NDC
NATIONAL DAIRY COUNCIL™

FOOD MODELS

2% REDUCED FAT MILK
1 cup

BABY CARROTS
½ cup

GROUND BEEF HAMBURGER
3 ounces

APPLE
1 small

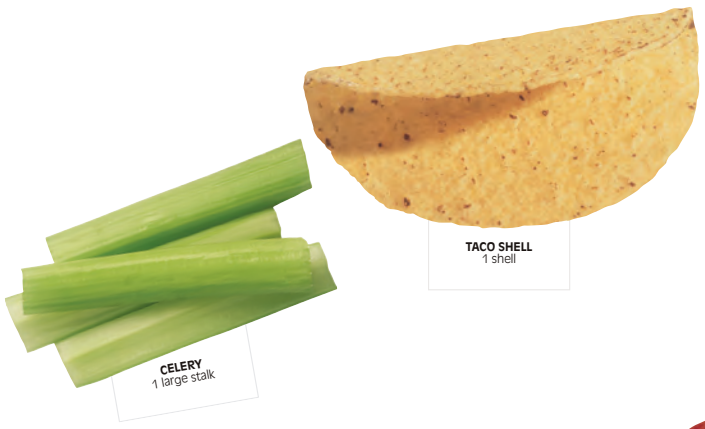
WHOLE WHEAT BREAD
1 slice

CHEESE ENCHILADA
1 enchilada

National Dairy Council® presents 200 life-size food images. These are an ideal tool for teaching nutrition and complement the 2020-2025 Dietary Guidelines and the ChooseMyPlate.gov food guidance system.

National Dairy Council® Food Models make teaching about nutrition easy and fun. These versatile Food Models can help you teach the nutrition recommendations in the 2020-2025 Dietary Guidelines and MyPlate. The Guidelines recommend that all Americans, ages 2 years and older make smart nutrition choices every day. A healthy eating plan is one that includes low-fat or fat free milk and milk products, fruits (especially whole fruits), a variety of vegetables from all of the subgroups, grains (at least half of which are whole grains), a variety of protein foods, and oils. A healthy eating plan is one that limits saturated fats and trans fats, added sugars, and sodium.

The Food Models are full-color images of foods in their common serving size. Nutrient information is provided on the back of the images in a format similar to the Nutrition Facts labels* and is helpful for teaching and comparing nutrient values. They are a perfect way for teaching "Balance, Variety and Moderation" — eating from all five food groups, eating a variety of foods within each food group and eating the recommended amounts from each food group every day. And, they are an ideal way for teaching portion size, a concept that's critical for helping children and adults balance their food intake to help achieve and maintain healthy weight.



Thank you for using **Food Models**.

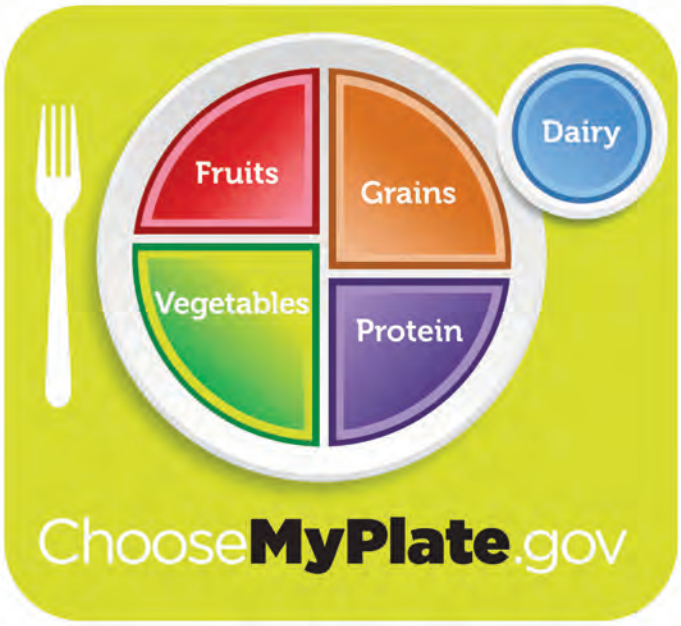
The **Food Models** depict their suggested serving size.

*Added sugar was not included in all food model nutrition information due to unavailable reliable data at time of printing.

These Food Models were designed by registered dietitian nutritionists to make it easy to teach nutrition as a stand-alone topic or as part of core curriculum subjects such as math or science. We have also included suggested lesson plans in this Leader Guide for using the Food Models as teaching tools. Other ideas for teaching with Food Models includes:

- Make food group mobiles or murals for an art project.
- Use Food Models to teach languages, shapes, and colors. For example, have students create a list of foods that are red, or learn how to say banana in French or Spanish.

FOOD MODELS



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Food Group†	Age Group	Servings per Day*	Examples of Common Servings**
Dairy Group Calcium and vitamin D help builds strong bones and teeth *Key Nutrients contributed to the diet:* ■ Calcium ■ Vitamin D ■ Potassium ■ Protein	2-4 years 5-8 years 9-13 years 14-18 years	2-2 1/2 cups 2 1/2 cups 3 cups 3 cups	*1 cup from the Dairy Group counts as:* ■ 1 cup dairy milk or yogurt; or ■ 1 cup lactose-free dairy milk or yogurt; or ■ 1 1/2 oz hard cheese
Protein Group Protein helps maintain healthy muscles *Key Nutrients contributed to the diet:* ■ Protein ■ Iron ■ B vitamins (niacin, thiamin, riboflavin, vitamin B_6) ■ Vitamin E ■ Zinc ■ Magnesium	2-4 years 5-8 years 9-13 years 14-18 years	2-5 oz equivalents 3-5 1/2 oz equivalents 4-6 1/2 oz equivalents 5-7 oz equivalents	*1 ounce from the Protein Group counts as:* ■ 1 ounce seafood, lean meat, or poultry; or ■ 1 egg; or ■ 1 Tbsp peanut butter; or ■ 1/4 cup cooked beans, peas, or lentils
Vegetable Group Vitamin A helps keep eyes and skin healthy *Key Nutrients contributed to the diet:* ■ Potassium ■ Folate ■ Vitamin C ■ Vitamin A ■ Fiber	2-4 years 5-8 years 9-13 years 14-18 years	1-2 cup equivalents 1 1/2-2 1/2 cup equivalents 1 1/2-3 1/2 cup equivalents 2 1/2-4 cup equivalents	*1 cup from the Vegetable Group counts as:* ■ 1 cup raw or cooked/canned vegetables; or ■ 2 cups leafy salad greens; or ■ 1 cup 100% vegetable juice
Fruit Group Vitamin C helps heal cuts and bruises *Key Nutrients contributed to the diet:* ■ Vitamin C ■ Potassium ■ Fiber ■ Folate	2-4 years 5-8 years 9-13 years 14-18 years	1-1 1/2 cup equivalents 1-2 cup equivalents 1 1/2-2 cup equivalents 1 1/2-2 1/2 cup equivalents	*1 cup from the Fruit Group counts as*: ■ 1 cup raw, frozen, or cooked/canned fruit; or ■ 1/2 cup dried fruit; or ■ 1 cup 100% fruit juice
Grain Group Provides energy and fiber to support digestion *Key Nutrients contributed to the diet:* ■ Carbohydrates ■ Fiber ■ B vitamins (thiamin, riboflavin, niacin, and folate) ■ Minerals (iron, magnesium, and selenium)	2-4 years 5-8 years 9-13 years 14-18 years	3-5 oz equivalents 4-6 oz equivalents 5-9 oz equivalents 6-10 oz equivalents	*1 ounce from the Grains Group counts as:* ■ 1 slice bread; or ■ 1 ounce ready-to-eat cereal; or ■ 1/2 cup cooked rice, pasta, or cereal

† **https://www.choosemyplate.gov/** was used as a reference for all information above

* Servings per day are listed as ranges and are based on the daily amounts for each food group for the age, gender, and daily caloric intake recommendations in **https://www.myplate.gov/life-stages**

** Source: **https://www.myplate.gov/eat-healthy/what-is-myplate**

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Lesson Plan (Grade 2-8)

Sort Out MyPlate

Source:

Washington State Dairy Council

Objective:

This activity will familiarize participants with MyPlate while helping them identify specific foods, and the food groups in which they belong.

Activity Outcome:

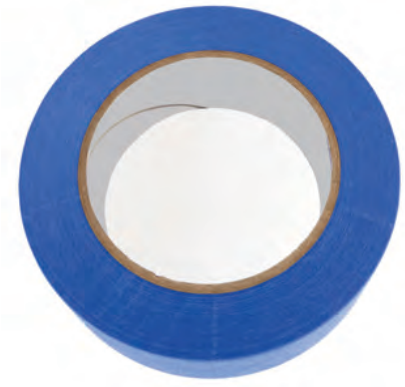
Students will be able to name and categorize foods into the correct Five Food Groups (Dairy, Fruits, Vegetables, Grains, and Protein Foods).

Materials and Advance Preparation:

- Remove the "Combination" and "Others" category food models from the set
- One roll of painters or masking tape
- One piece of colored paper in purple, blue, red, green and orange
- Four hula hoops or baskets

What to Do:

1. Using the tape, make a large MyPlate on the floor.
2. Tape the pieces of colored paper in their correct places on the MyPlate outline.
3. Place approximately twenty food models in each of the four baskets or hula hoops randomly.
4. Divide students into four teams.



How to Play:

1. Explain that MyPlate has Five Food Groups and that each food group has a color. Talk about each food group and the types of foods that belong in each.
2. Explain that each team will be assigned a basket or hula hoop which will contain twenty food models.
3. The object of the game is for each team to place all the food models from their basket in the correct MyPlate food group.
4. Ask student teams to line up behind each basket or hula hoop.
5. The first person in line will pick out a food, run to the MyPlate outline and place it in the correct food group. The instructor will stand by the MyPlate to make sure each food model is placed correctly. If the food is place incorrectly, her/she will need to take it back to their hula hoop or basket, tag the next team member, and go to the end of the line.
6. If a food is placed correctly he/she will run back to their team and tag the next person in line.
7. The first team to place all their food models on the MyPlate correctly wins!

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Lesson Plan (Grade 3+)

A Day In the Life

Source:
Washington State Dairy Council

Objective:

Encourage children to think about the life of a fruit or vegetable starting from its "birth" on a farm.

Activity Outcome:

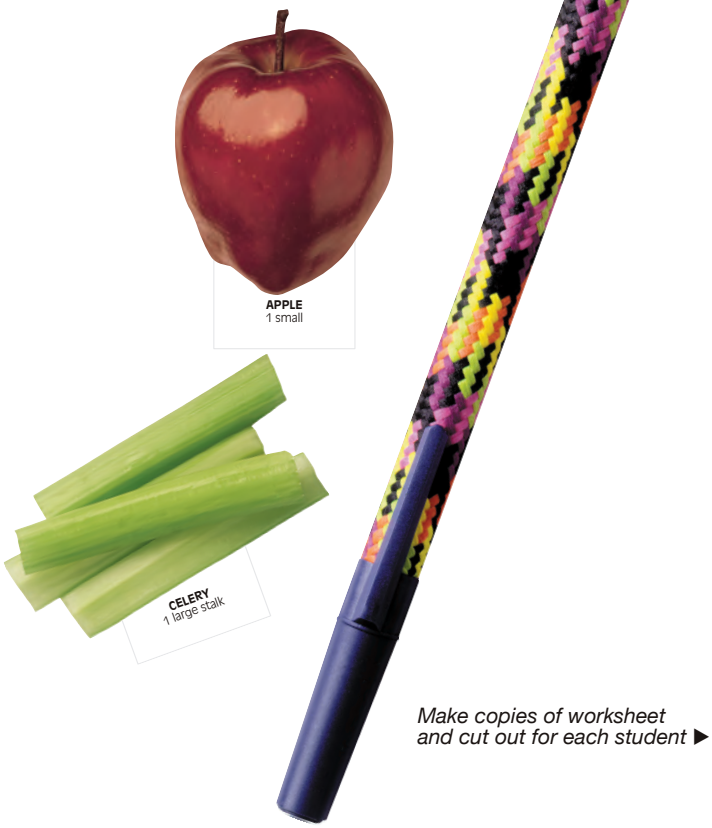
Students will be able to use creative skills to describe how foods grow, where they come from, and how they get to the stores we buy them at. They will also identify why this food is nutritious.

