

Whole wheat bread

Nutrition Facts	
Serving Size: 2 slices Serving Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2g	4%
Saturated Fat .5g	3%
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 26g	8%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 6g	12%
Vitamin A 0% • Vitamin C 0%	
Calcium 4%	10%
* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Do you have any fingers left standing?

YES _____ NO _____

Baked beans, with pork

Nutrition Facts	
Serving Size: 1/2 cup Serving Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 550mg	23%
Total Carbohydrate 24g	8%
Dietary Fiber 7g	28%
Sugars 10g	
Protein 7g	14%
Vitamin A 4% • Vitamin C 8%	
Calcium 8%	25%
* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Do you have any fingers left standing?

YES _____ NO _____

Green peas, canned, cooked

Nutrition Facts	
Serving Size: 1/2 cup Serving Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	8%
Vitamin A 15% • Vitamin C 15%	
Calcium 2%	6%
* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Do you have any fingers left standing?

YES _____ NO _____