

Broccoli, fresh

Nutrition Facts

Serving Size: 1/2 cup
Serving Per Container

Amount Per Serving		Calories from Fat 0
Calories 10		
% 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 from Fat 80
Calories 150		
% 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 from Fat 45
Calories 180		
% 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 ___