Materials and Advance Preparation:

- Set of Food Models
- Sheet of paper for each student with template opposite

What to Do:

1. Assign each child a fruit or vegetable food model. Pass out worksheet template as shown opposite.



Make copies of worksheet and cut out for each student ▶

A Day In the Life Worksheet

Name:_____

Date:_____

What's your favorite fruit or vegetable?

_____

Imagine what it would be like to live a day in the life of your fruit or veggie. Write a short story, poem, or song about it.

_____

_____

_____

_____

_____

Questions to think about and get you started:

1. Where does it live?

_____

Where does it grow?

_____

What it would do each day?

_____

2. What it would see, hear, and feel?

_____

Where would it want to go?

_____

3. What would it want to be when it grows up?

_____

4. Look at back of the food model for nutrition facts. This food has a purpose for you as well.

How does this food help you grow?

_____

What nutrient does it give you that's good for you?

_____

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Lesson Plan (Middle School+)

Let's Make a Meal

Source:

National Dairy Council

Objective:

Small groups work together to "make a meal" from the mystery lunch bag of food items.

Activity Outcome:

Students will be able to demonstrate their knowledge of the five food groups by designing a complete meal through the identification of the missing food group.

Materials and Advance Preparation:

- Remove the "Combination" category food models from the set
- Lunch bag for each group of 2-3 participants
- List of Food Models located at back of leader guide

What to Do:

1. Break out students in small groups of 2-3 per team.
2. Place 5-7 Food Models in each lunch bag. Each bag should contain foods from only 4 of the 5 main food groups (Fruit, Vegetable, Dairy, Protein, and Grains), plus an additional food or two from any of those same 4 food groups. For example, one bag might contain milk (dairy), celery sticks (vegetable), a slice of cheese (dairy), and apple (fruit), of whole wheat bread (grain), and a candy bar. (A Protein Group food is missing).

How to Play:

1. Explain that the first step in eating a nutritious diet is to select foods from all of the Five Food Groups. Review the foods included in each food group. (Utilize the ***List of Food Models***)
2. Distribute a lunch bag to each group. Let them know that each bag is missing an important food group item.
3. Groups determine "this missing item" and then exchange foods with other groups to "make a meal" that includes a food from all Five Food Groups
4. The first group that designs a meal with all five food groups yells ***"Let's Make a Meal."***

Advanced:

In each lunch bag, place 5-7 foods which make up a typical meal. Have other Food Models available for substitutions. Depending on the interests of the group, one of the following challenges could be given:

- To increase the amount of calcium in the meal
- To increase the amount of iron in the meal
- To increase the protein in the meal

Participants examine their foods and the nutrient values on the back and suggest ways to modify the meal.

Lesson Plan (High School+)

Moving on Down the Line

Source:
National Dairy Council

Objective:

Participants learn a few key principles of eating well. They then go through a "cafeteria" of Food Model foods and select a meal – putting into practice the principles they just learned.

Activity Outcome:

Participants will be able to plan a meal using a few basic nutrition principles.

Materials and Advance Preparation:

- Food Models
- Paper plates or trays – one for each participant
- Optional calculator

What to Do:

1. Layout the Food Models on a long table, in a cafeteria style arrangement.
2. If using paper plates, cut 4-5 slits in each. The slits should be wide enough to hold the tabs from the Food Models.

How to Play:

1. Begin by discussing a food preparation/selection topic of interest to your audience, using the Food Models. Examples include:

- Increasing your calcium intake
- How to reduce caloric intake in a meal
- Ways to add flavor to a low-sodium diet
- Techniques to get children to try more fruits and vegetables

2. Point out the "cafeteria" of foods to participants. Explain that each of them will have a chance to go through the cafeteria line and select a meal they might eat.
3. Outline any criteria you would like participants to follow when selecting meals. For example, if calcium was discussed, participants might be instructed to choose a lunch that contains foods from all Five Food Groups and that provides at least 30% of the Daily Value for calcium.
4. Give participants a paper plate or tray and have them go through the cafeteria line.
5. When they're finished, have participants total up the nutrient they are focusing on. For the calcium example, they might total up the calcium in their meals. Or you could act as "cashier" and check out their food selections using a calculator.
6. Have participants share their choices with the person next to them. Have several share their choices with the entire group. If the participant did not meet the criteria outlined, ask the rest of the group for suggestions on how the meal could be modified.

Variations:

Give participants one of the following challenges before they go through the cafeteria line:

- Plan a portable meal that could be taken on a hike or picnic
- Plan a meal that could be prepared in 30 minutes or less
- Plan a hot weather meal that doesn't use the oven
- Plan a breakfast that could be prepared in 3 minutes
- Plan a lunch for your child to take to school or for you to take to work
- Plan meal that you could fix for just yourself
- Plan a meal that's easy to chew

List of FOOD MODELS

DAIRY *Group*

CHEESE
- AMERICAN CHEESE
- CHEDDAR CHEESE
- COTTAGE CHEESE
  - Creamed
  - Lowfat, 2% milkfat
- MOZZARELLA CHEESE
- MUENSTER CHEESE
- PARMESAN CHEESE
- STRING CHEESE
- SWISS CHEESE

MILK
- FAT FREE MILK
  - Fat free milk
- 2% REDUCED FAT MILK
  - (2 models)
- WHOLE MILK
- CHOCOLATE MILK
- 1% LOWFAT CHOCOLATE MILK
- 2% REDUCED FAT CHOCOLATE MILK
- 1% LOWFAT STRAWBERRY MILK

MILKSHAKES/ PUDDING/ICE CREAM
- ICE CREAM
  - Soft serve
- ICE CREAM
  - Hardened, 10% fat
  - Hardened, 16% fat
- MILKSHAKE
  - Chocolate
  - Vanilla
- PUDDING
  - Ready-to-eat
  - Instant

YOGURT
- FROZEN YOGURT
- LOWFAT FRUIT-FLAVORED YOGURT
- LOWFAT PLAIN YOGURT
- NONFAT PLAIN GREEK YOGURT
- DRINKABLE YOGURT
- SQUEEZABLE YOGURT

PROTEIN *Group*

BEEF
- GROUND BEEF HAMBURGER
  - Ground sirloin-round
  - Ground beef
- ROAST BEEF
  - Separable lean
  - Separable lean and fat
- STEAK
  - Sirloin
  - T-bone
  - Rib Eye

EGGS
- FRIED EGG
- HARD-COOKED EGG
- SCRAMBLED EGG

LEGUMES
- BLACK-EYED PEAS
  - Dried, cooked
  - Canned
- BLACK BEANS
  - Dried, cooked
  - Canned
- HUMMUS
- LENTILS
- NAVY BEANS
  - Dried, cooked
  - Canned
- REFRIED BEANS
  - Pinto, dried, cooked
  - Refried canned
- TOFU
  - With calcium sulfate

LUNCHEON MEATS
- BOLOGNA
  - Beef
  - Turkey
- HOT DOG
  - Beef hot dog

NUTS/SEEDS
- ALMONDS
- PEANUT BUTTER
- PEANUTS
  - Oil-roasted
- SUNFLOWER SEEDS
  - Dry-roast
  - Oil-roast
- WALNUTS

PORK
- BACON
  - Bacon
  - Canadian bacon
- HAM
  - 11% fat
  - 5% fat
  - Turkey
- PORK CHOP
  - Chop broiled
  - Roast roasted
- ITALIAN SAUSAGE
- PORK SAUSAGE

POULTRY
- FRIED CHICKEN
  - Flour coated
  - Batter dipped
- CHICKEN NUGGETS
- ROASTED CHICKEN
  - Meat and skin
  - Meat only
- TURKEY
  - Dark meat
  - Light meat

SEAFOOD
- FISH STICKS
  - Frozen, oven-heated
- HALIBUT
- SALMON
  - Fresh, baked, broiled or microwaved
  - Canned, fish and bones
- SHRIMP
  - Boiled
  - Breaded and fried
- TUNA
  - In water
  - In oil

VEGETABLE *Group*

- GREEN BEANS
  - Fresh, cooked
  - Frozen, cooked
- BROCCOLI
  - Fresh, cooked
- CABBAGE
  - Fresh, cooked
- BABY CARROTS
  - Fresh, cooked
- CAULIFLOWER
  - Fresh
  - Fresh, cooked
- CELERY
- CORN
  - Frozen, cooked
  - Canned, cream style
- CORN ON COB
  - Fresh, cooked
- LETTUCE
  - Iceberg
  - Romaine
  - Looseleaf
- GREEN PEAS
  - Canned, cooked
  - Frozen, cooked
- SNOW PEAS
  - Frozen, cooked
- GREEN PEPPER
- BAKED POTATO
  - Flesh only
  - Flesh and skin
- FRENCH-FRIED POTATOES
- HASHED BROWN POTATOES
- MASHED POTATOES
- SWEET POTATO
- SPINACH
  - Fresh
  - Fresh, cooked
- WINTER SQUASH
  - Baked
- TOMATO
  - Fresh
  - Canned
- TOMATO JUICE
- TOSSED SALAD
- ZUCCHINI
  - Fresh
  - Fresh, cooked

FRUIT *Group*

- APPLE
- DRIED APPLE RINGS
- APPLESAUCE
- DRIED APRICOTS
- AVOCADO
  - Sliced
  - Pureed
- BANANA
- BLUEBERRIES
- CANTALOUPE
- FRUIT COCKTAIL
  - In juice
  - In heavy syrup
- GRAPEFRUIT
- GRAPES
- KIWIFRUIT
- LYCHEE
- MANGO
- NECTARINE
- ORANGE
- ORANGE JUICE
  - Frozen, reconstituted
- PEACHES, canned
  - In juice
  - In light syrup
  - In heavy syrup
- PEAR
- PEARS, canned
  - In juice
  - In light syrup
  - In heavy syrup
- PINEAPPLE
  - Fresh
  - Canned in heavy syrup
- RAISINS
- STAR FRUIT
- STRAWBERRIES
- WATERMELON

GRAIN *Group*

BAGELS/ BISCUITS
- BAGEL
- BISCUIT

BREAD
- PITA BREAD
- RYE BREAD
  - Rye
  - Pumpernickel
- WHITE BREAD
- WHOLE WHEAT BREAD
  - Whole wheat
  - Cracked wheat

CEREAL
- BRAN FLAKES
  - Bran flakes
  - Raisin bran
- CORN FLAKES
  - Corn flakes
  - Sugar frosted flakes
- GRANOLA
- GRITS
- OATMEAL
  - Oatmeal
  - Cream of wheat

