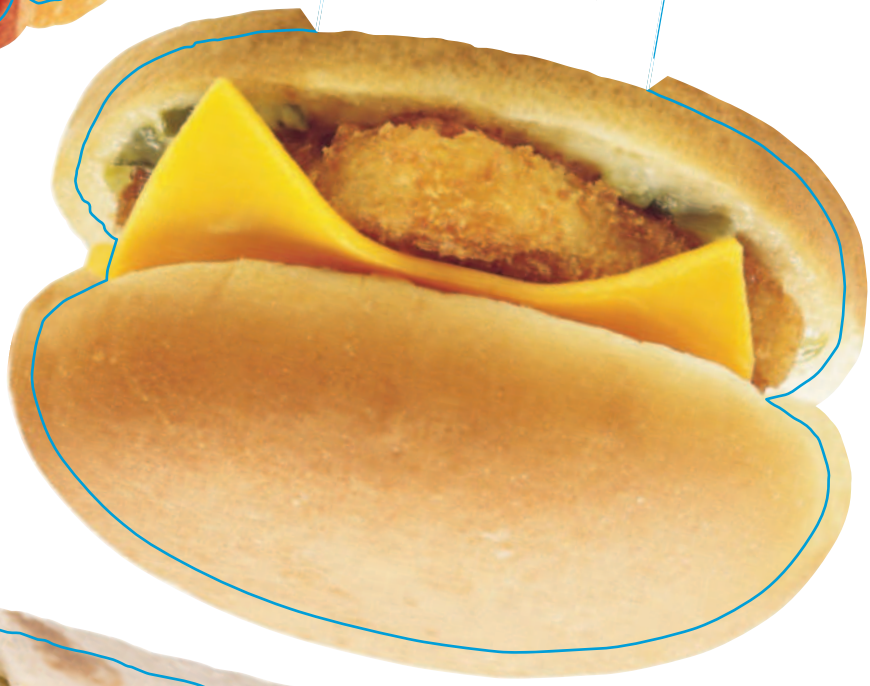
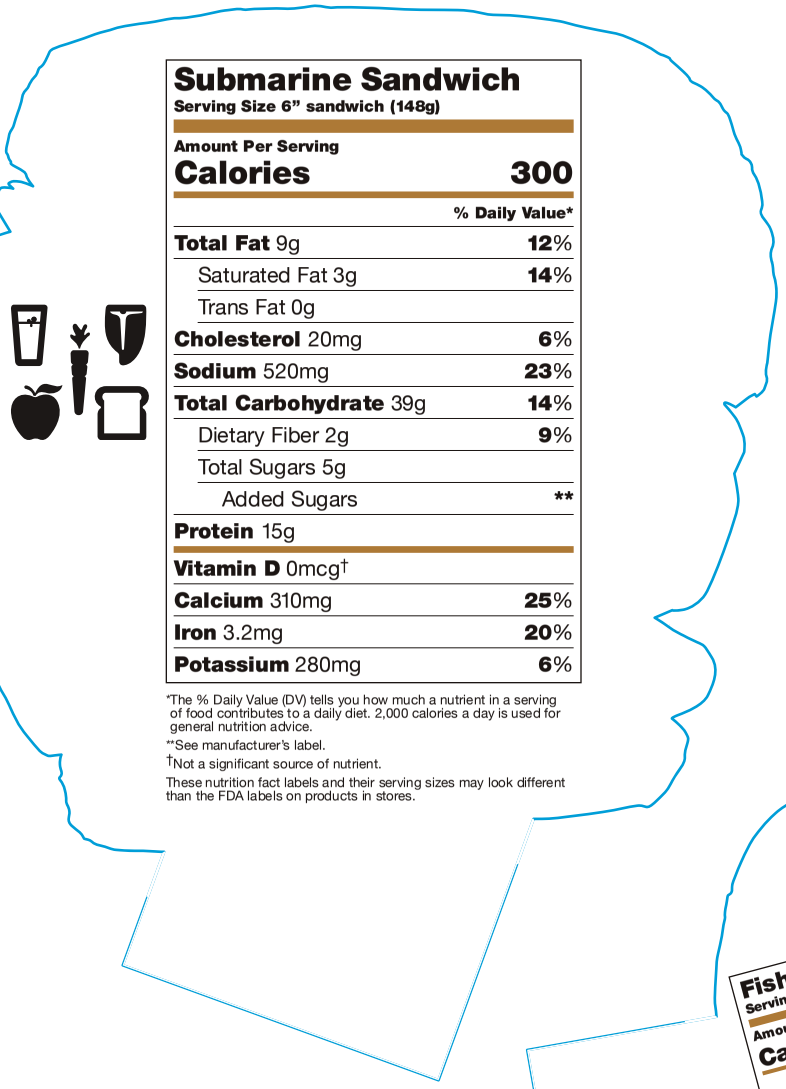
SUBMARINE SANDWICH
6" sandwich

FISH SANDWICH
1 sandwich



CHICKEN CAESAR WRAP
1 wrap

CARD 45



Submarine Sandwich

Serving Size 6” sandwich (148g)

Amount Per Serving

Calories 300

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 3g	**14%**
Trans Fat 0g	
Cholesterol 20mg	**6%**
Sodium 520mg	**23%**
Total Carbohydrate 39g	**14%**
Dietary Fiber 2g	**9%**
Total Sugars 5g	
Added Sugars	**
Protein 15g	
Vitamin D 0mcg†	
Calcium 310mg	**25%**
Iron 3.2mg	**20%**
Potassium 280mg	**6%**

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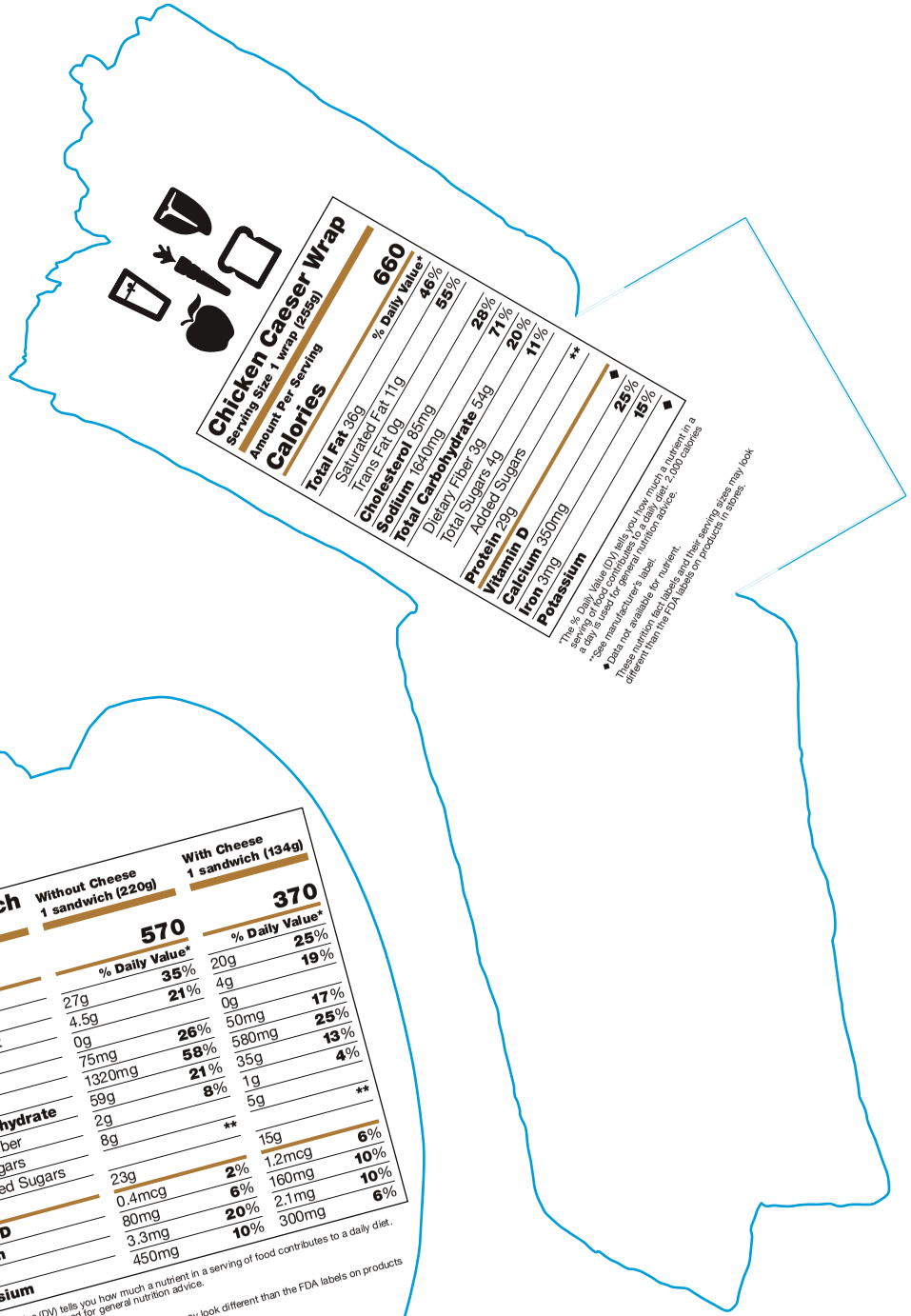

Chicken Caeser Wrap

Serving Size 1 wrap (255g)

Amount Per Serving

Calories 660

	% Daily Value*
Total Fat 36g	**46%**
Saturated Fat 11g	**55%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 1640mg	**71%**
Total Carbohydrate 54g	**20%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Added Sugars	**
Protein 29g	■
Vitamin D	**25%**
Calcium 350mg	**15%**
Iron 3mg	■
Potassium	■

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Fish Sandwich

Serving Size

Amount Per Serving

	Without Cheese 1 sandwich (220g)		With Cheese 1 sandwich (134g)	
Calories	**570**		**370**	
		% Daily Value*		% Daily Value*
Total Fat	27g	**35%**	20g	**25%**
Saturated Fat	4.5g	**21%**	4g	**19%**
Trans Fat	0g		0g	
Cholesterol	75mg	**26%**	50mg	**17%**
Sodium	1320mg	**58%**	580mg	**25%**
Total Carbohydrate	59g	**21%**	35g	**13%**
Dietary Fiber	2g	**8%**	1g	**4%**
Total Sugars	8g		5g	
Added Sugars		**		**
Protein	23g		15g	**6%**
Vitamin D	0.4mcg	**2%**	1.2mcg	**10%**
Calcium	80mg	**6%**	160mg	**10%**
Iron	3.3mg	**20%**	2.1mg	**6%**
Potassium	450mg	**10%**	300mg	**6%**

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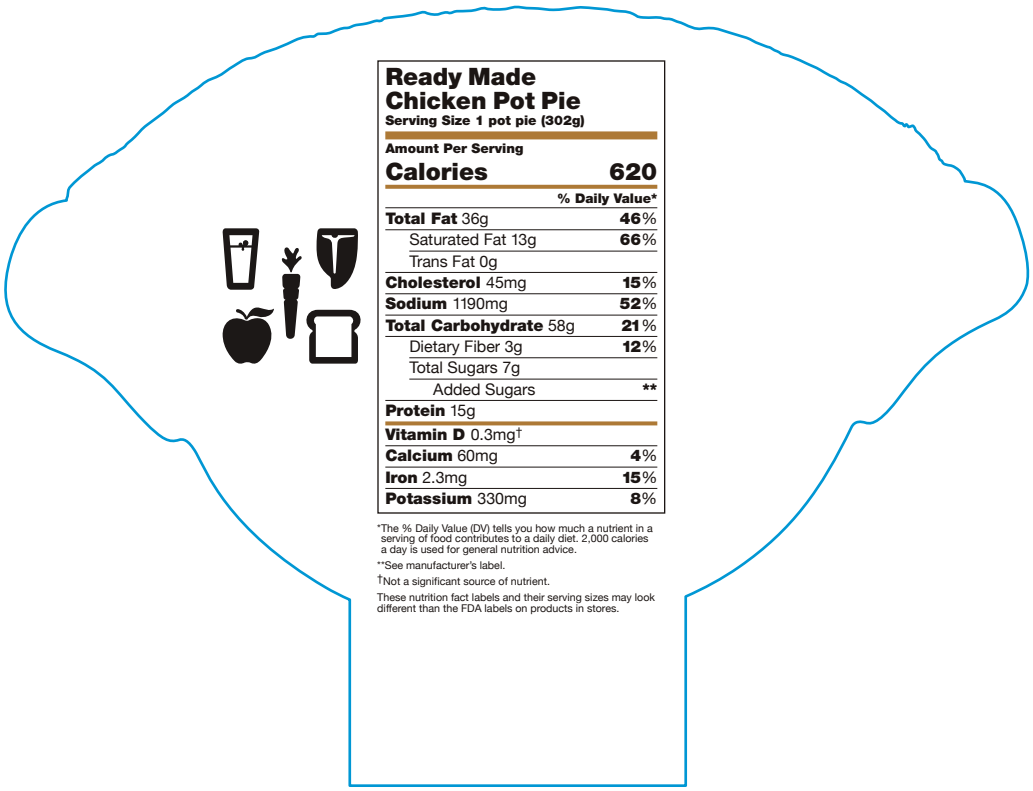
CHICKEN POT PIE
1 pot pie

