

Broccoli, fresh

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

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

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 ___