

Broccoli, fresh

Nutrition Facts

Serving Size: 1/2 cup
Serving Per Container

Amount Per Serving		Calories from Fat 0
Calories	10	0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	10mg	1%
Total Carbohydrate	2g	1%
Dietary Fiber	1g	5%
Sugars	1g	
Protein	1g	2%
Vitamin A	15%	Vitamin C 70%
Calcium	2%	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	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		Calories from Fat 80
Calories	150	80
% Daily Value*		
Total Fat	9g	14%
Saturated Fat	5g	26%
Cholesterol	5mg	2%
Sodium	25mg	1%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	3%
Sugars	15g	
Protein	2g	4%
Vitamin A	0%	Vitamin C 0%
Calcium	6%	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	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		Calories from Fat 45
Calories	180	45
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	3g	16%
Cholesterol	15mg	6%
Sodium	150mg	6%
Total Carbohydrate	26g	9%
Dietary Fiber	4g	15%
Sugars	20g	
Protein	8g	16%
Vitamin A	10%	Vitamin C 4%
Calcium	30%	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 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 ___