CRACKERS
- CHEDDAR CHEESE CRACKERS
- GRAHAM CRACKERS
- RYE CRACKERS
  - Rye
  - Whole wheat
- SALTINE CRACKERS
- SNACK CRACKERS

MUFFINS
- ENGLISH MUFFIN
- MUFFIN

PANCAKES
- PANCAKE
  - Plain 4"
  - Buckwheat 4"

PASTA
- EGG NOODLES
- PASTA
  - Plain
  - Vegetable
- SOBA NOODLES

RICE
- RICE
  - White, long-grain
  - Brown, long-grain
  - Wild
- BROWN RICE
- COUSCOUS
- POLENTA

ROLLS
- DINNER ROLL
- WHOLE WHEAT DINNER ROLL
- HOT DOG BUN
- HAMBURGER BUN

TORTILLAS
- TORTILLA
  - Corn
  - Flour
- TACO SHELL

WAFFLES
- WHOLE WHEAT WAFFLE
  - Homemade
  - Frozen

COMBINATION *Foods*

CHINESE
- CHOP SUEY/CHOW MEIN
  - Beef and pork
  - Chicken
- CHICKEN STIR FRY
- VEGETABLE FRIED RICE

THAI
- VEGETABLE SPRING ROLL

JAPANESE
- NORI MAKI

ITALIAN
- LASAGNA
  - Without meat
  - With meat
- PIZZA
  - Cheese
  - Cheese and Pepperoni
  - Cheese. meat and vegetables
- SPAGHETTI WITH MEAT BALLS
  - Homemade
  - Canned

MEXICAN
- BURRITO
  - Bean
  - Beef
- CHILI
- ENCHILADA
- TACO

OTHER COMBINATION FOODS
- BAKED BEANS
  - With pork
  - Vegetarian
- BEEF AND VEGETABLE STEW
- CHEF'S SALAD
- CHICKEN POT PIE
  - Frozen, baked
- FRUIT SMOOTHIE
- MACARONI AND CHEESE
  - From box, cooked
- CHEESE OMELET
- TUNA SALAD

SANDWICHES
- CHEESEBURGER
  - Regular
  - Large
- CHICKEN CAESAR WRAP
- FISH SANDWICH
  - Without cheese
  - With cheese
- PEANUT BUTTER AND JELLY SANDWICH
- ROAST BEEF SANDWICH
- SUBMARINE SANDWICH
- TURKEY SANDWICH

SOUP
- CHICKEN NOODLE SOUP
  - Canned
  - Dehydrated
- CLAM CHOWDER
  - With whole milk
  - With water
- CREAM OF TOMATO SOUP
  - With whole milk
  - With water

"OTHERS" *Category*

CHIPS AND RELATED PRODUCTS
- POPCORN
  - Buttered
  - Oil-popped
  - Air-popped
- POTATO CHIPS
- PRETZELS
- TORTILLA CHIPS
  - Tortilla
  - Corn

CONDIMENTS
- KETCHUP
- MUSTARD
- PICKLE
  - Dill

FATS AND OILS
- BEEF GRAVY
  - Gravy, beef, canned
- BUTTER
- CREAM CHEESE
- LIGHT RANCH DRESSING
- ITALIAN DRESSING
- MAYONNAISE
- SOUR CREAM

OTHER BEVERAGES
- ICED TEA
  - Sugar sweetened
  - Unsweetened
- SOFT DRINK
  - Regular
  - Low calorie

SWEETS
- ANGEL FOOD CAKE
- BROWNIE
- CHOCOLATE CAKE
- CHOCOLATE CANDY BAR
  - Dark chocolate
- CHOCOLATE CHIP COOKIES
  - Homemade
  - Commercial
- DOUGHNUT
  - Cake-type, plain
  - Yeast, glazed
- GELATIN
- GRANOLA BAR
- JELLY
- MAPLE SYRUP
- PIE
  - Apple
  - Pecan
- SUGAR
- SWEET ROLL
  - Fruit
  - Cinnamon
- 10% JUICE DRINK

This list includes all the foods contained in a set of **Food Models**. Foods whose nutrient values appear on the back of the model are listed below the appropriate **Food Model**.

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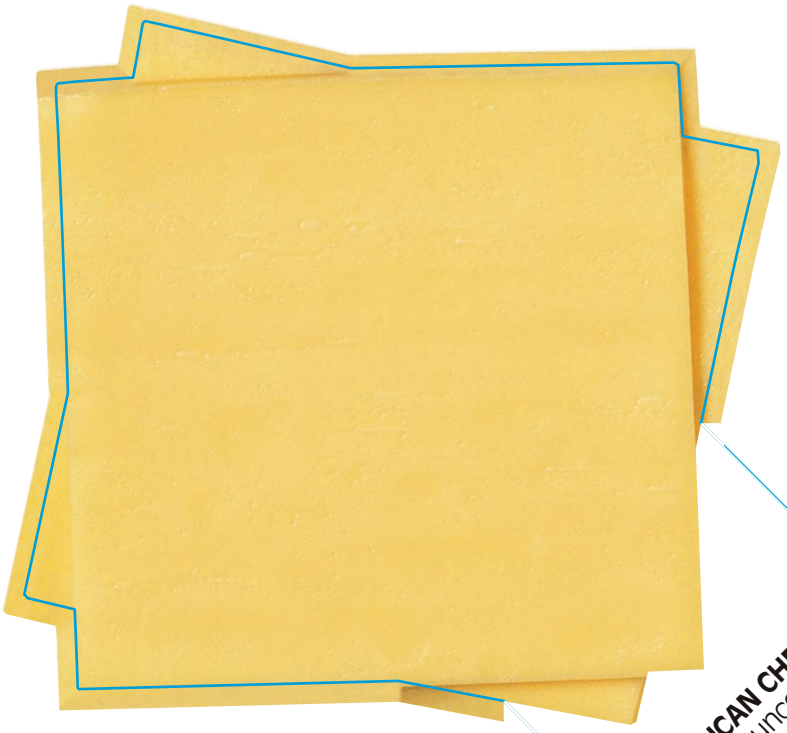
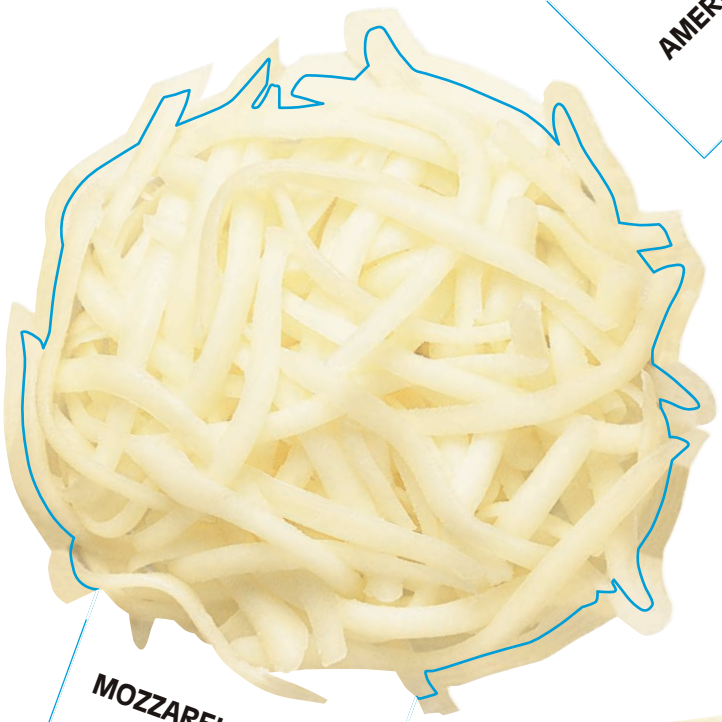


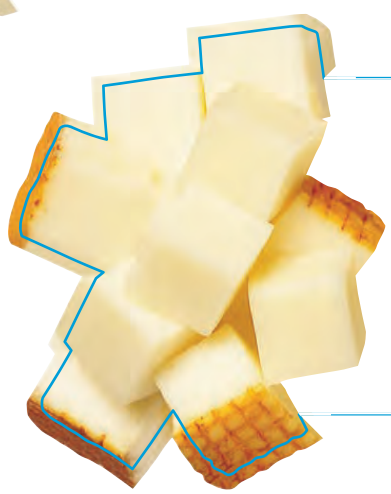
AMERICAN CHEESE
2 ounces

CHEDDAR CHEESE
1 ½ ounces



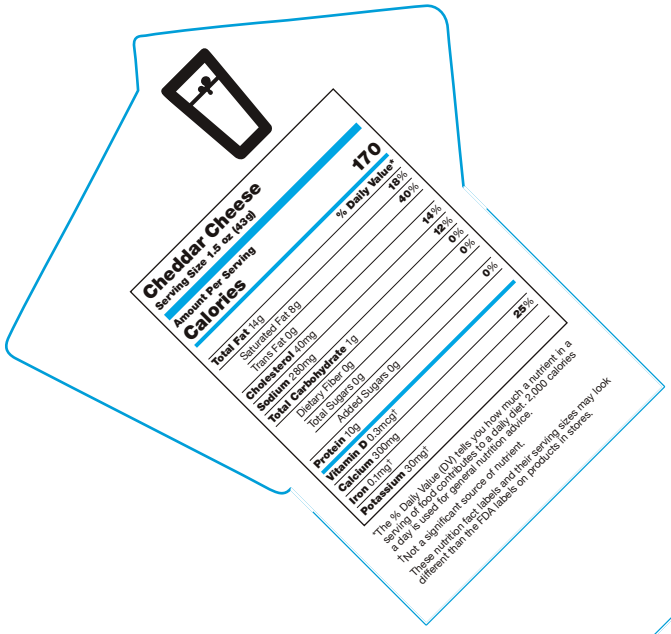
MOZZARELLA CHEESE
1 ½ ounces

COTTAGE CHEESE
½ cup



MUENSTER CHEESE
1 ½ ounces

CARD 1

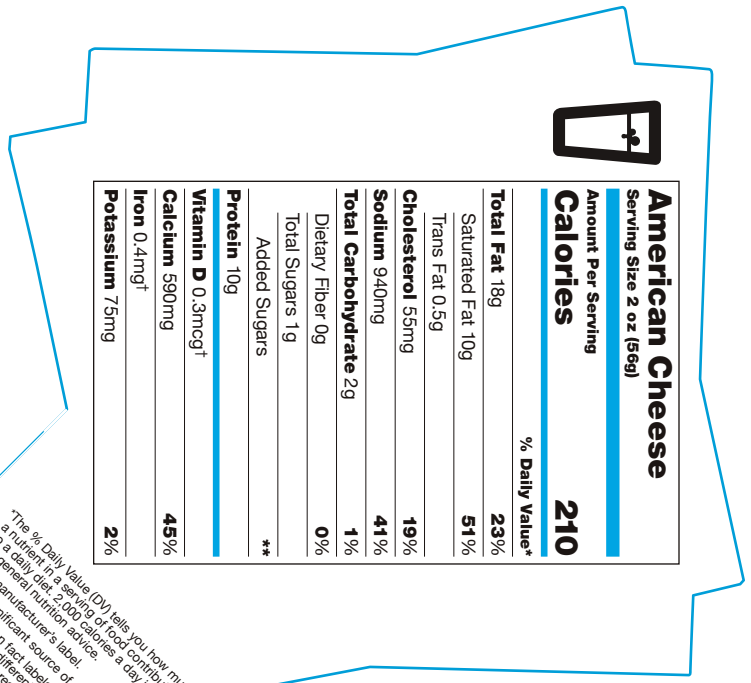


Cheddar Cheese
Serving Size 1.5 oz (43g)

Amount Per Serving
Calories 170

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 280mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 10g	
Vitamin D 0.3mcg†	25%
Calcium 300mg	
Iron 0.1mg†	
Potassium 30mg†	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.



