

Video Label Handout B

3.

Nutrition Facts	
Serving Size : 1 oz (28g)	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 2g	4%
Vitamin A 0% • Vitamin C 0%	
Calcium 4%	Iron 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 80g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

4.

Nutrition Facts	
Serving Size: 1 slice (63g)	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	8%
Cholesterol 10mg	3%
Sodium 340mg	14%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 8g	16%
Vitamin A 8% • Vitamin C 3%	
Calcium 12%	Iron 3%
* 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
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	