

Yogurt, plain, lowfat

## Nutrition Facts

Serving Size: 1 cup  
Serving Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b> 140	Calories from Fat 35		
<b>Total Fat</b> 4g		<b>6%</b>	
Saturated Fat 2.5g		<b>11%</b>	
<b>Cholesterol</b> 15mg		<b>5%</b>	
<b>Sodium</b> 160mg		<b>7%</b>	
<b>Total Carbohydrate</b> 16g		<b>5%</b>	
Dietary Fiber 0g		<b>0%</b>	
Sugars 12g			
<b>Protein</b> 12g		<b>24%</b>	
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 4%		
<b>Calcium</b> 40%	<b>Iron</b> 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
<b>Total Fat</b>	65g	80g	
<b>Sat Fat</b>	Less than 20g	25g	
<b>Cholesterol</b>	Less than 300mg	300mg	
<b>Sodium</b>	Less than 2,400mg	2,400mg	
<b>Total Carbohydrate</b>	300g	375g	
<b>Dietary Fiber</b>	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*	
<b>Calories</b> 200	Calories from Fat 110		
<b>Total Fat</b> 11g		<b>17%</b>	
Saturated Fat 2g		<b>9%</b>	
<b>Cholesterol</b> 20mg		<b>6%</b>	
<b>Sodium</b> 260mg		<b>11%</b>	
<b>Total Carbohydrate</b> 23g		<b>8%</b>	
Dietary Fiber 1g		<b>3%</b>	
Sugars 8g			
<b>Protein</b> 2g		<b>4%</b>	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%		
<b>Calcium</b> 2%	<b>Iron</b> 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
<b>Total Fat</b>	65g	80g	
<b>Sat Fat</b>	Less than 20g	25g	
<b>Cholesterol</b>	Less than 300mg	300mg	
<b>Sodium</b>	Less than 2,400mg	2,400mg	
<b>Total Carbohydrate</b>	300g	375g	
<b>Dietary Fiber</b>	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*	
<b>Calories</b> 25	Calories from Fat 0		
<b>Total Fat</b> 0g		<b>0%</b>	
Saturated Fat 0g		<b>0%</b>	
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 0mg		<b>0%</b>	
<b>Total Carbohydrate</b> 5g		<b>2%</b>	
Dietary Fiber 2g		<b>8%</b>	
Sugars 3g			
<b>Protein</b> 0g		<b>0%</b>	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 70%		
<b>Calcium</b> 0%	<b>Iron</b> 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
<b>Total Fat</b>	Less than 65g	80g	
<b>Sat Fat</b>	Less than 20g	25g	
<b>Cholesterol</b>	Less than 300mg	300mg	
<b>Sodium</b>	Less than 2,400mg	2,400mg	
<b>Total Carbohydrate</b>	300g	375g	
<b>Dietary Fiber</b>	25g	30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Do you have any fingers left standing?

YES \_\_\_ NO \_\_\_