CHICKEN NOODLE SOUP
1 cup



Ready Made Chicken Pot Pie

Serving Size 1 pot pie (302g)

Amount Per Serving	
Calories	**620**
	% Daily Value*
Total Fat 36g	**46**%
Saturated Fat 13g	**66**%
Trans Fat 0g	
Cholesterol 45mg	**15**%
Sodium 1190mg	**52**%
Total Carbohydrate 58g	**21**%
Dietary Fiber 3g	**12**%
Total Sugars 7g	
Added Sugars	**
Protein 15g	
Vitamin D 0.3mg†	
Calcium 60mg	**4**%
Iron 2.3mg	**15**%
Potassium 330mg	**8**%

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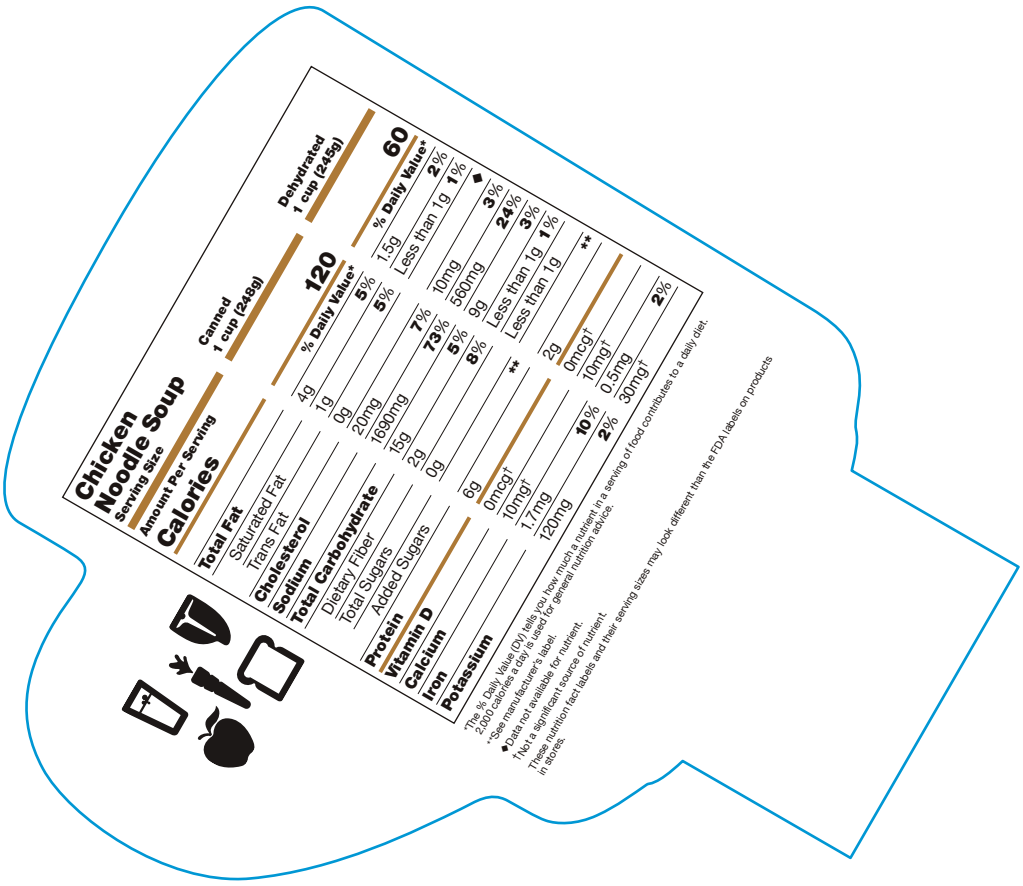

Chicken Noodle Soup

Serving Size

Amount Per Serving	Canned 1 cup (248g)		Dehydrated 1 cup (245g)	
Calories	**120**		**60**	
		% Daily Value*		**% Daily Value***
Total Fat	4g	**5**%	1.5g	**2**%
Saturated Fat	1g	**5**%	Less than 1g	**1**%
Trans Fat	0g			◆
Cholesterol	20mg	**7**%	10mg	**3**%
Sodium	1690mg	**73**%	560mg	**24**%
Total Carbohydrate	15g	**5**%	9g	**3**%
Dietary Fiber	2g	**8**%	Less than 1g	**1**%
Total Sugars	0g		Less than 1g	
Added Sugars		**	2g	**
Protein	6g		0mcg†	
Vitamin D	0mcg†		10mg†	
Calcium	10mg†		0.5mg	
Iron	1.7mg	**10**%	30mg†	**2**%
Potassium	120mg	**2**%		

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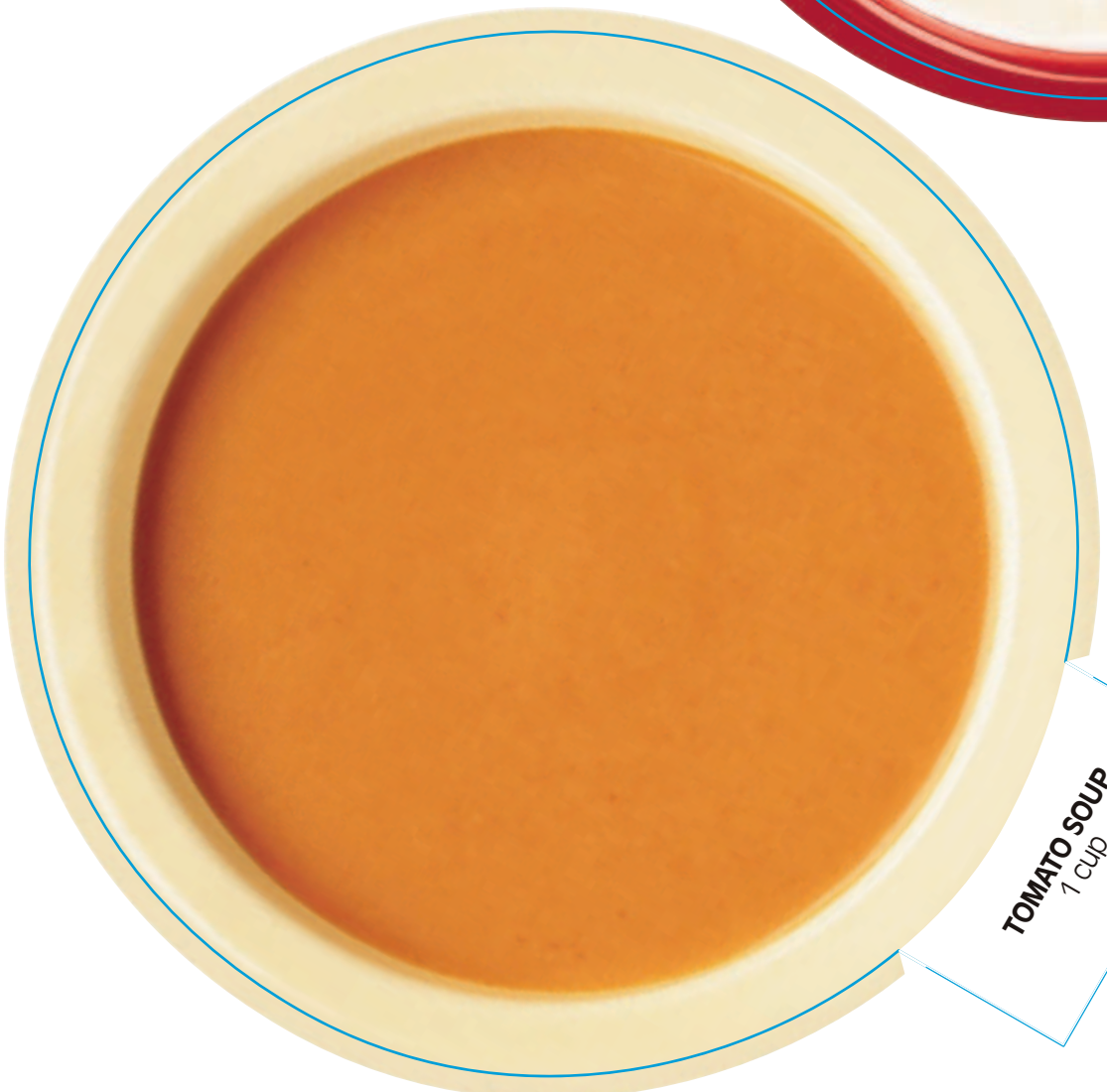
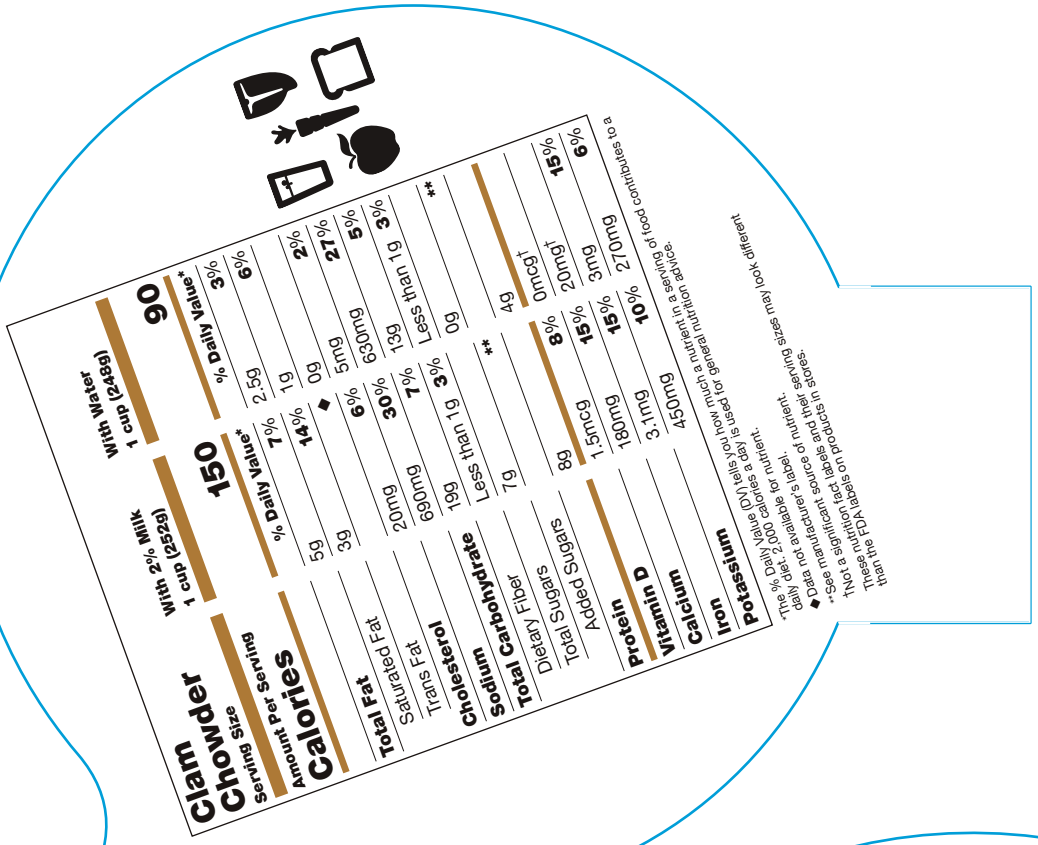
CLAM CHOWDER
1 cup



TOMATO SOUP
1 cup



Clam Chowder
Serving Size

Amount Per Serving	With Water 1 cup (248g)		With 2% Milk 1 cup (252g)	
Calories	**90**		**150**	
		% Daily Value*		**% Daily Value***
Total Fat	3g	**3%**	7g	**7%**
Saturated Fat	2.5g	**6%**	4g	**14%** ◆
Trans Fat	1g		2g	
Cholesterol	0g	**2%**	39mg	**6%**
Sodium	5mg	**27%**	690mg	**30%**
Total Carbohydrate	6g	**5%**	19g	**7%**
Dietary Fiber	1g	**3%**	1g	**3%**
Total Sugars	Less than 1g	**	19g	**
Added Sugars	0g		7g	
Protein	4g		8g	**15%**
Vitamin D	0mcg†	**6%**	1.5mcg	**15%**
Calcium	20mg†	**2%**	180mg	**15%**
Iron	3mg	**15%**	3.1mg	**10%**
Potassium	270mg	**6%**	450mg	

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Tomato Soup
Serving Size

Amount Per Serving	With 2% Milk 1 cup (252g)		With Water 1 cup (248g)	
Calories	**140**		**80**	
		% Daily Value*		**% Daily Value***
Total Fat	3g	**4%**	0.5g	**1%**
Saturated Fat	2g	**9%**	Less than 1g	**1%**
Trans Fat		◆		◆
Cholesterol	10mg	**3%**	0mg	**0%**
Sodium	520mg	**23%**	460mg	**20%**
Total Carbohydrate	25g	**9%**	19g	**7%**
Dietary Fiber	1g	**5%**	1g	**4%**
Total Sugars	17g		10g	
Added Sugars		**		**
Protein	6g		2g	
Vitamin D	1.5mcg	**8%**	0mcg†	
Calcium	170mg	**15%**	20mg†	
Iron	0.8mg	**4%**	0.7mg	**4%**
Potassium	860mg	**20%**	680mg	**15%**