American Cheese
Serving Size 2 oz (56g)

Amount Per Serving
Calories 210

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 10g	51%
Trans Fat 0.5g	
Cholesterol 55mg	19%
Sodium 940mg	41%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Added Sugars	**
Protein 10g	
Vitamin D 0.3mcg†	
Calcium 590mg	45%
Iron 0.4mg†	
Potassium 75mg	2%

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**See manufacturer's label.
†Not a significant source of nutrient.
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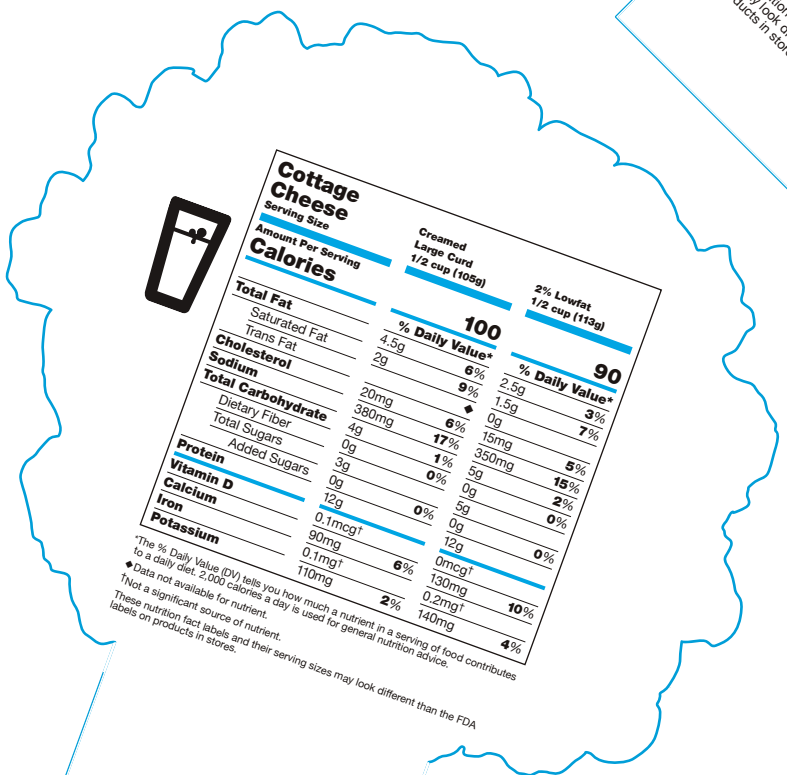

Cottage Cheese
Serving Size

Amount Per Serving	Creamed Large Curd 1/2 cup (105g)		2% Lowfat 1/2 cup (113g)	
Calories	100		90	
		% Daily Value*		% Daily Value*
Total Fat	4.5g	6%	2.5g	3%
Saturated Fat	2g	9%	1.5g	7%
Trans Fat		◆	0g	
Cholesterol	20mg	6%	15mg	5%
Sodium	380mg	17%	350mg	15%
Total Carbohydrate	4g	1%	5g	2%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	3g		5g	
Added Sugars	0g	0%	0g	0%
Protein	12g		12g	
Vitamin D	0.1mcg†	0%	0mcg†	
Calcium	90mg		130mg	10%
Iron	0.1mg†	6%	0.2mg†	
Potassium	110mg	2%	140mg	4%

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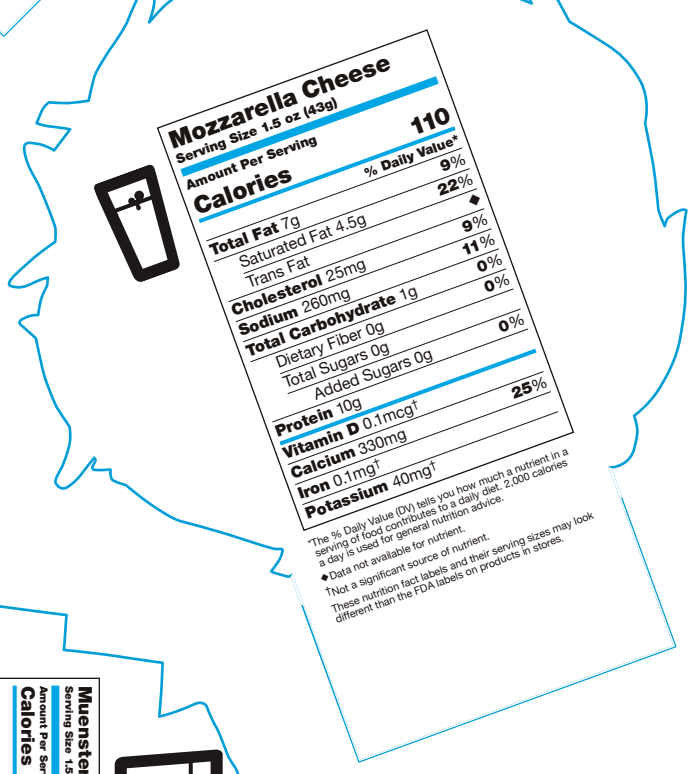

Mozzarella Cheese
Serving Size 1.5 oz (43g)

Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4.5g	22%
Trans Fat	◆
Cholesterol 25mg	9%
Sodium 260mg	11%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 10g	
Vitamin D 0.1mcg†	25%
Calcium 330mg	
Iron 0.1mg†	
Potassium 40mg†	

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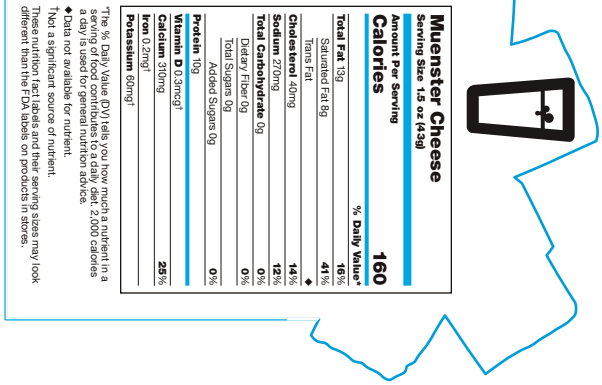

Muenster Cheese
Serving Size 1.5 oz (43g)

Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 13g	16%
Saturated Fat 8g	41%
Trans Fat	◆
Cholesterol 40mg	14%
Sodium 270mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 10g	
Vitamin D 0.3mcg†	
Calcium 310mg	25%
Iron 0.2mg†	
Potassium 60mg†	

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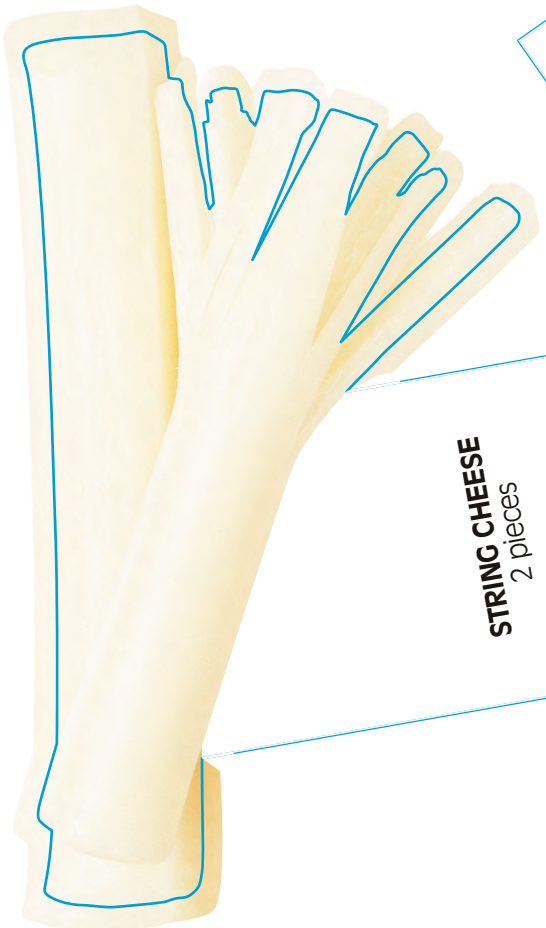
2% REDUCED FAT CHOCOLATE MILK
1 cup

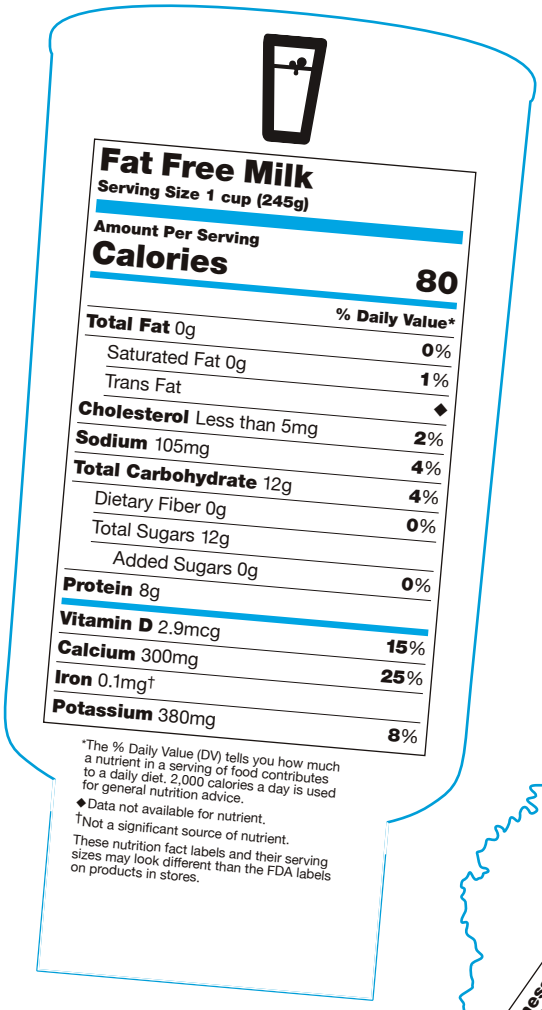
FAT FREE MILK
1 cup

PARMESAN CHEESE
1 tablespoon



STRING CHEESE
2 pieces

SWISS CHEESE
1 ½ ounces



Fat Free Milk

Serving Size 1 cup (245g)

Amount Per Serving

Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat	◆
Cholesterol Less than 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Added Sugars 0g	0%
Protein 8g	
Vitamin D 2.9mcg	15%
Calcium 300mg	25%
Iron 0.1mg†	8%
Potassium 380mg	

