

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 CM

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 ___