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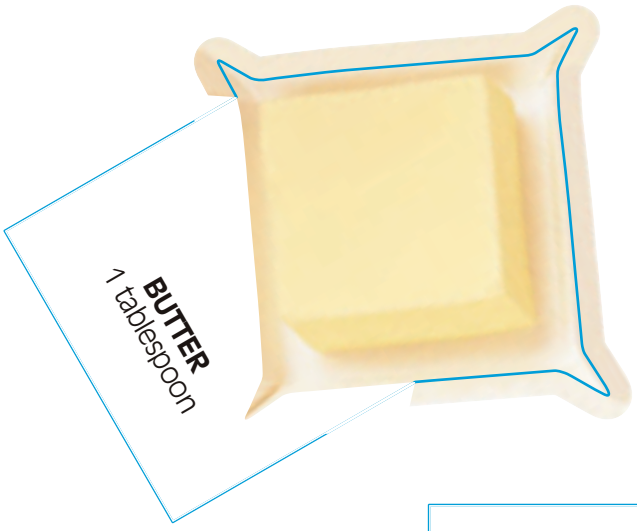
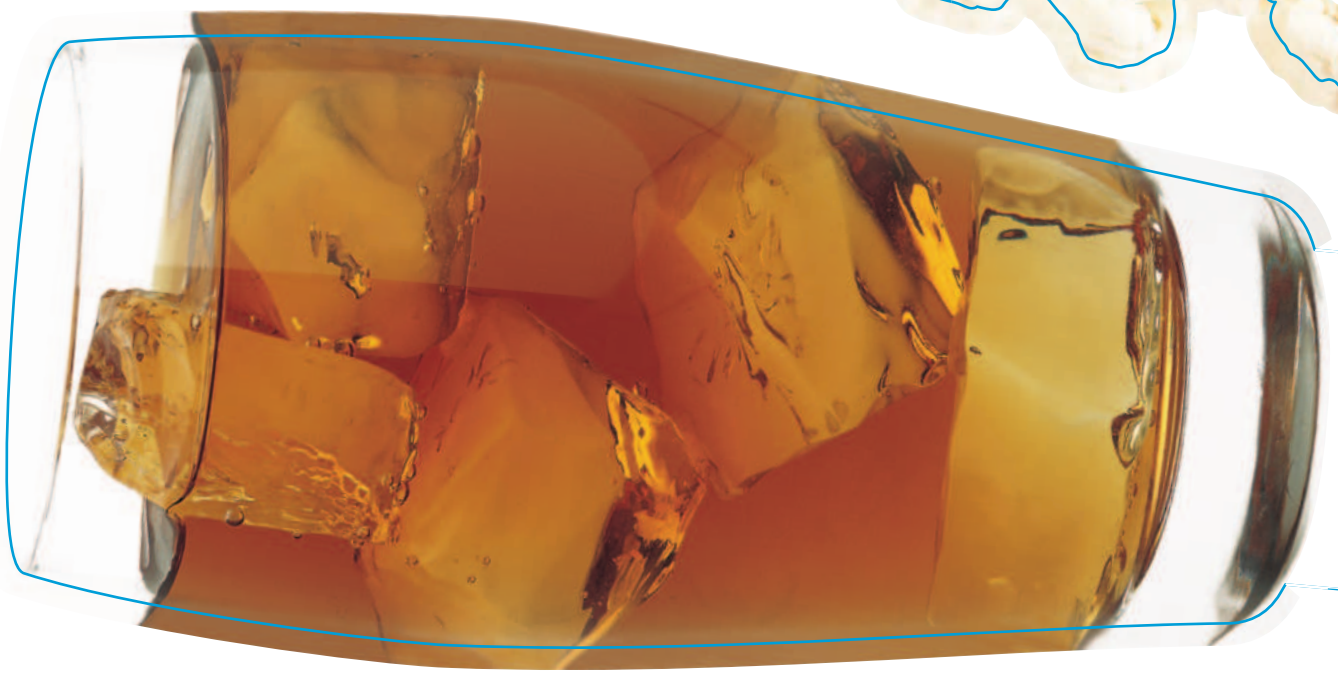


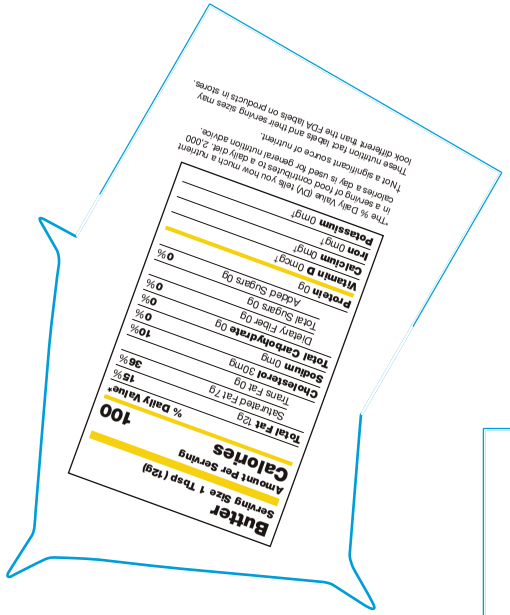
BUTTER
1 tablespoon

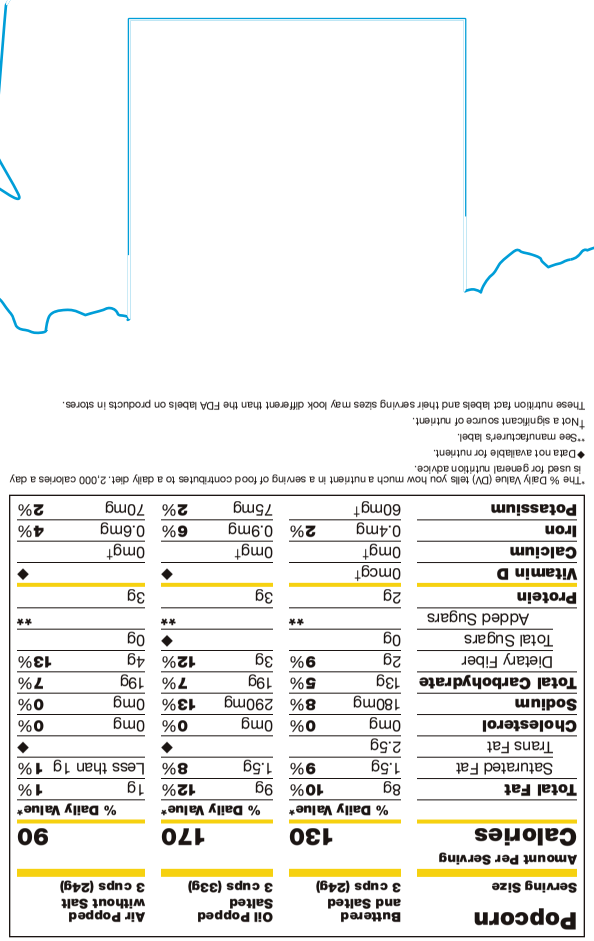
POPCORN
3 cups*
*1 cup of popcorn is shown, a full serving is 3 cups



ICED TEA
12 fluid ounces

CARD 48





Popcorn	Buttered and Salted		Oil Popped Salted		Air Popped without Salt	
Serving Size	3 cups (24g)		3 cups (33g)		3 cups (24g)	
Amount Per Serving						
Calories	**130**		**170**		**90**	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	8g	10%	9g	12%	1g	1%
Saturated Fat	1.5g	9%	1.5g	8%	Less than 1g	1%
Trans Fat	2.5g			◆		◆
Cholesterol	0mg	0%	0mg	0%	0mg	0%
Sodium	180mg	8%	290mg	13%	0mg	0%
Total Carbohydrate	13g	5%	19g	7%	19g	7%
Dietary Fiber	2g	9%	3g	12%	4g	13%
Total Sugars	0g		◆		0g	
Added Sugars		**		**		**
Protein	2g		3g		3g	
Vitamin D	0mcg†		◆		◆	
Calcium	0mg†		0mg†		0mg†	
Iron	0.4mg	2%	0.9mg	6%	0.6mg	4%
Potassium	60mg†		75mg	2%	70mg	2%

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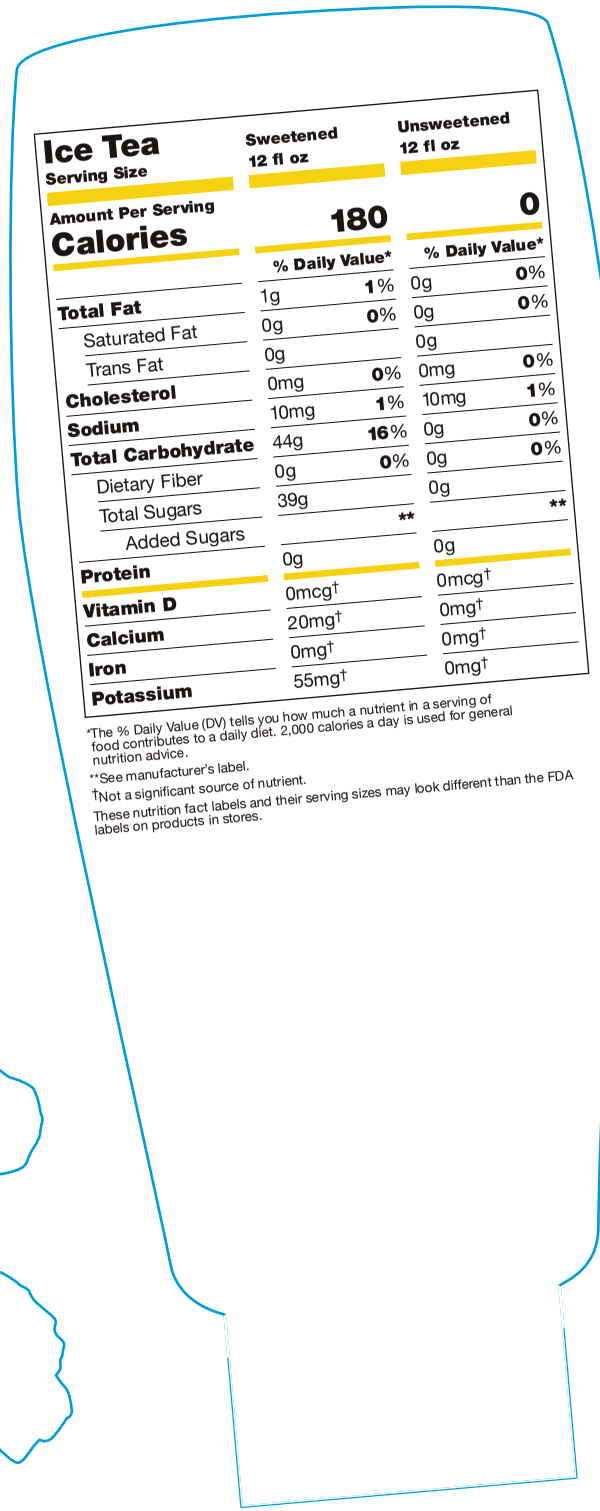

Ice Tea	Sweetened	Unsweetened
Serving Size	12 fl oz	12 fl oz
Amount Per Serving		
Calories	**180**	**0**
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	0g 0%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	10mg 1%	10mg 1%
Total Carbohydrate	44g 16%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	39g	0g
Added Sugars	**	**
Protein	0g	0g
Vitamin D	0mcg†	0mcg†
Calcium	20mg†	0mg†
Iron	0mg†	0mg†
Potassium	55mg†	0mg†

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**See manufacturer's label.
†Not a significant source of nutrient.
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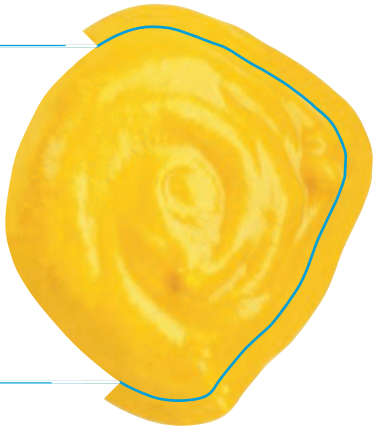
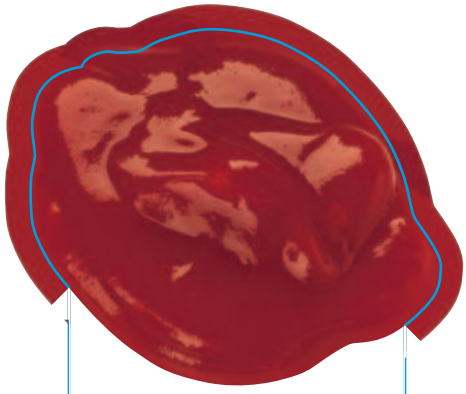
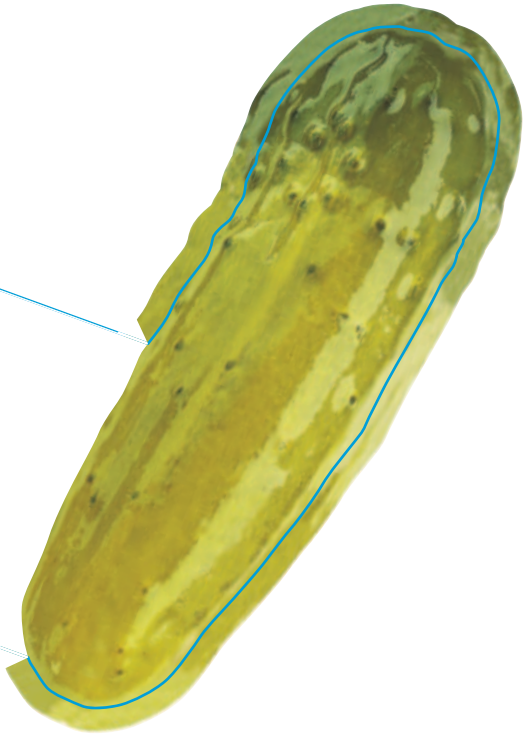