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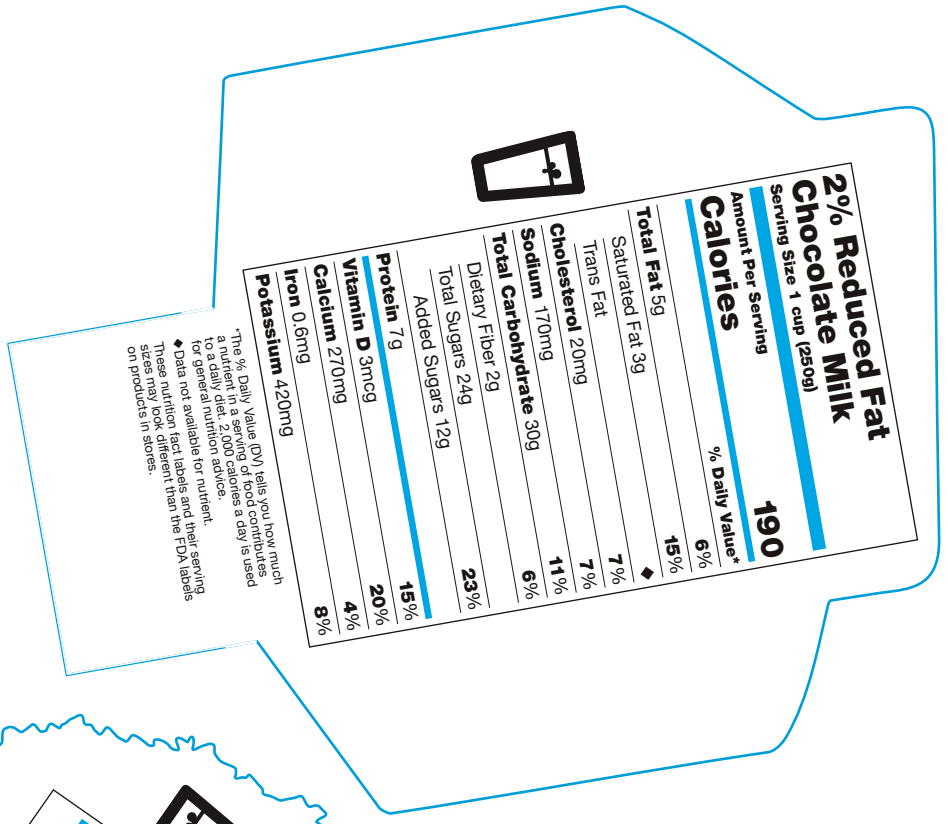

2% Reduced Fat Chocolate Milk

Serving Size 1 cup (250g)

Amount Per Serving

Calories 190

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat	◆
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	6%
Total Sugars 24g	
Added Sugars 12g	23%
Protein 7g	15%
Vitamin D 3mcg	20%
Calcium 270mg	4%
Iron 0.6mg	8%
Potassium 420mg	

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Parmesan Cheese

Serving Size 1 Tbsp (5g)

Amount Per Serving

Calories 20

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 30mg	1%
Sodium 300mg	4%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	
Protein 1g	0%
Vitamin D 0mcg†	
Calcium 70mg	4%
Iron 0mg†	
Potassium 10mg†	

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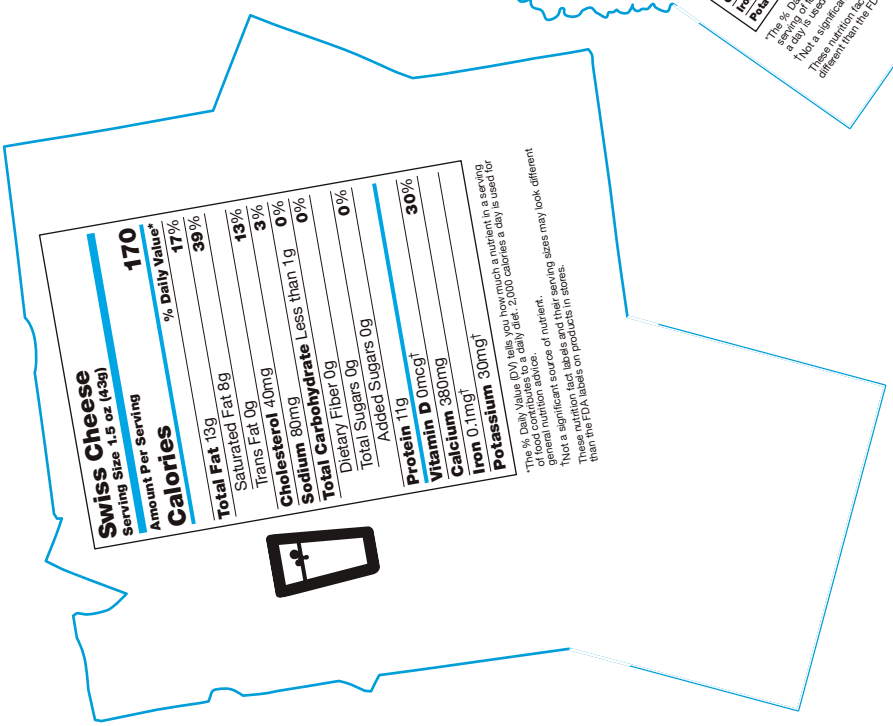

Swiss Cheese

Serving Size 1.5 oz (43g)

Amount Per Serving

Calories 170

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 8g	39%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 11g	
Vitamin D 0mcg†	30%
Calcium 380mg	
Iron 0.1mg†	30mg†
Potassium	

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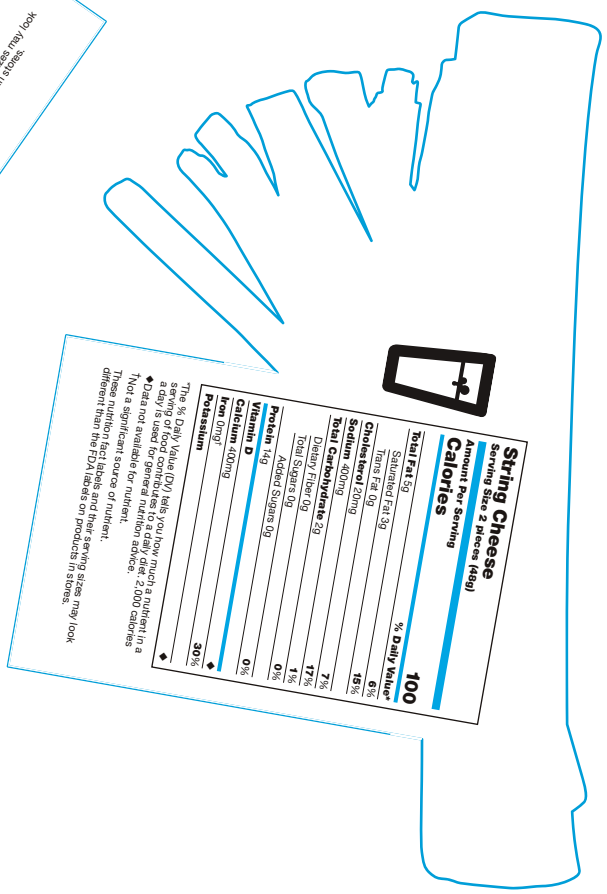

String Cheese

Serving Size 2 pieces (48g)

Amount Per Serving

Calories 100

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 400mg	17%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars 0g	
Protein 14g	
Vitamin D	
Calcium 40mg	◆
Iron 0mg†	
Potassium	30%

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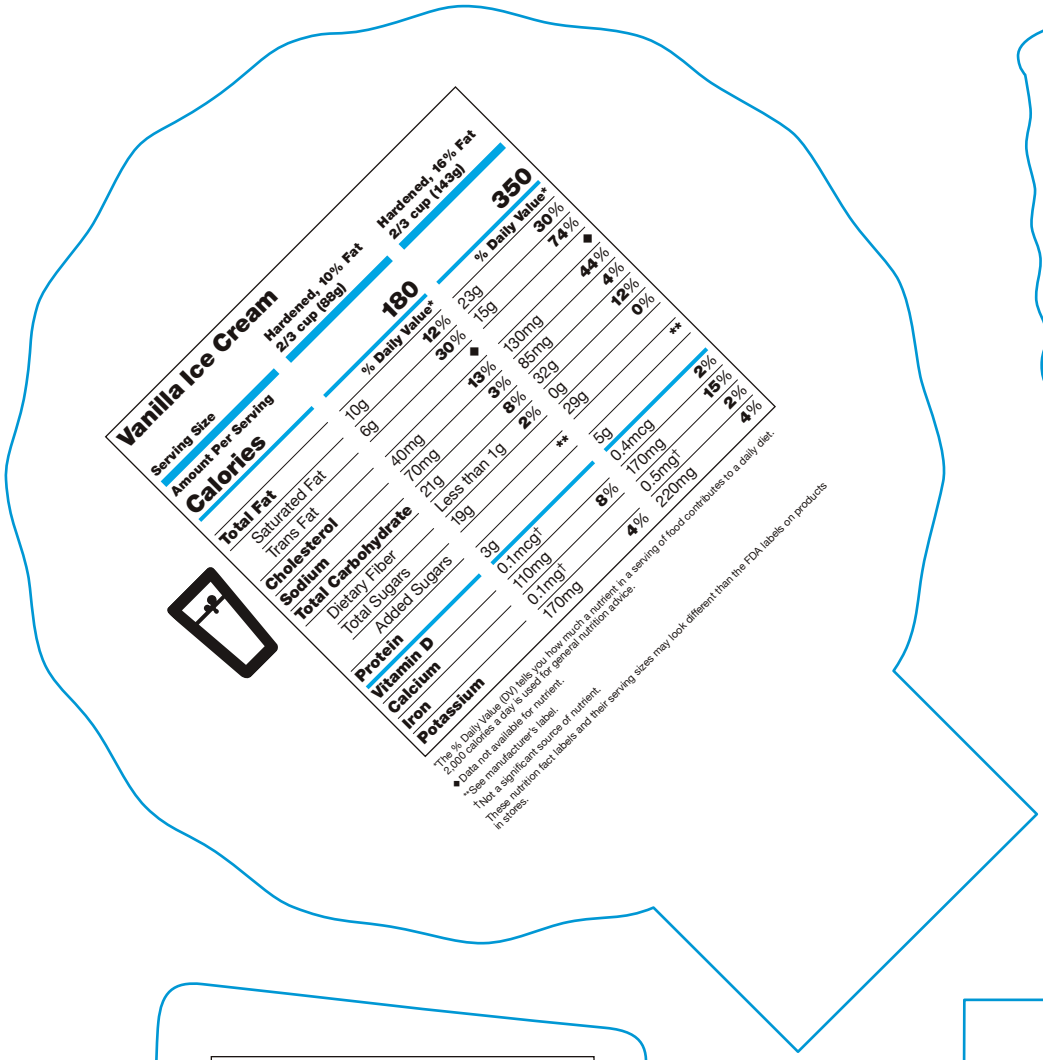
WHOLE CHOCOLATE MILK
1 cup

ICE CREAM
⅔ cup

MILKSHAKE
8 fluid ounces

2% REDUCED FAT MILK
1 cup



Vanilla Ice Cream

Serving Size	Hardened, 10% Fat 2/3 cup (88g)	Hardened, 16% Fat 2/3 cup (143g)
Amount Per Serving		
Calories	**180**	**350**
	% Daily Value*	% Daily Value*
Total Fat	10g **12%**	23g **30%** ■
Saturated Fat	6g **30%** ■	15g **74%** ■
Trans Fat		
Cholesterol	40mg **13%**	130mg **44%**
Sodium	70mg **3%**	85mg **4%**
Total Carbohydrate	21g **8%**	32g **12%**
Dietary Fiber	Less than 1g **2%**	0g **0%**
Total Sugars	19g **	29g **
Added Sugars		5g **2%**
Protein	3g	0.4mcg **15%**
Vitamin D	0.1mcg† **8%**	170mg **2%**
Calcium	110mg **4%**	0.5mg† **4%**
Iron	0.1mg†	220mg
Potassium	170mg	

