

Yogurt, plain, lowfat

Nutrition Facts

Serving Size: 1 cup
Serving Per Container

Amount Per Serving		% Daily Value*
Calories 140	Calories from Fat 35	
Total Fat 4g		
Saturated Fat 2.5g		
Cholesterol 15mg		
Sodium 160mg		
Total Carbohydrate 16g		
Dietary Fiber 0g		
Sugars 12g		
Protein 12g		
Vitamin A 4% • Vitamin C 4%		
Calcium 40% • Iron 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*
Calories 200	Calories from Fat 110	
Total Fat 11g		
Saturated Fat 2g		
Cholesterol 20mg		
Sodium 260mg		
Total Carbohydrate 23g		
Dietary Fiber 1g		
Sugars 8g		
Protein 2g		
Vitamin A 0% • Vitamin C 0%		
Calcium 2% • Iron 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 _____

Strawberries

Nutrition Facts

Serving Size: 1/2 cup
Serving Per Container

Amount Per Serving		% Daily Value*
Calories 25	Calories from Fat 0	
Total Fat 0g		
Saturated Fat 0g		
Cholesterol 0mg		
Sodium 0mg		
Total Carbohydrate 5g		
Dietary Fiber 2g		
Sugars 3g		
Protein 0g		
Vitamin A 0% • Vitamin C 70%		
Calcium 0% • 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 _____