MUSTARD
1 tablespoon

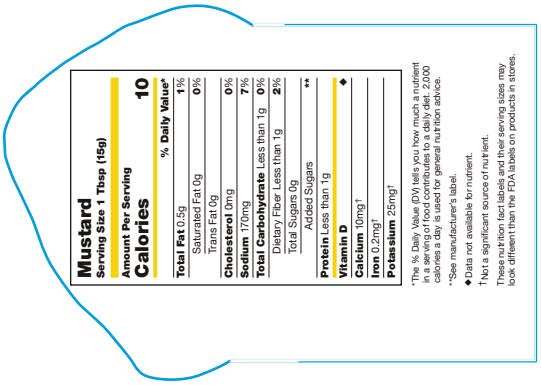
TORTILLA CHIPS
1 ounce



KETCHUP
1 tablespoon



DILL PICKLE
1 pickle



Mustard
Serving Size 1 Tbsp (15g)

Amount Per Serving
Calories 10

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate Less than 1g	0%
Dietary Fiber Less than 1g	2%
Total Sugars 0g	
Added Sugars	**
Protein Less than 1g	
Vitamin D	◆
Calcium 10mg†	
Iron 0.2mg†	
Potassium 25mg†	

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**See manufacturer's label.
◆Data not available for nutrient.
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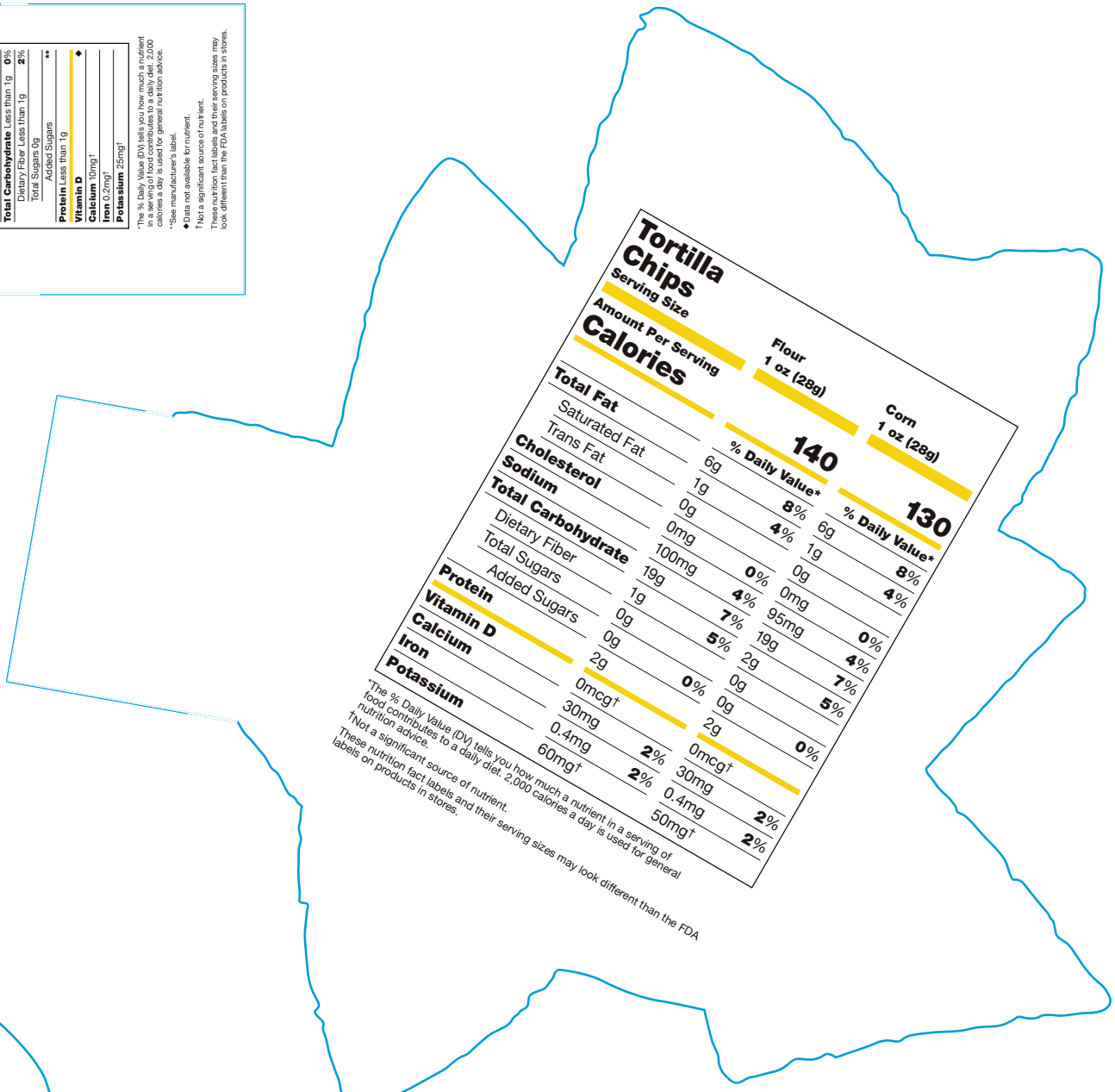

Tortilla Chips
Serving Size

Amount Per Serving	Flour 1 oz (28g)	Corn 1 oz (28g)
Calories	**140**	**130**
	% Daily Value*	% Daily Value*
Total Fat	6g 8%	6g 8%
Saturated Fat	1g 4%	1g 4%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	100mg 4%	95mg 4%
Total Carbohydrate	19g 7%	19g 7%
Dietary Fiber	1g 5%	2g 7%
Total Sugars	0g	0g
Added Sugars	0g 0%	0g
Protein	2g	2g
Vitamin D	0mcg†	0mcg†
Calcium	30mg 2%	30mg 2%
Iron	0.4mg 2%	0.4mg 2%
Potassium	60mg†	50mg†

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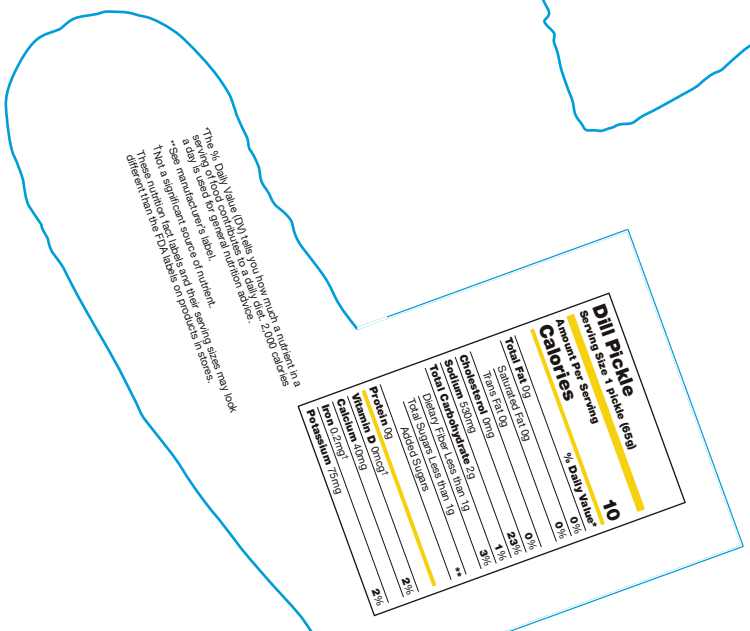

Dill Pickle
Serving Size 1 pickle (65g)

Amount Per Serving
Calories 10

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	23%
Total Carbohydrate 2g	1%
Dietary Fiber Less than 1g	3%
Total Sugars Less than 1g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 40mg	2%
Iron 0.2mg†	
Potassium 75mg	2%

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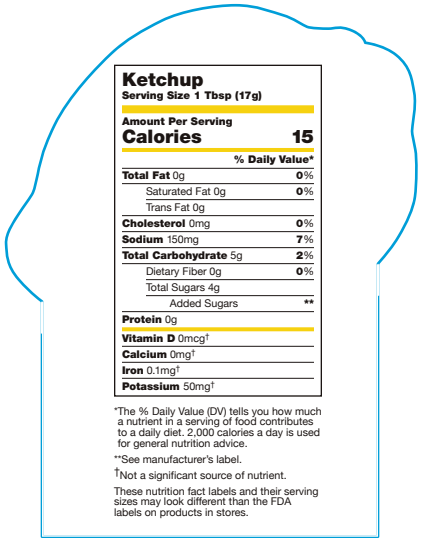

Ketchup
Serving Size 1 Tbsp (17g)

Amount Per Serving
Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.1mg†	
Potassium 50mg†	

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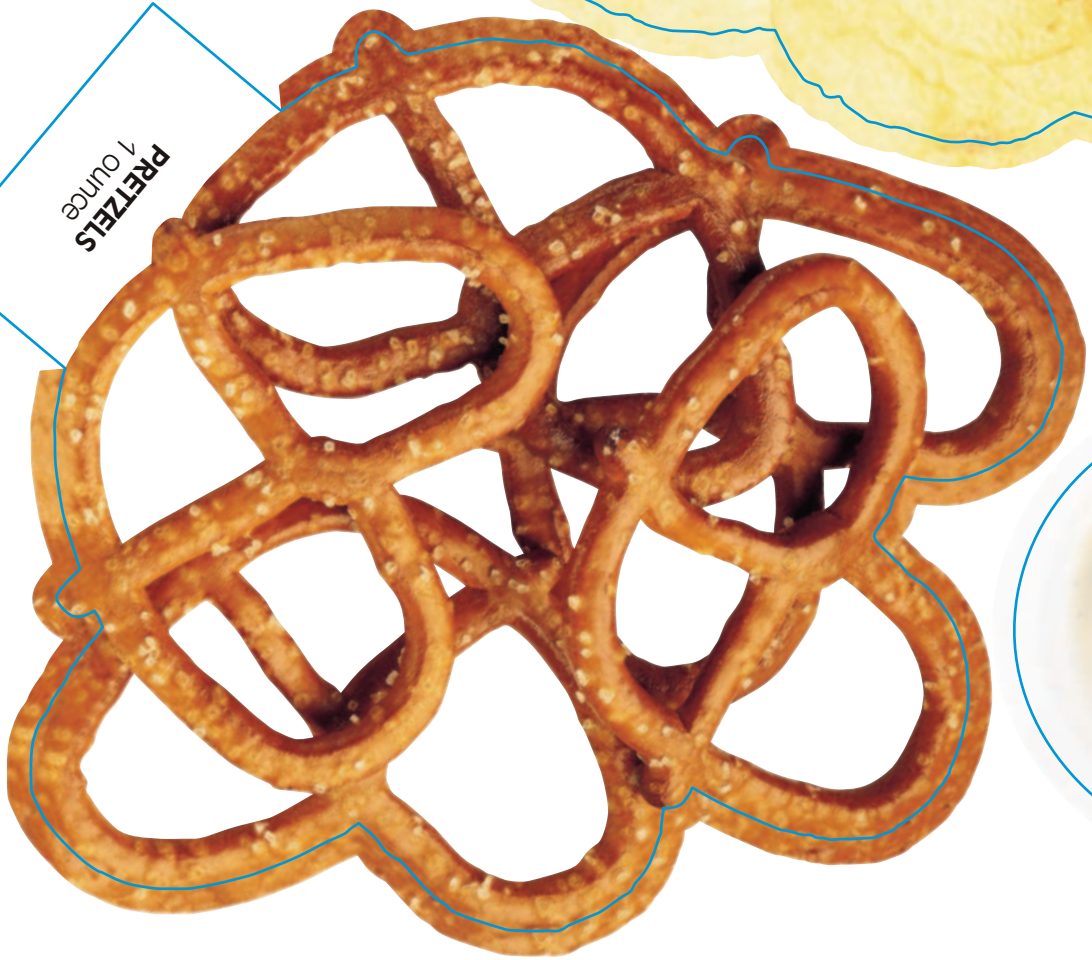
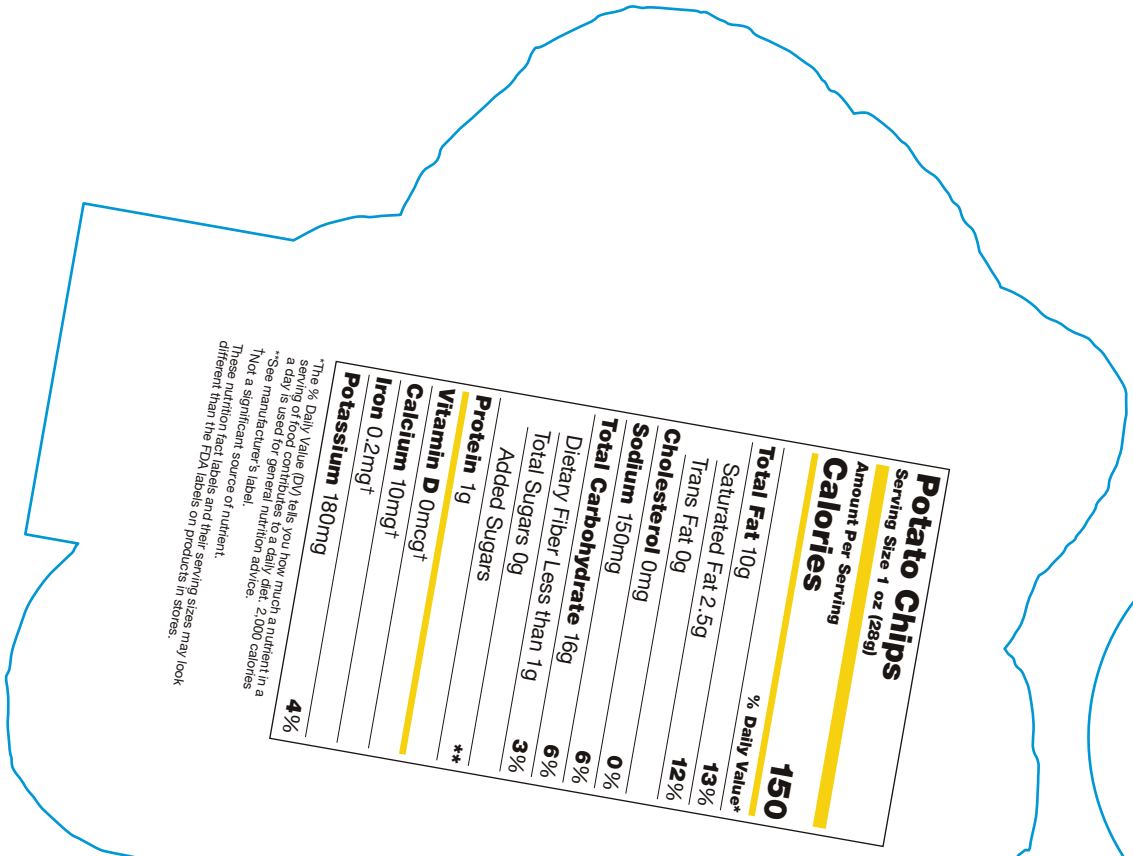
POTATO CHIPS
1 ounce

