

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		6%
Saturated Fat 2.5g		11%
<b>Cholesterol</b> 15mg		5%
<b>Sodium</b> 160mg		7%
<b>Total Carbohydrate</b> 16g		5%
Dietary Fiber 0g		0%
Sugars 12g		
<b>Protein</b> 12g		24%
<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>	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 \_\_\_

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		17%
Saturated Fat 2g		9%
<b>Cholesterol</b> 20mg		6%
<b>Sodium</b> 260mg		11%
<b>Total Carbohydrate</b> 23g		8%
Dietary Fiber 1g		3%
Sugars 8g		
<b>Protein</b> 2g		4%
<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>	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 \_\_\_

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		0%
Saturated Fat 0g		0%
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 0mg		0%
<b>Total Carbohydrate</b> 5g		2%
Dietary Fiber 2g		8%
Sugars 3g		
<b>Protein</b> 0g		0%
<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 \_\_\_