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Whole Chocolate Milk

Serving Size 1 cup (250g)

Amount Per Serving

Calories 210

	% Daily Value*
Total Fat 8g	**11%**
Saturated Fat 5g	**26%**
Trans Fat	◆
Cholesterol 30mg	**10%**
Sodium 150mg	**7%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**7%**
Total Sugars 24g	
Added Sugars 12g	**23%**
Protein 8g	
Vitamin D 3.2mcg	**15%**
Calcium 280mg	**20%**
Iron 0.6mg	**4%**
Potassium 420mg	**8%**

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2% Reduced Fat Milk

Serving Size 1 cup (244g)

Amount Per Serving

Calories 120

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 115mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Added Sugars 0g	**0%**
Protein 8g	
Vitamin D 2.9mcg	**15%**
Calcium 290mg	**25%**
Iron 0.1mg†	
Potassium 340mg	**8%**

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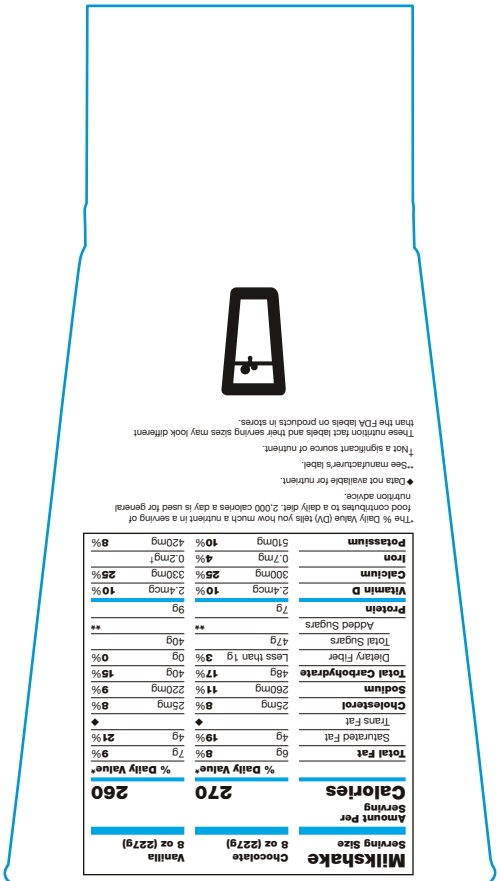

Milkshake	Chocolate 8 oz (227g)	Vanilla 8 oz (227g)
Serving Size		
Amount Per Serving		
Calories	**270**	**260**
	% Daily Value*	% Daily Value*
Total Fat	6g **8%**	7g **9%**
Saturated Fat	4g **19%**	4g **21%**
Trans Fat	◆	◆
Cholesterol	25mg **8%**	25mg **8%**
Sodium	260mg **11%**	220mg **9%**
Total Carbohydrate	48g **17%**	40g **15%**
Dietary Fiber	Less than 1g **3%**	0g **0%**
Total Sugars	47g **	40g **
Added Sugars		9g
Protein	7g	2.4mcg **10%**
Vitamin D	2.4mcg **10%**	330mg **25%**
Calcium	300mg **25%**	0.2mg† **10%**
Iron	0.7mg **4%**	420mg **8%**
Potassium	510mg **10%**	

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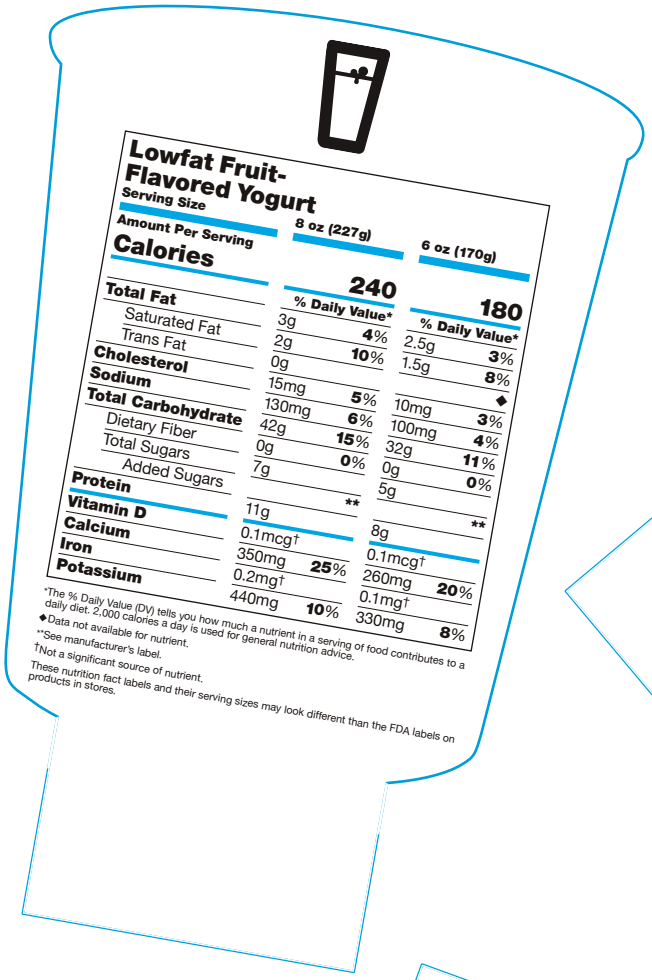
FROZEN YOGURT
⅔ cup

LOWFAT FRUIT-FLAVORED YOGURT
8 ounce container

WHOLE MILK
1 cup

PUDDING
½ cup



Lowfat Fruit-Flavored Yogurt

Serving Size	8 oz (227g)	6 oz (170g)
Amount Per Serving		
Calories	**240**	**180**
	% Daily Value*	**% Daily Value***
Total Fat	3g **4%**	2.5g **3%**
Saturated Fat	2g **10%**	1.5g **8%**
Trans Fat	0g	◆
Cholesterol	15mg **5%**	10mg **3%**
Sodium	130mg **6%**	100mg **4%**
Total Carbohydrate	42g **15%**	32g **11%**
Dietary Fiber	0g **0%**	0g **0%**
Total Sugars	7g	5g
Added Sugars	**	**
Protein	11g	8g
Vitamin D	0.1mcg†	0.1mcg†
Calcium	350mg **25%**	260mg **20%**
Iron	0.2mg†	0.1mg†
Potassium	440mg **10%**	330mg **8%**

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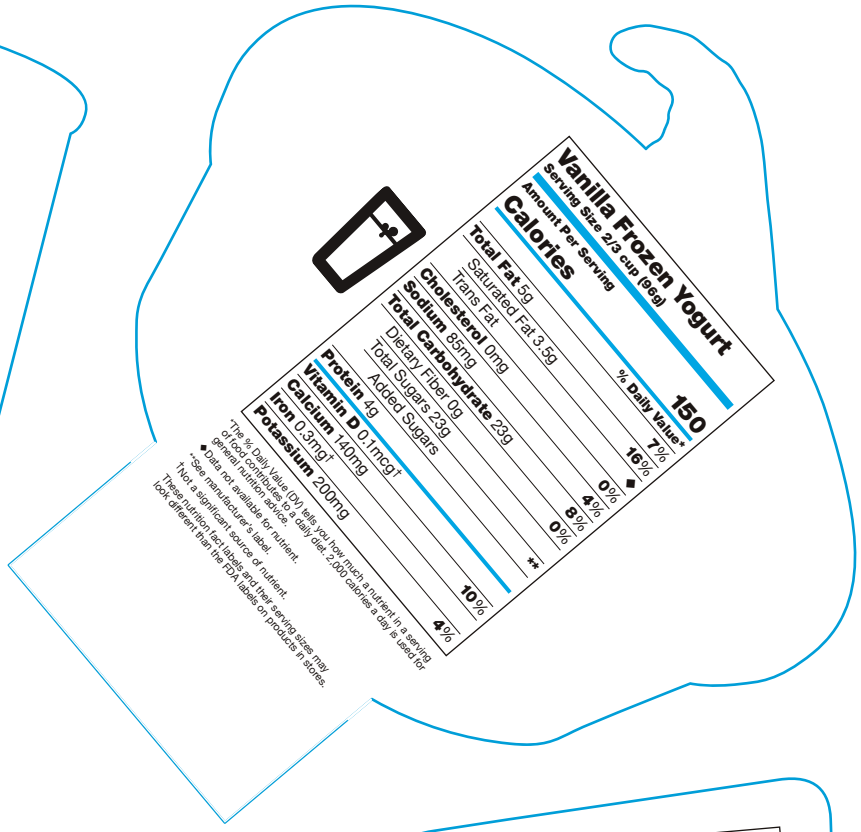

Vanilla Frozen Yogurt

Serving Size 2/3 cup (96g)	
Amount Per Serving	
Calories	**150**
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 3.5g	**16%**
Trans Fat	■
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 23g	
Added Sugars	**
Protein 4g	
Vitamin D 0.1mcg†	**10%**
Calcium 140mg	**4%**
Iron 0.3mg†	
Potassium 200mg	**4%**

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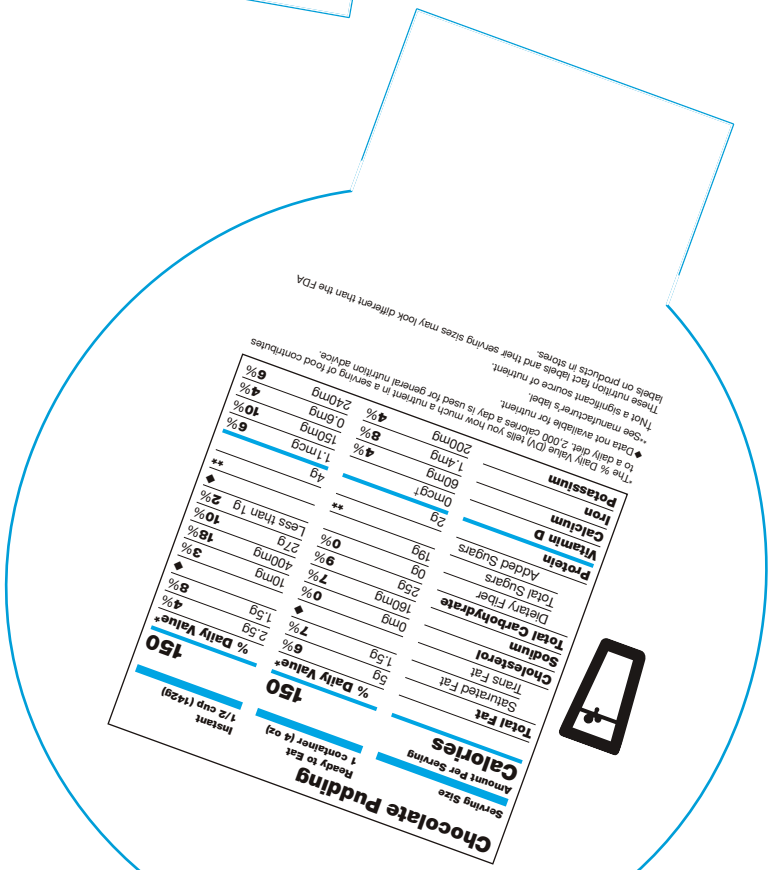

