

Video Label Handout B

3.

Nutrition Facts	
Serving Size : 1 oz (28g)	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 2g	4%
Vitamin A 0% • Vitamin C 0%	
Calcium 4%	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 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	

4.

Nutrition Facts	
Serving Size: 1 slice (63g)	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	8%
Cholesterol 10mg	3%
Sodium 340mg	14%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 8g	16%
Vitamin A 8% • Vitamin C 3%	
Calcium 12%	Iron 3%
* 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	