

Broccoli, fresh

## Nutrition Facts

Serving Size: 1/2 cup  
Serving Per Container

Amount Per Serving	
<b>Calories</b> 10	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
<b>Saturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	1%
<b>Total Carbohydrate</b> 2g	1%
<b>Dietary Fiber</b> 1g	5%
<b>Sugars</b> 1g	
<b>Protein</b> 1g	2%
<b>Vitamin A</b> 15%	<b>Vitamin C</b> 70%
<b>Calcium</b> 2%	<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

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 candy bar, plain

## Nutrition Facts

Serving Size: 1 oz  
Serving Per Container

Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	14%
<b>Saturated Fat</b> 5g	26%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 17g	6%
<b>Dietary Fiber</b> 1g	3%
<b>Sugars</b> 15g	
<b>Protein</b> 2g	4%
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%
<b>Calcium</b> 6%	<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

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	
<b>Calories</b> 180	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
<b>Saturated Fat</b> 3g	16%
<b>Cholesterol</b> 15mg	6%
<b>Sodium</b> 150mg	6%
<b>Total Carbohydrate</b> 26g	9%
<b>Dietary Fiber</b> 4g	15%
<b>Sugars</b> 20g	
<b>Protein</b> 8g	16%
<b>Vitamin A</b> 10%	<b>Vitamin C</b> 4%
<b>Calcium</b> 30%	<b>Iron</b> 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 \_\_\_