

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 4g	Less than 65g	80g
Sat Fat 2.5g	Less than 20g	25g
Cholesterol 15mg	Less than 300mg	300mg
Sodium 160mg	Less than 2,400mg	2,400mg
Total Carbohydrate 16g	300g	375g
Dietary Fiber 0g	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 11g	Less than 65g	80g
Sat Fat 2g	Less than 20g	25g
Cholesterol 20mg	Less than 300mg	300mg
Sodium 260mg	Less than 2,400mg	2,400mg
Total Carbohydrate 23g	300g	375g
Dietary Fiber 1g	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 0g	Less than 65g	80g
Sat Fat 0g	Less than 20g	25g
Cholesterol 0mg	Less than 300mg	300mg
Sodium 0mg	Less than 2,400mg	2,400mg
Total Carbohydrate 5g	300g	375g
Dietary Fiber 2g	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Do you have any fingers left standing?

YES ___ NO ___