Chocolate Pudding

Serving Size	Ready to Eat 1 container (4 oz)	Instant 1/2 cup (142g)
Amount Per Serving		
Calories	**150**	**150**
	% Daily Value*	**% Daily Value***
Total Fat	6%	2%
Saturated Fat	7%	10%
Trans Fat	◆	◆
Cholesterol	59	1.5g
Sodium	0mg	59
Total Carbohydrate	160mg	0%
Dietary Fiber	25g	9%
Total Sugars	9g	7%
Added Sugars	19g	0%
Protein	29	10mg
Vitamin D	**	400mg
Calcium	0mcg†	27g
Iron	60mg	Less than 1g
Potassium	4%	◆
	200mg	49
	8%	4%
	1.4mg	1.1mcg
	8%	6%
	150mg	0.6mg
	4%	2%
	240mg	4%
	6%	6%

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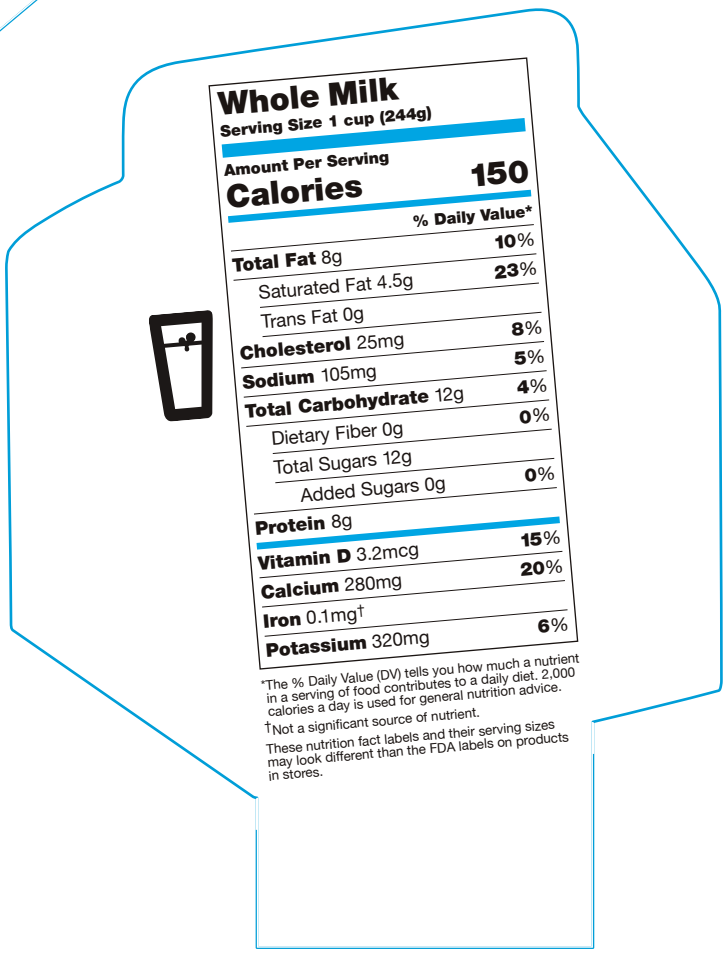

Whole Milk

Serving Size 1 cup (244g)

Amount Per Serving	
Calories	**150**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 105mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Added Sugars 0g	**0%**
Protein 8g	
Vitamin D 3.2mcg	**15%**
Calcium 280mg	**20%**
Iron 0.1mg†	
Potassium 320mg	**6%**

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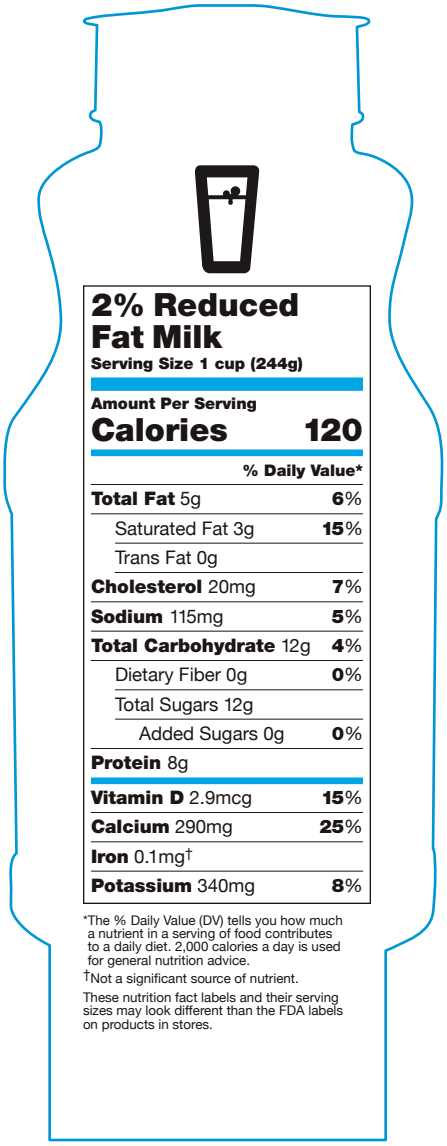
ICE CREAM SOFT SERVE
⅔ cup

2% REDUCED FAT MILK
1 cup

LOWFAT PLAIN YOGURT
8 ounce container

NONFAT PLAIN GREEK YOGURT
8 ounce container



2% Reduced Fat Milk

Serving Size 1 cup (244g)

Amount Per Serving

Calories 120

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 115mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Added Sugars 0g	**0%**
Protein 8g	
Vitamin D 2.9mcg	**15%**
Calcium 290mg	**25%**
Iron 0.1mg†	
Potassium 340mg	**8%**

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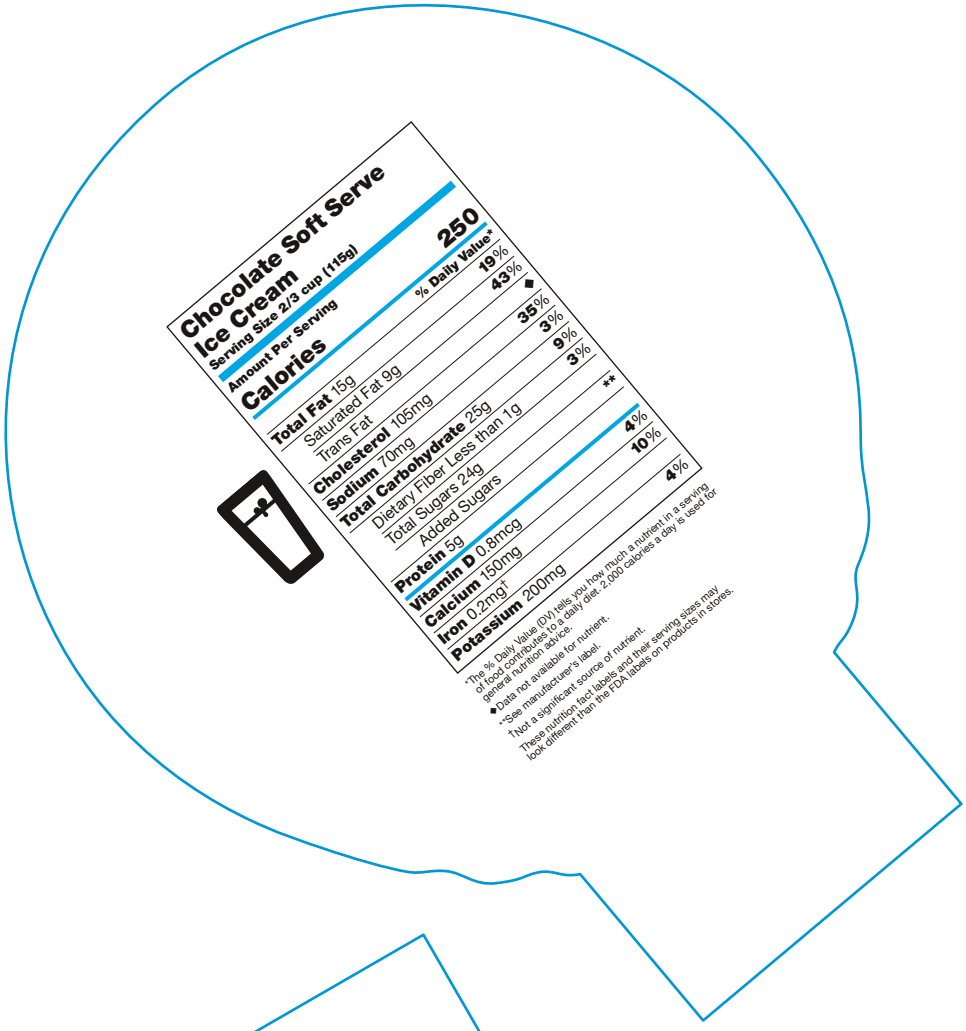

Chocolate Soft Serve Ice Cream

Serving Size 2/3 cup (115g)

Amount Per Serving

Calories 250

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 9g	**43%** ◆
Trans Fat	
Cholesterol 105mg	**35%**
Sodium 70mg	**3%**
Total Carbohydrate 25g	**9%**
Dietary Fiber Less than 1g	**3%**
Total Sugars 24g	**
Added Sugars	
Protein 5g	
Vitamin D 0.8mcg	**4%**
Calcium 150mg	**10%**
Iron 0.2mg†	**4%**
Potassium 200mg	

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**See manufacturer's label.

†Not a significant source of nutrient.

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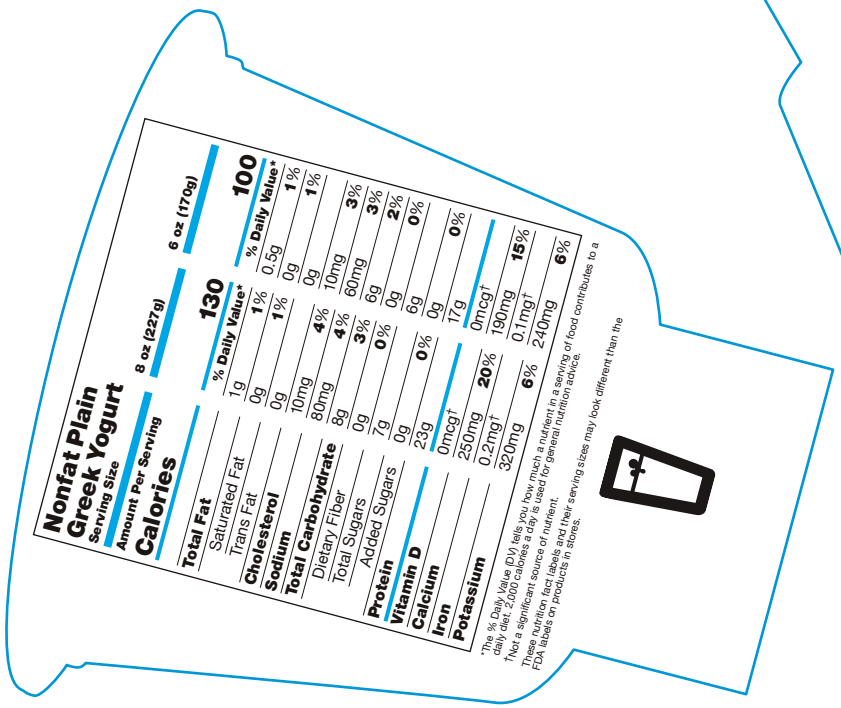

Nonfat Plain Greek Yogurt

Serving Size 8 oz (227g) | 6 oz (170g)

Amount Per Serving

Calories 130 | 100

	% Daily Value*	% Daily Value*
Total Fat 1g	**1%**	0.5g **1%**
Saturated Fat 0g	**1%**	0g **1%**
Trans Fat 0g		0g
Cholesterol 10mg	**4%**	10mg **3%**
Sodium 80mg	**3%**	60mg **3%**
Total Carbohydrate 8g	**0%**	6g **2%**
Dietary Fiber 0g		0g **0%**
Total Sugars 7g		6g
Added Sugars 0g	**0%**	0g **0%**
Protein 23g		17g
Vitamin D 0mcg†	**0%**	0mcg†
Calcium 250mg	**20%**	190mg **15%**
Iron 0.2mg†		0.1mg†
Potassium 320mg	**6%**	240mg **6%**

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†Not a significant source of nutrient.

