

Yogurt, plain, lowfat

## Nutrition Facts

Serving Size: 1 cup  
Serving Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b> 140	Calories from Fat 35		
<b>Total Fat</b> 4g		<b>6%</b>	
Saturated Fat 2.5g		<b>11%</b>	
<b>Cholesterol</b> 15mg		<b>5%</b>	
<b>Sodium</b> 160mg		<b>7%</b>	
<b>Total Carbohydrate</b> 16g		<b>5%</b>	
Dietary Fiber 0g		<b>0%</b>	
Sugars 12g			
<b>Protein</b> 12g		<b>24%</b>	
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 4%		
<b>Calcium</b> 40%	<b>Iron</b> 0%		

\* 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	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 \_\_\_

Doughnut, cake-type, plain

## Nutrition Facts

Serving Size: 1 doughnut  
Serving Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b> 200	Calories from Fat 110		
<b>Total Fat</b> 11g		<b>17%</b>	
Saturated Fat 2g		<b>9%</b>	
<b>Cholesterol</b> 20mg		<b>6%</b>	
<b>Sodium</b> 260mg		<b>11%</b>	
<b>Total Carbohydrate</b> 23g		<b>8%</b>	
Dietary Fiber 1g		<b>3%</b>	
Sugars 8g			
<b>Protein</b> 2g		<b>4%</b>	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%		
<b>Calcium</b> 2%	<b>Iron</b> 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	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 \_\_\_

Strawberries

## Nutrition Facts

Serving Size: 1/2 cup  
Serving Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b> 25	Calories from Fat 0		
<b>Total Fat</b> 0g		<b>0%</b>	
Saturated Fat 0g		<b>0%</b>	
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 0mg		<b>0%</b>	
<b>Total Carbohydrate</b> 5g		<b>2%</b>	
Dietary Fiber 2g		<b>8%</b>	
Sugars 3g			
<b>Protein</b> 0g		<b>0%</b>	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 70%		
<b>Calcium</b> 0%	<b>Iron</b> 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 \_\_\_