ITALIAN DRESSING
2 tablespoons

PRETZELS
1 ounce



LIGHT RANCH DRESSING
2 tablespoons



Potato Chips
Serving Size 1 oz (28g)
Amount Per Serving
Calories 150

	% Daily Value*
Total Fat 10g	
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	12%
Sodium 150mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber Less than 1g	6%
Total Sugars 0g	
Added Sugars	3%
Protein 1g	
Vitamin D 0mcg†	**
Calcium 10mg†	
Iron 0.2mg†	
Potassium 180mg	
	4%

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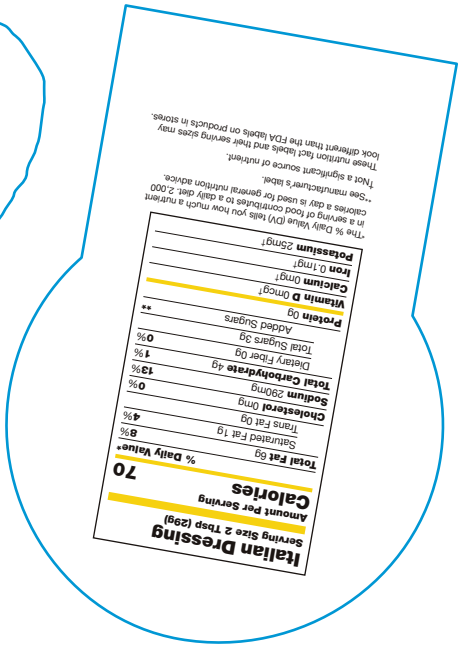

Italian Dressing
Serving Size 2 Tbsp (29g)
Amount Per Serving
Calories 70

	% Daily Value*
Total Fat 6g	
Saturated Fat 1g	8%
Trans Fat 0g	
Cholesterol 0mg	4%
Sodium 290mg	0%
Total Carbohydrate 4g	13%
Dietary Fiber 0g	1%
Total Sugars 3g	
Added Sugars	0%
Protein 0g	**
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.1mg†	
Potassium 25mg†	

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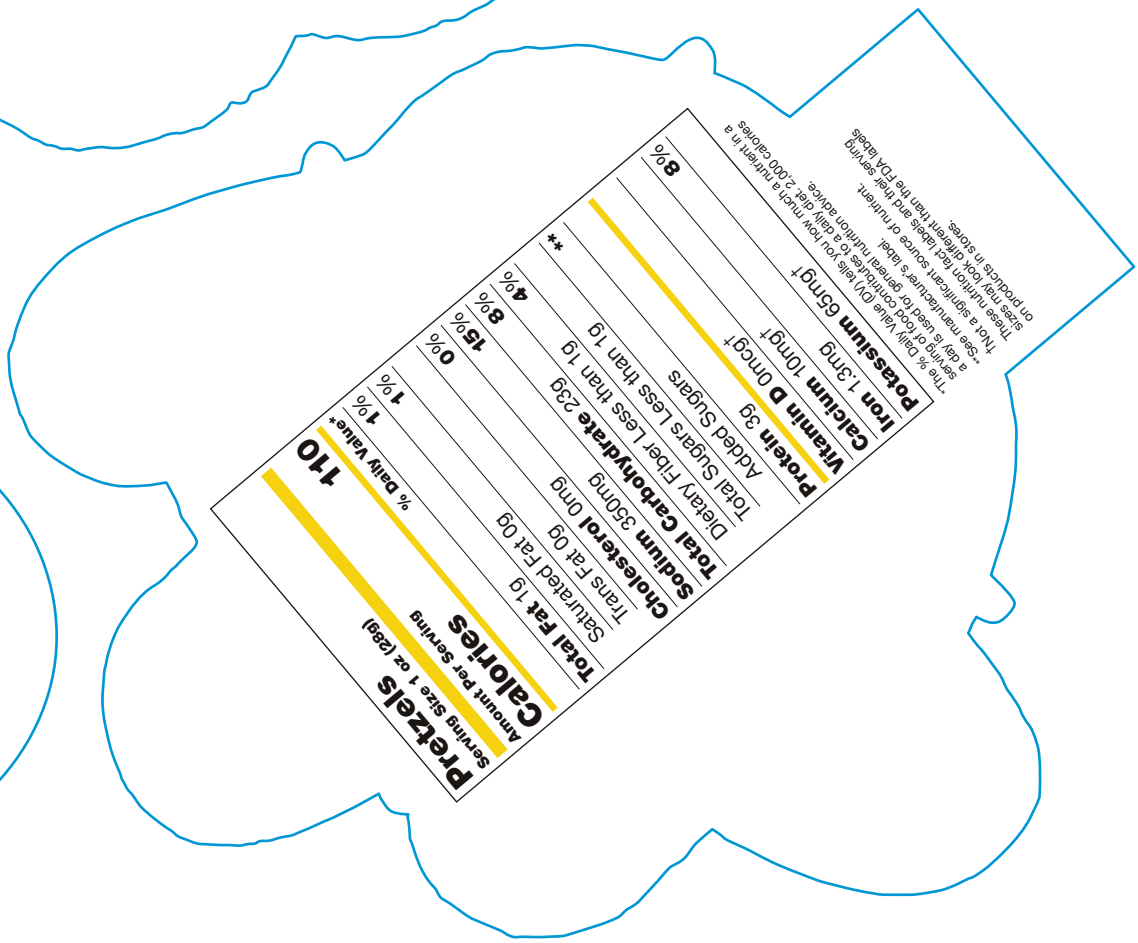

Pretzels
Serving Size 1 oz (28g)
Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 1g	
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber Less than 1g	4%
Total Sugars Less than 1g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 1.3mg	
Potassium 65mg†	8%

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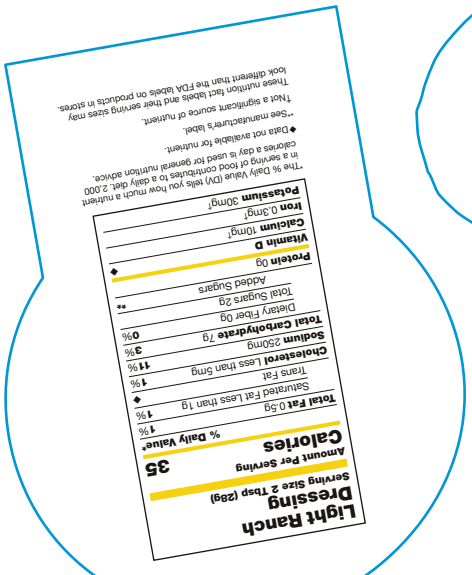

Light Ranch Dressing
Serving Size 2 Tbsp (28g)
Amount Per Serving
Calories 35

	% Daily Value*
	1%
Total Fat 0.5g	
Saturated Fat Less than 1g	1%
Trans Fat	◆
Cholesterol Less than 5mg	1%
Sodium 250mg	11%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 2g	
Added Sugars	**
Protein 0g	◆
Vitamin D	
Calcium 10mg†	
Iron 0.1mg†	
Potassium 30mg†	

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◆Data not available for nutrient.
**See manufacturer's label.
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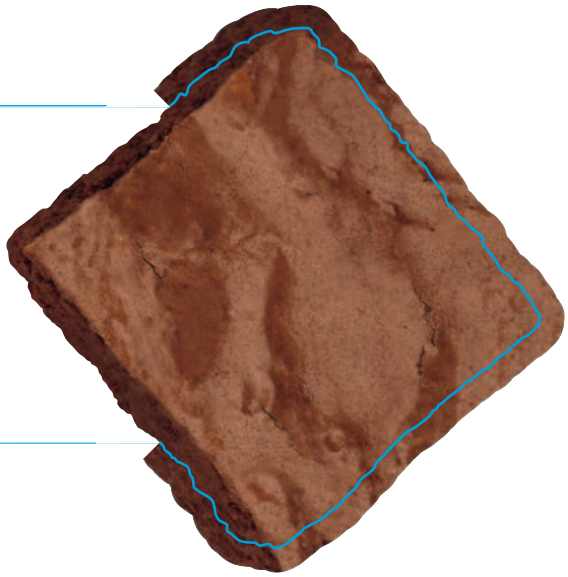
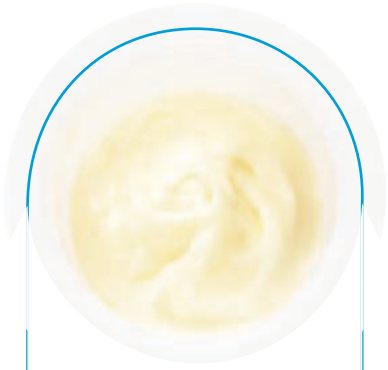
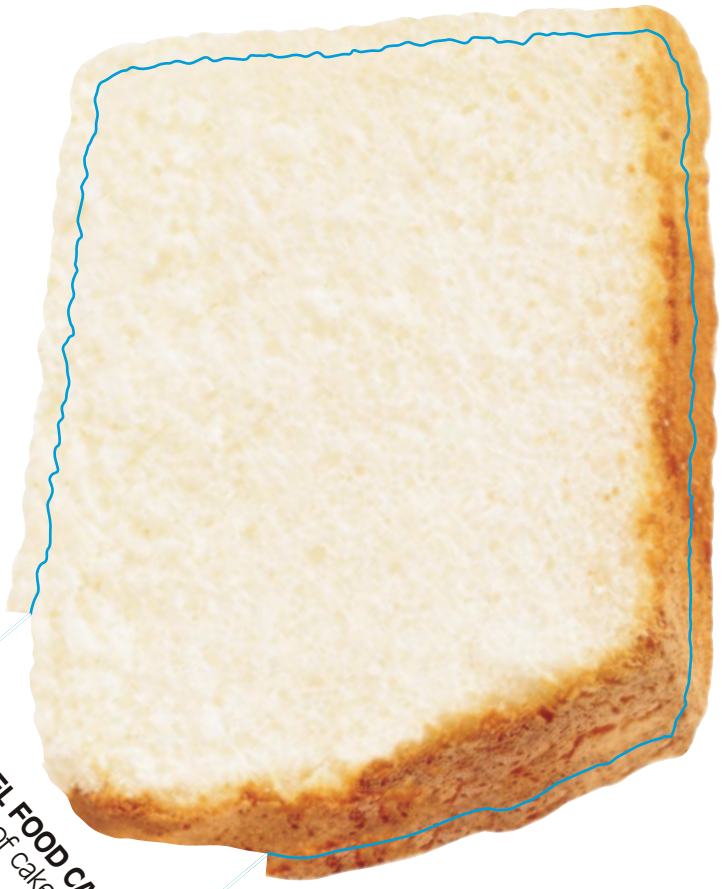


