

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		6%	
Saturated Fat 2.5g		11%	
Cholesterol 15mg		5%	
Sodium 160mg		7%	
Total Carbohydrate 16g		5%	
Dietary Fiber 0g		0%	
Sugars 12g			
Protein 12g		24%	
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	20g 25g
Cholesterol	300mg 300mg
Sodium	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		17%	
Saturated Fat 2g		9%	
Cholesterol 20mg		6%	
Sodium 260mg		11%	
Total Carbohydrate 23g		8%	
Dietary Fiber 1g		3%	
Sugars 8g			
Protein 2g		4%	
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	65g 80g
Sat Fat	20g 25g
Cholesterol	300mg 300mg
Sodium	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		0%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 5g		2%	
Dietary Fiber 2g		8%	
Sugars 3g			
Protein 0g		0%	
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 ___