

Broccoli, fresh

Nutrition Facts

Nutrition Facts			
Serving Size: 1/2 cup			
Serving Per Container			
Amount Per Serving			
Calories 10	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 10mg	1%		
Total Carbohydrate 2g	1%		
Dietary Fiber 1g	5%		
Sugars 1g			
Protein 1g	2%		
Vitamin A 15%	• Vitamin C 70%		
Calcium 2%	• Iron 2%		
* 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

Chocolate candy bar, plain

Nutrition Facts

Nutrition Facts			
Serving Size: 1 oz			
Serving Per Container			
Amount Per Serving			
Calories 150	Calories from Fat 80		
% Daily Value*			
Total Fat 9g	14%		
Saturated Fat 5g	26%		
Cholesterol 5mg	2%		
Sodium 25mg	1%		
Total Carbohydrate 17g	6%		
Dietary Fiber 1g	3%		
Sugars 15g			
Protein 2g	4%		
Vitamin A 0%	•	Vitamin C 0%	
Calcium 6%	•	Iron 2%	
* 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

Chocolate milk, 2% lowfat

Nutrition Facts

Nutrition Facts			
Serving Size: 1 cup			
Serving Per Container			
Amount Per Serving			
Calories 180	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 3g	16%		
Cholesterol 15mg	6%		
Sodium 150mg	6%		
Total Carbohydrate 26g	9%		
Dietary Fiber 4g	15%		
Sugars 20g			
Protein 8g	16%		
Vitamin A 10%	•	Vitamin C 4%	
Calcium 30%	•	Iron 4%	
* 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