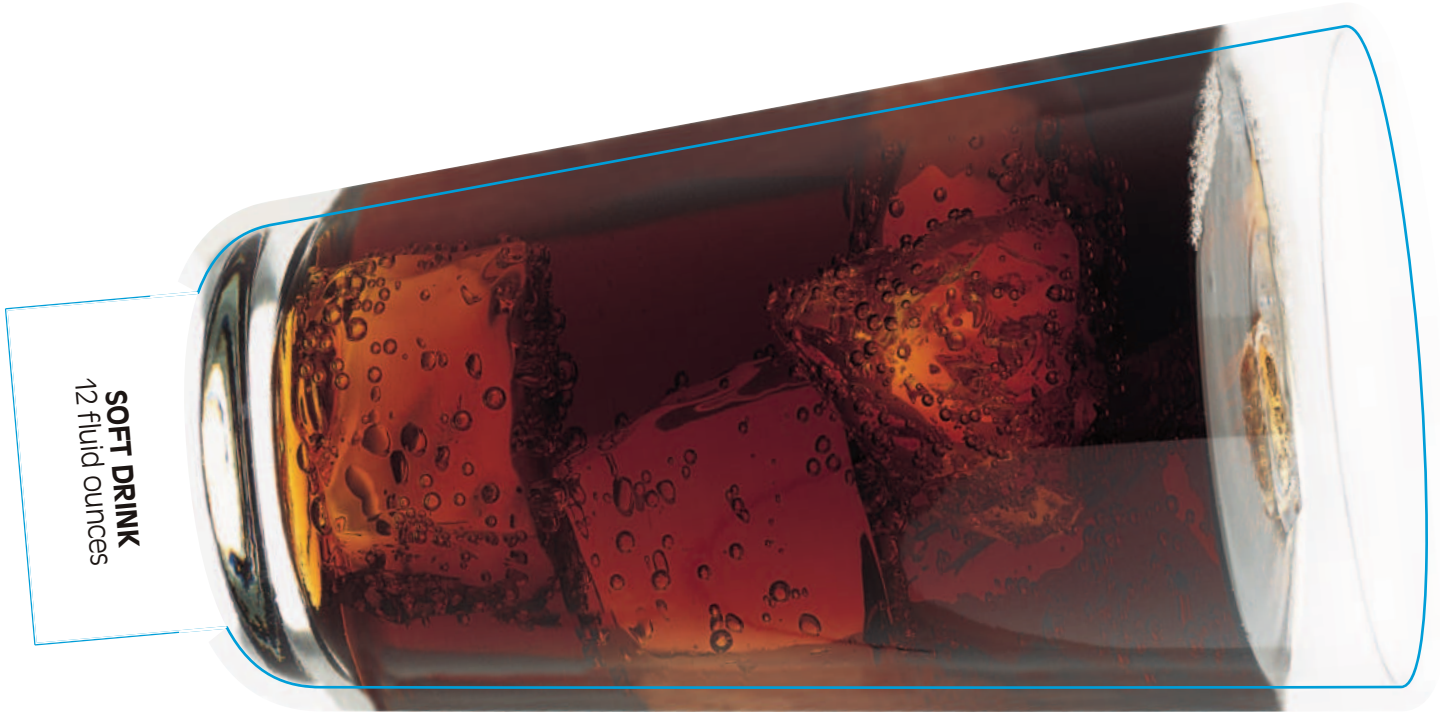
BROWNIE
1 ounce



MAYONNAISE
1 tablespoon



ANGEL FOOD CAKE
1/12 of cake



SOFT DRINK
12 fluid ounces

Angel Food Cake

Serving Size 1/12 of cake (30g)

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 20g	**7%**
Dietary Fiber Less than 1g	**2%**
Total Sugars 14g	
Added Sugars	**
Protein 2g	
Vitamin D	◆
Calcium 0mg†	
Iron 0mg†	
Potassium	◆

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◆ Data not available for nutrient.
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Brownie

Serving Size 1 oz (28g) (1-3/4"x1-3/4"x3/4")

Amount Per Serving

Calories 110

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 1g	**6%**
Trans Fat 0.5g	
Cholesterol Less than 5mg	**2%**
Sodium 80mg	**3%**
Total Carbohydrate 18g	**7%**
Dietary Fiber Less than 1g	**2%**
Total Sugars 10g	
Added Sugars	**
Protein 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.6mg	**4%**
Potassium 40mg†	

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Mayonnaise

Serving Size 1 Tbsp (14g)

Amount Per Serving

Calories 100

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 90mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 2.9mg	**15%**
Potassium 0mg†	

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Soft Drink

Serving Size Regular 12 fl oz (370g) | Low Calorie 12 fl oz (355g)

Amount Per Serving

Calories 160 | 5

	% Daily Value*	% Daily Value*
Total Fat	1g **1%**	0g **0%**
Saturated Fat	0g **0%**	0g **0%**
Trans Fat	0g	0g
Cholesterol	0mg **0%**	0mg **0%**
Sodium	10mg **0%**	30mg **1%**
Total Carbohydrate	38g **14%**	1g **0%**
Dietary Fiber	0g **0%**	0g **0%**
Total Sugars	37g	0g
Added Sugars	**	**
Protein	0g	0g
Vitamin D	0mcg†	0mcg†
Calcium	0mg†	10mg†
Iron	0.1mg†	0.4mg **2%**
Potassium	20mg†	30mg†

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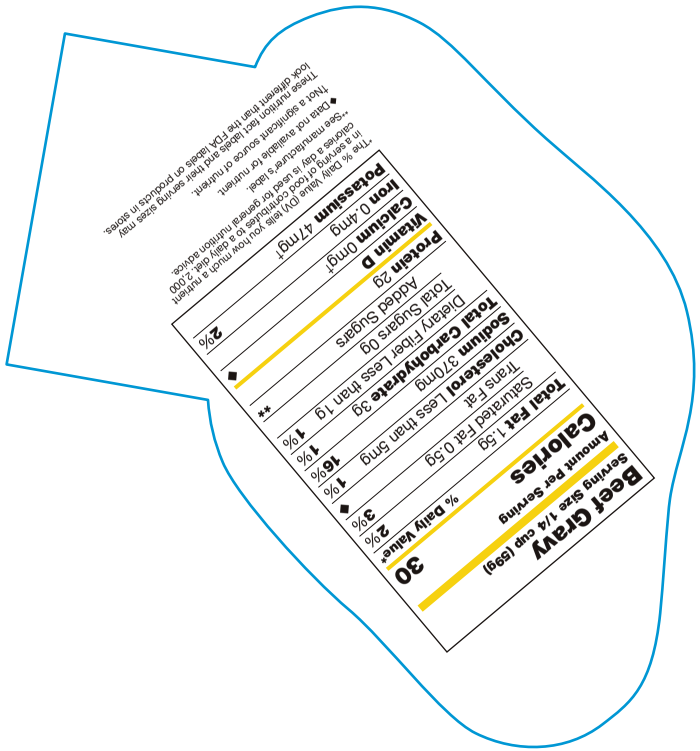
GRAVY
¼ cup

CHOCOLATE CHIP COOKIE
1 cookie 2 ¼"

CHOCOLATE CAKE
1/12 of cake

CHOCOLATE CANDY BAR
1 bar

CARD 52


Beef Gravy
Serving Size 1/4 cup (59g)
Amount Per Serving
Calories 30
% Daily Value*
Total Fat 1.5g 2%
Saturated Fat 0.5g 3%
Trans Fat
Cholesterol Less than 5mg 1%
Sodium 370mg 16%
Total Carbohydrate 3g 1%
Dietary Fiber Less than 1g 4%
Total Sugars 0g
Added Sugars 0g 0%
Protein 2g
Vitamin D 0mcg 0%
Calcium 0.4mg 2%
Iron 0.4mg 2%
Potassium 47mg 2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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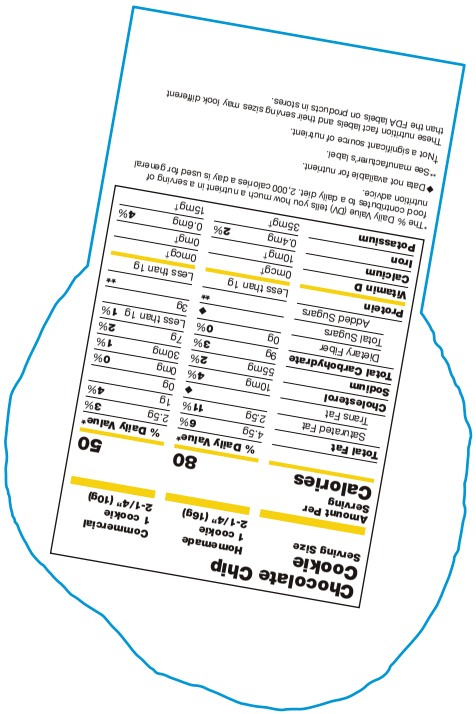
Chocolate Chip Cookie
Serving Size
Amount Per Serving
Calories 80 50
% Daily Value*
Total Fat 4.5g 6% 2.5g 3%
Saturated Fat 2.5g 11% 1g 4%
Trans Fat
Cholesterol 10mg 3% 3mg 1%
Sodium 55mg 2% 30mg 0%
Total Carbohydrate 9g 3% 7g 2%
Dietary Fiber 0g 0% less than 1g 1%
Total Sugars 0g
Added Sugars ◆ ** 3g
Protein less than 1g less than 1g
Vitamin D 0mcg 0mcg
Calcium 10mg 0mg
Iron 0.4mg 2% 0.6mg 4%
Potassium 35mg 15mg
Homemade 1 cookie 2-1/4" (16g)
Commercial 1 cookie 2-1/4" (10g)
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆Data not available for nutrient.
**See manufacturer's label.
■Not a significant source of nutrient.
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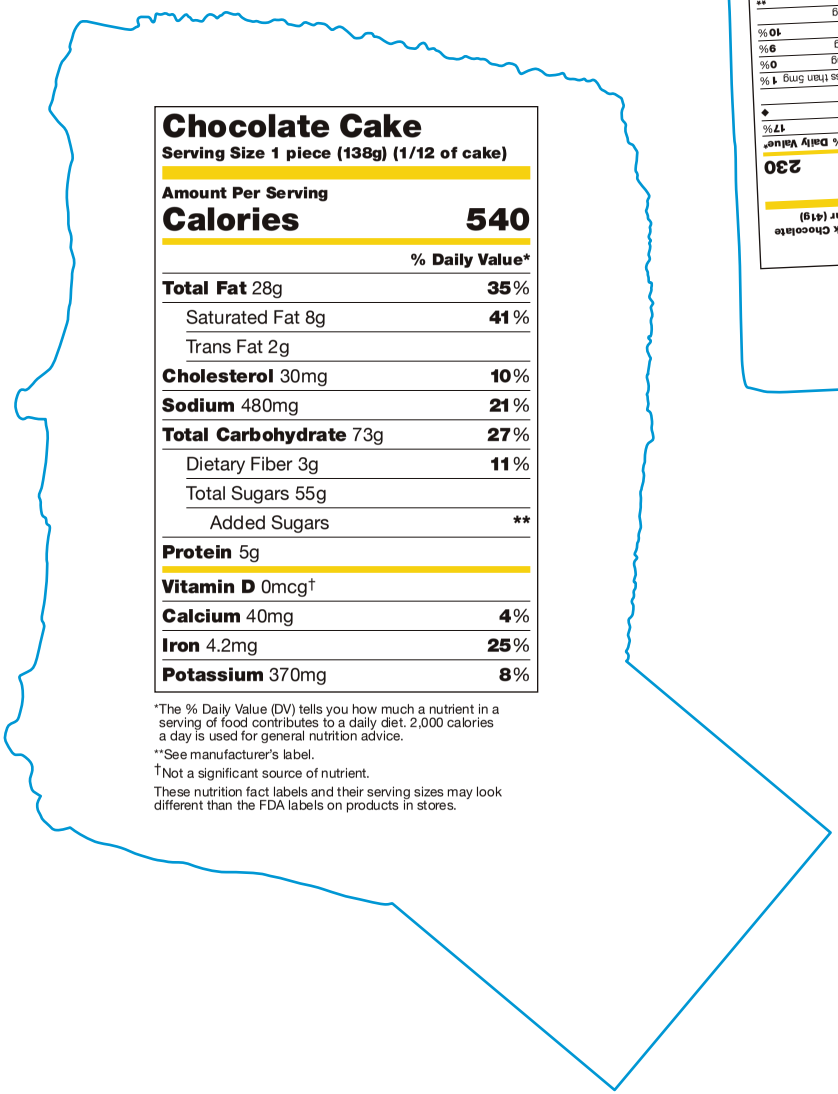
Chocolate Cake
Serving Size 1 piece (138g) (1/12 of cake)
Amount Per Serving
Calories 540
% Daily Value*
Total Fat 28g 35%
Saturated Fat 8g 41%
Trans Fat 2g
Cholesterol 30mg 10%
Sodium 480mg 21%
Total Carbohydrate 73g 27%
Dietary Fiber 3g 11%
Total Sugars 55g
Added Sugars **
Protein 5g
Vitamin D 0mcg† 4%
Calcium 40mg 25%
Iron 4.2mg 8%
Potassium 370mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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†Not a significant source of nutrient.
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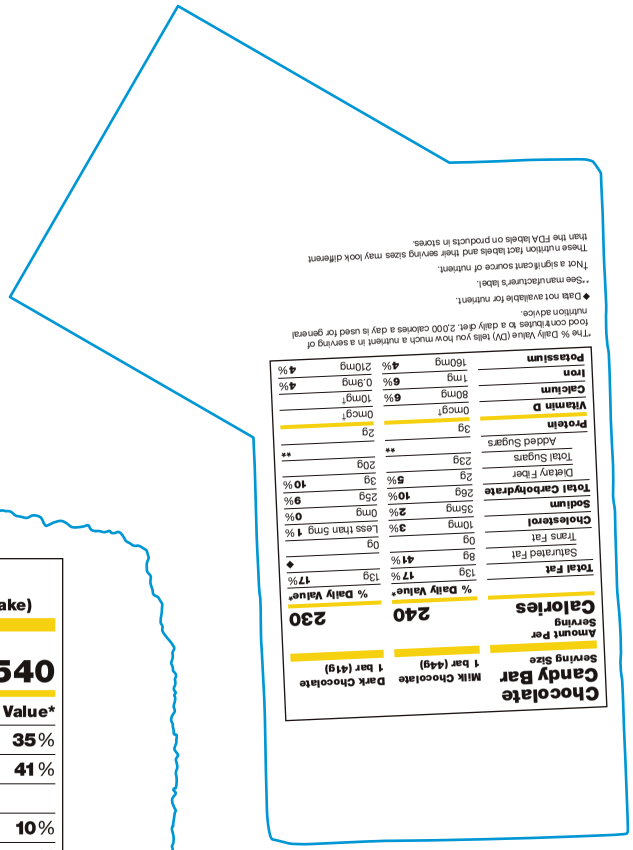
Chocolate Candy Bar
Serving Size
Amount Per Serving
Calories 240 230
% Daily Value*
Total Fat 13g 17% 13g 17%
Saturated Fat 8g 41% 9g ◆
Trans Fat 0g
Cholesterol 10mg 3% less than 5mg 1%
Sodium 35mg 2% 0mg 0%
Total Carbohydrate 26g 10% 25g 9%
Dietary Fiber 2g 5% 3g 10%
Total Sugars 23g
Added Sugars **
Protein 3g 2g **
Vitamin D 0mcg† 0mcg†
Calcium 80mg 6% 10mg† 4%
Iron 1mg 6% 0.9mg 4%
Potassium 160mg 4% 210mg 4%
Milk Chocolate 1 bar (44g)
Dark Chocolate 1 bar (41g)
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆Data not available for nutrient.
**See manufacturer's label.
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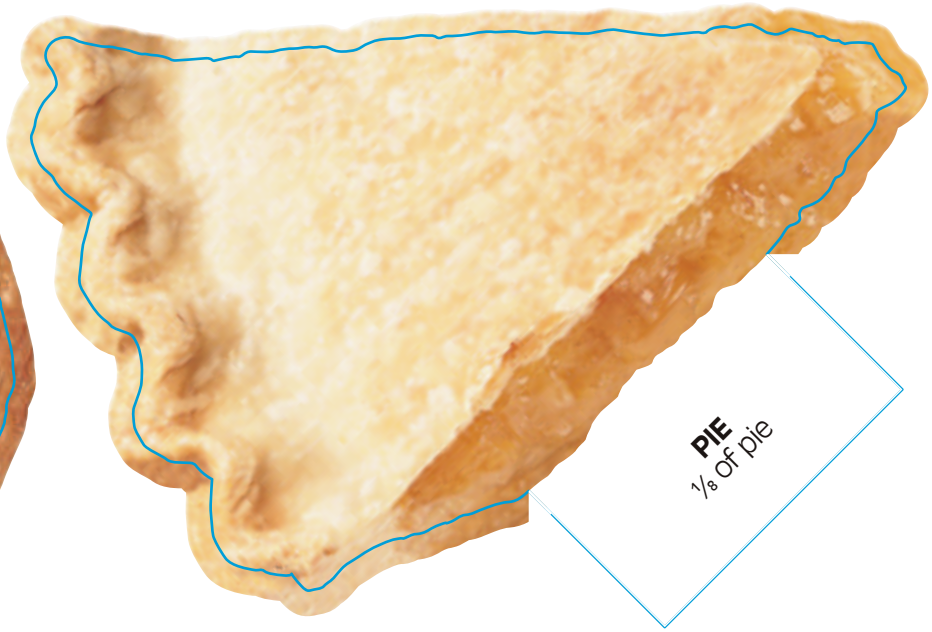
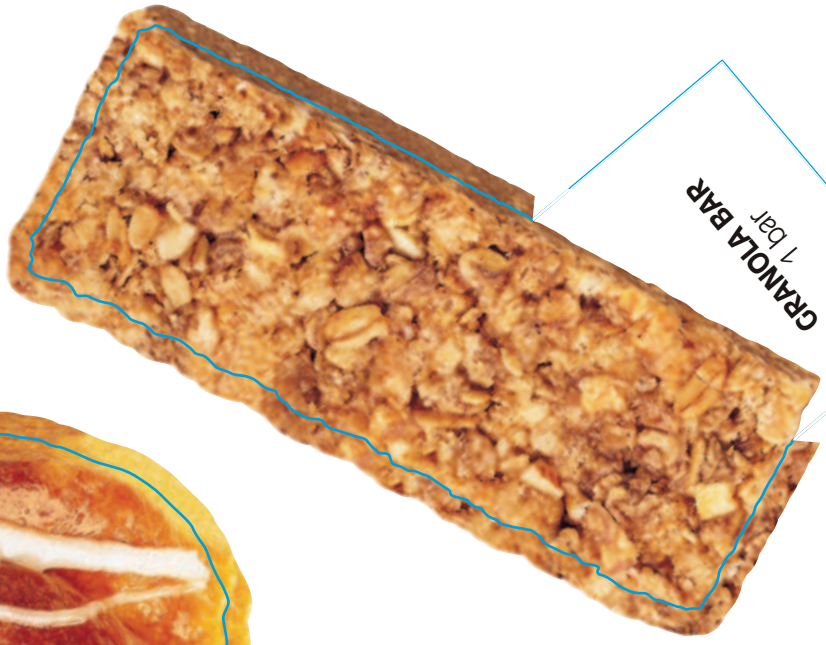
DOUGHNUT
1 doughnut



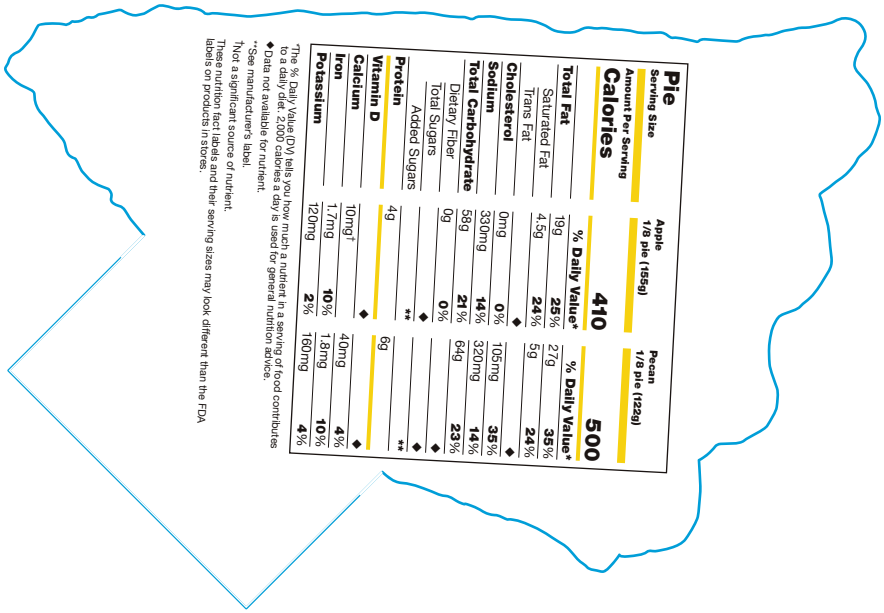
PIE
1/8 of pie



GRANOLA BAR
1 bar

SWEET ROLL
1 ROLL

SOUR CREAM
1 tablespoon



Pie

Serving Size: Apple 1/8 pie (155g) | Pecan 1/8 pie (122g)

Amount Per Serving

Calories 410 | 500

	% Daily Value*	% Daily Value*
Total Fat 19g	**25%**	27g **35%**
Saturated Fat 4.5g	**24%**	5g **24%**
Trans Fat		
Cholesterol 0mg	**0%** ◆	105mg **35%**
Sodium 330mg	**14%**	320mg **14%**
Total Carbohydrate 55g	**21%**	64g **23%**
Dietary Fiber 0g	**0%**	◆
Total Sugars		
Added Sugars	**	**
Protein 4g		6g
Vitamin D	◆	◆
Calcium 10mg†	**10%**	40mg **4%**
Iron 1.7mg		1.8mg **10%**
Potassium 120mg	**2%**	160mg **4%**

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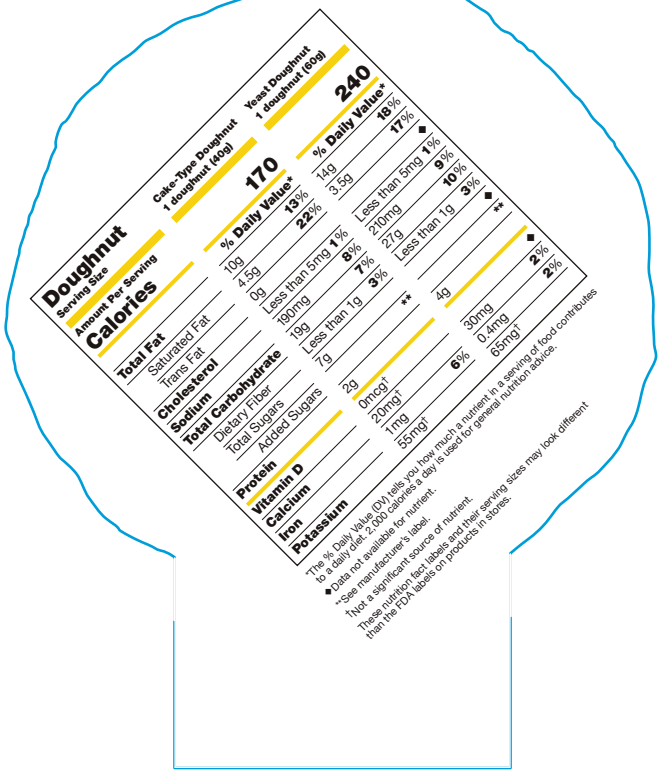

Doughnut

Serving Size: Cake-Type Doughnut 1 doughnut (48g) | Yeast Doughnut 1 doughnut (60g)

Amount Per Serving

Calories 170 | 240

	% Daily Value*	% Daily Value*
Total Fat 10g	**13%**	14g **18%**
Saturated Fat 4.5g	**22%**	3.5g **17%**
Trans Fat 0g		■
Cholesterol Less than 5mg	**1%**	Less than 5mg **1%**
Sodium 190mg	**8%**	210mg **9%**
Total Carbohydrate 19g	**7%**	27g **10%**
Dietary Fiber Less than 1g	**3%**	Less than 1g **3%**
Total Sugars	**	■
Added Sugars		**
Protein 2g		4g
Vitamin D 0mcg†	**6%**	■
Calcium 20mg†		**2%**
Iron 1mg		**2%**
Potassium 55mg†		30mg
		0.4mg
		65mg†

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
■Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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Granola Bar

Serving Size 1 bar (1 oz) (28g)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 6g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**4%**
Total Carbohydrate 18g	**7%**
Dietary Fiber 2g	**5%**
Total Sugars 8g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	
Calcium 20mg†	**4%**
Iron 0.8mg	**2%**
Potassium 95mg	

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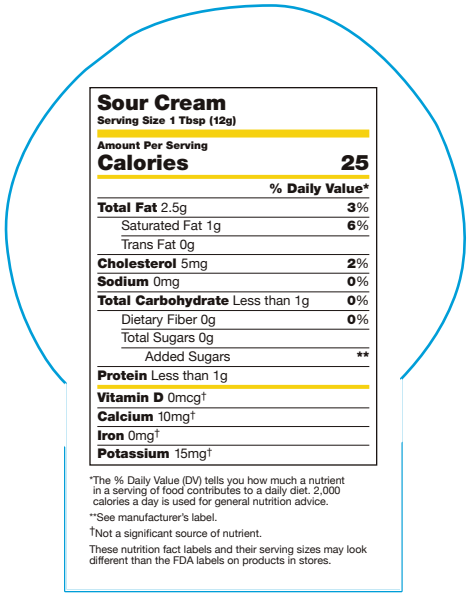

Sour Cream

Serving Size 1 Tbsp (12g)

Amount Per Serving

Calories 25

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 0mg	**0%**
Total Carbohydrate Less than 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Added Sugars	**
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0mg†	
Potassium 15mg†	

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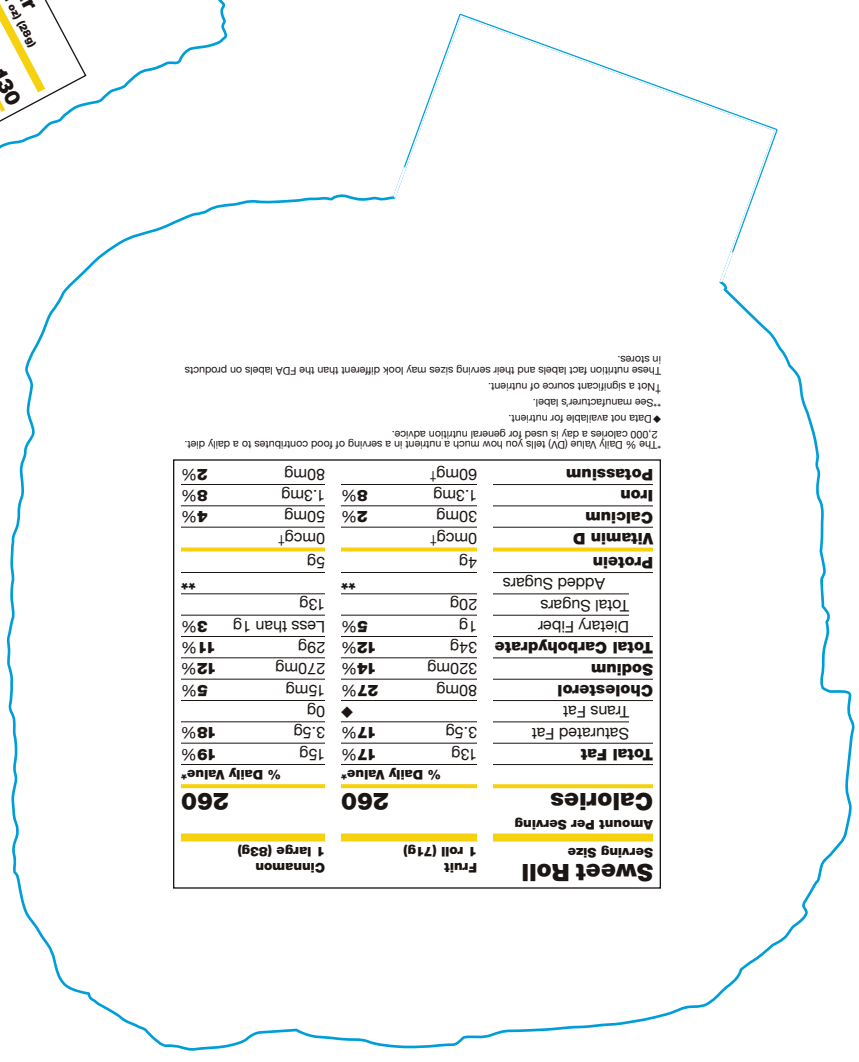

Sweet Roll

Serving Size: Fruit 1 roll (71g) | Cinnamon 1 large (83g)

Amount Per Serving

Calories 260 | 260

	% Daily Value*	% Daily Value*
Total Fat 13g	**17%**	15g **19%**
Saturated Fat 3.5g	**17%**	3.5g **18%**
Trans Fat	◆	0g
Cholesterol 80mg	**27%**	15mg **5%**
Sodium 320mg	**14%**	270mg **12%**
Total Carbohydrate 34g	**12%**	29g **11%**
Dietary Fiber 1g	**5%**	Less than 1g **3%**
Total Sugars 20g		13g
Added Sugars	**	**
Protein 4g		5g
Vitamin D 0mcg†		0mcg†
Calcium 30mg	**2%**	50mg **4%**
Iron 1.3mg	**8%**	1.3mg **8%**
Potassium 60mg†		80mg **2%**

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CREAM CHEESE
1 ounce

JELLY
1 teaspoon

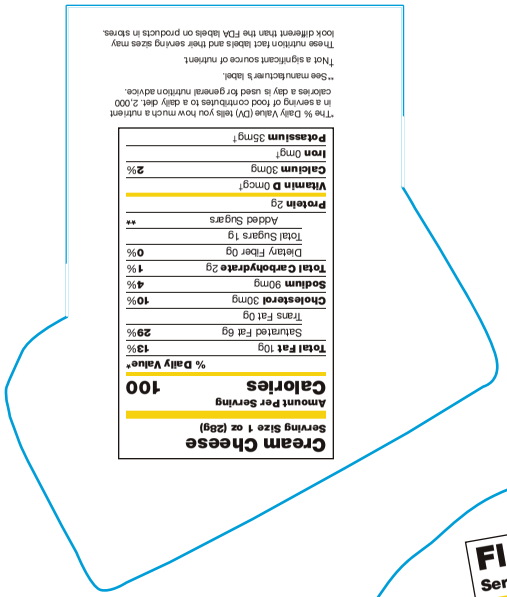
FLAVORED GELATIN
½ cup

MAPLE SYRUP
1 tablespoon

SUGAR
1 teaspoon

10% JUICE DRINK
6 fluid ounces

CARD 54


Cream Cheese
Serving Size 1 oz (28g)
Amount Per Serving
Calories 100
% Daily Value*
Total Fat 10g 13%
Saturated Fat 6g 29%
Trans Fat 0g
Cholesterol 30mg 10%
Sodium 90mg 4%
Total Carbohydrate 2g 1%
Dietary Fiber 0g 0%
Total Sugars 1g
Added Sugars **
Protein 2g
Vitamin D 0mcg†
Calcium 30mg 2%
Iron 0mg†
Potassium 35mg†
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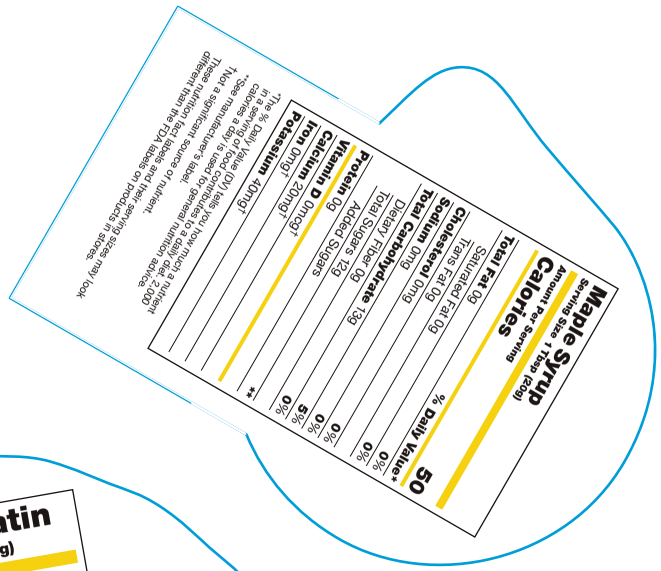
Maple Syrup
Serving Size 1 Tbsp (20g)
Amount Per Serving
Calories 50
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 13g 5%
Dietary Fiber 0g 0%
Total Sugars 12g
Added Sugars **
Protein 0g
Vitamin D 0mcg†
Calcium 20mg 2%
Iron 0mg†
Potassium 40mg†
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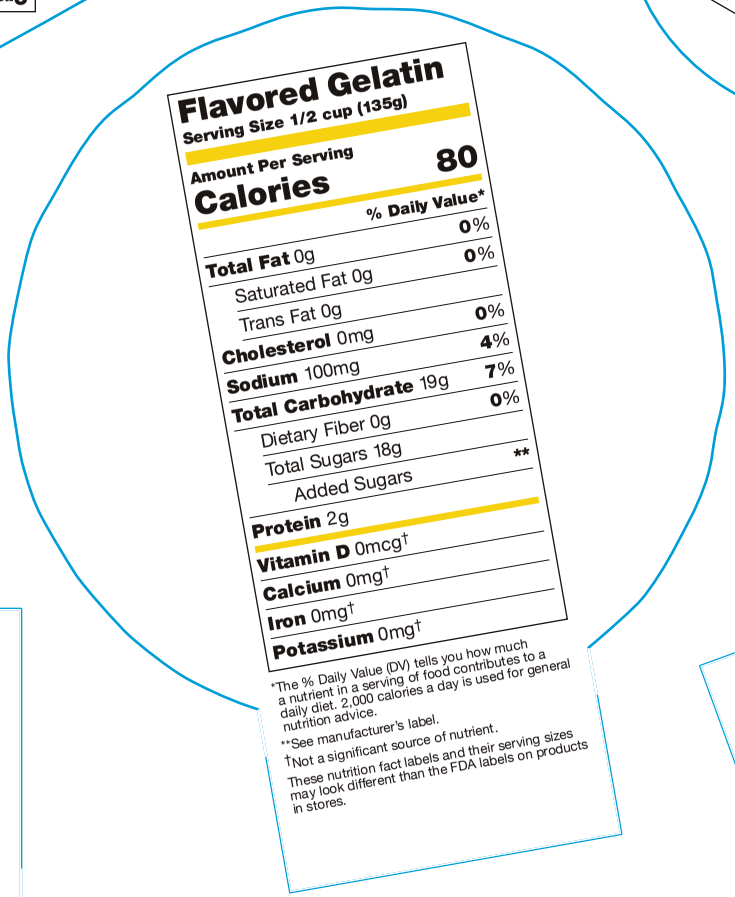
Flavored Gelatin
Serving Size 1/2 cup (135g)
Amount Per Serving
Calories 80
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 100mg 4%
Total Carbohydrate 19g 7%
Dietary Fiber 0g 0%
Total Sugars 18g
Added Sugars **
Protein 2g
Vitamin D 0mcg†
Calcium 0mg†
Iron 0mg†
Potassium 0mg†
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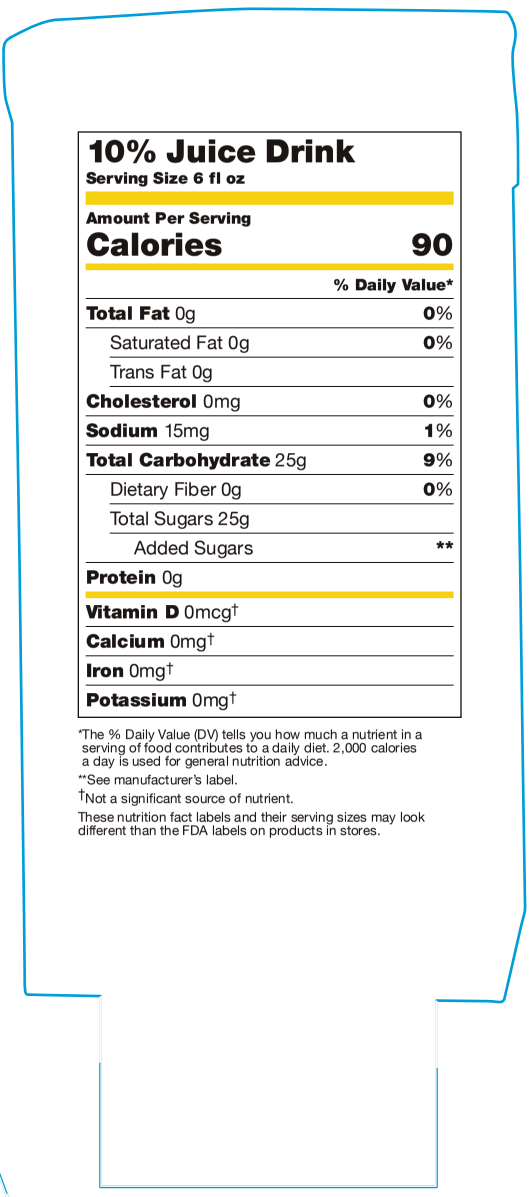
10% Juice Drink
Serving Size 6 fl oz
Amount Per Serving
Calories 90
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 15mg 1%
Total Carbohydrate 25g 9%
Dietary Fiber 0g 0%
Total Sugars 25g
Added Sugars **
Protein 0g
Vitamin D 0mcg†
Calcium 0mg†
Iron 0mg†
Potassium 0mg†
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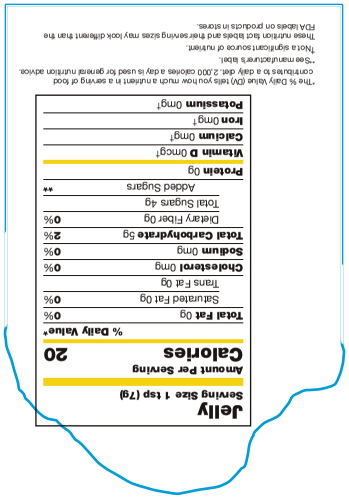
Jelly
Serving Size 1 tsp (7g)
Amount Per Serving
Calories 20
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 5g 2%
Dietary Fiber 0g 0%
Total Sugars 4g
Added Sugars **
Protein 0g
Vitamin D 0mcg†
Calcium 0mg†
Iron 0mg†
Potassium 0mg†
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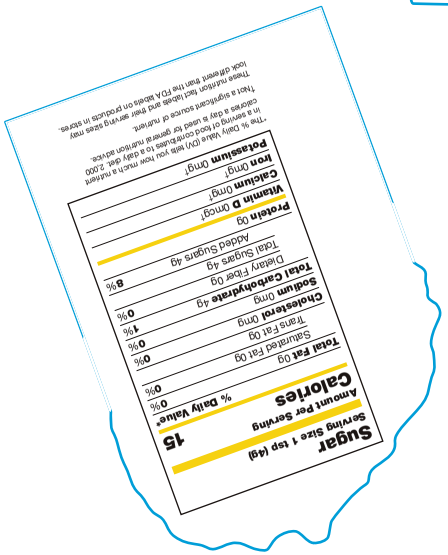
Sugar
Serving Size 1 tsp (4g)
Amount Per Serving
Calories 15
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 1%
Total Carbohydrate 4g 0%
Dietary Fiber 0g 0%
Total Sugars 4g
Added Sugars 4g 8%
Protein 0g
Vitamin D 0mcg†
Calcium 0mg†
Iron 0mg†
Potassium 0mg†
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