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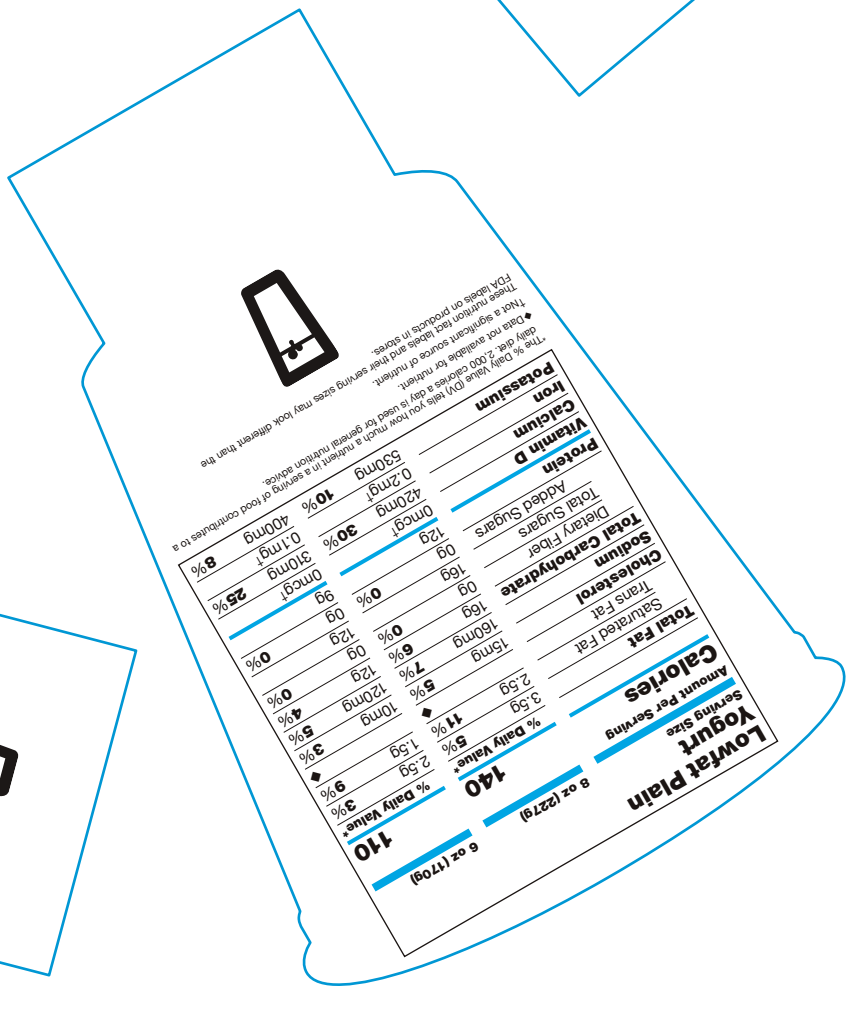

Lowfat Plain Yogurt

Serving Size 6 oz (170g) | 8 oz (227g)

Amount Per Serving

Calories 110 | 140

	% Daily Value*	% Daily Value*
Total Fat 2.5g	**3%**	3.5g **5%**
Saturated Fat 1.5g	**9%** ◆	2.5g **11%** ◆
Trans Fat		
Cholesterol 10mg	**3%**	15mg **5%**
Sodium 120mg	**5%**	160mg **7%**
Total Carbohydrate 12g	**4%**	16g **6%**
Dietary Fiber 0g	**0%**	0g **0%**
Total Sugars 12g		16g
Added Sugars 0g		0g
Protein 9g		12g
Vitamin D 0mcg†	**0%**	0mcg†
Calcium 310mg	**25%**	310mg
Iron 0.1mg†	**8%**	0.2mg†
Potassium 400mg	**10%**	530mg

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◆Data not available for nutrient.

†Not a significant source of nutrient.

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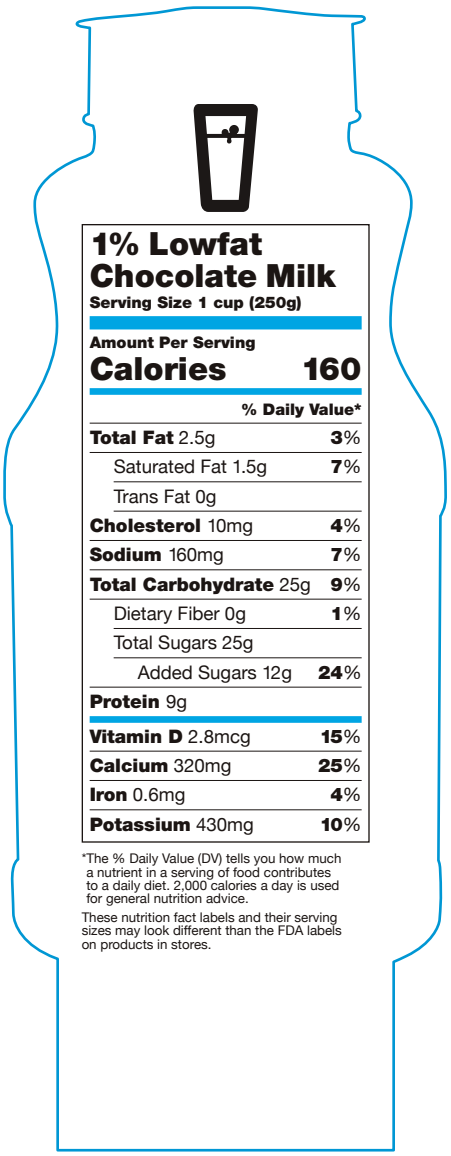
1% LOWFAT STRAWBERRY MILK
1 cup

FRUIT-FLAVORED DRINKABLE YOGURT
3 ounce container

1% LOWFAT CHOCOLATE MILK
1 cup

FRUIT-FLAVORED SQUEEZABLE YOGURT
1 pouch



1% Lowfat Chocolate Milk

Serving Size 1 cup (250g)

Amount Per Serving

Calories 160

	% Daily Value*
Total Fat 2.5g	**3**%
Saturated Fat 1.5g	**7**%
Trans Fat 0g	
Cholesterol 10mg	**4**%
Sodium 160mg	**7**%
Total Carbohydrate 25g	**9**%
Dietary Fiber 0g	**1**%
Total Sugars 25g	
Added Sugars 12g	**24**%
Protein 9g	
Vitamin D 2.8mcg	**15**%
Calcium 320mg	**25**%
Iron 0.6mg	**4**%
Potassium 430mg	**10**%

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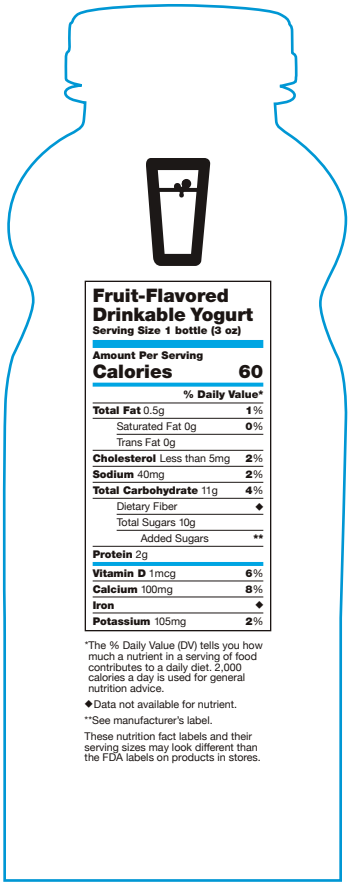

Fruit-Flavored Drinkable Yogurt

Serving Size 1 bottle (3 oz)

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat 0.5g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol Less than 5mg	**2**%
Sodium 40mg	**2**%
Total Carbohydrate 11g	**4**%
Dietary Fiber	◆
Total Sugars 10g	
Added Sugars	**
Protein 2g	
Vitamin D 1mcg	**6**%
Calcium 100mg	**8**%
Iron	◆
Potassium 105mg	**2**%

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◆Data not available for nutrient.

**See manufacturer's label.

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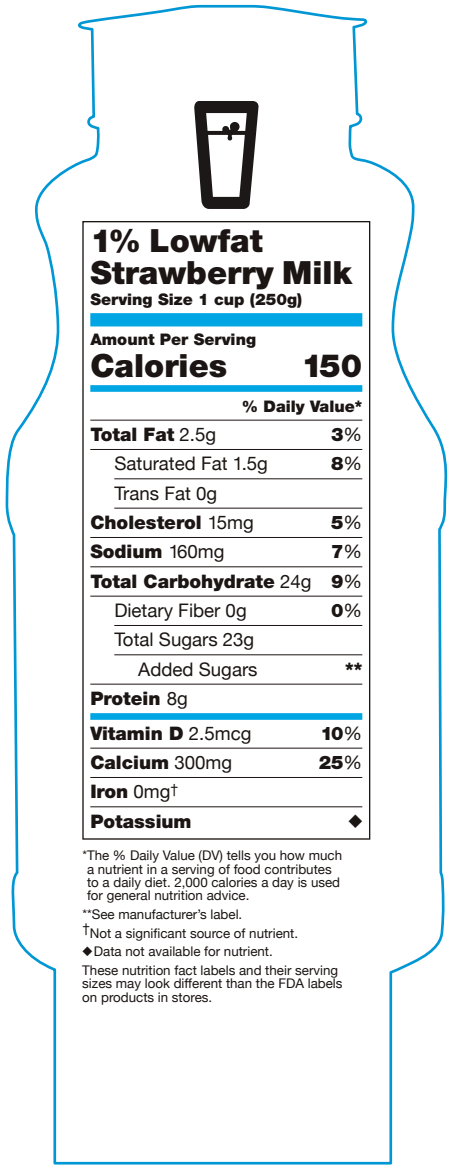

1% Lowfat Strawberry Milk

Serving Size 1 cup (250g)

Amount Per Serving

Calories 150

	% Daily Value*
Total Fat 2.5g	**3**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 160mg	**7**%
Total Carbohydrate 24g	**9**%
Dietary Fiber 0g	**0**%
Total Sugars 23g	
Added Sugars	**
Protein 8g	
Vitamin D 2.5mcg	**10**%
Calcium 300mg	**25**%
Iron 0mg†	
Potassium	◆

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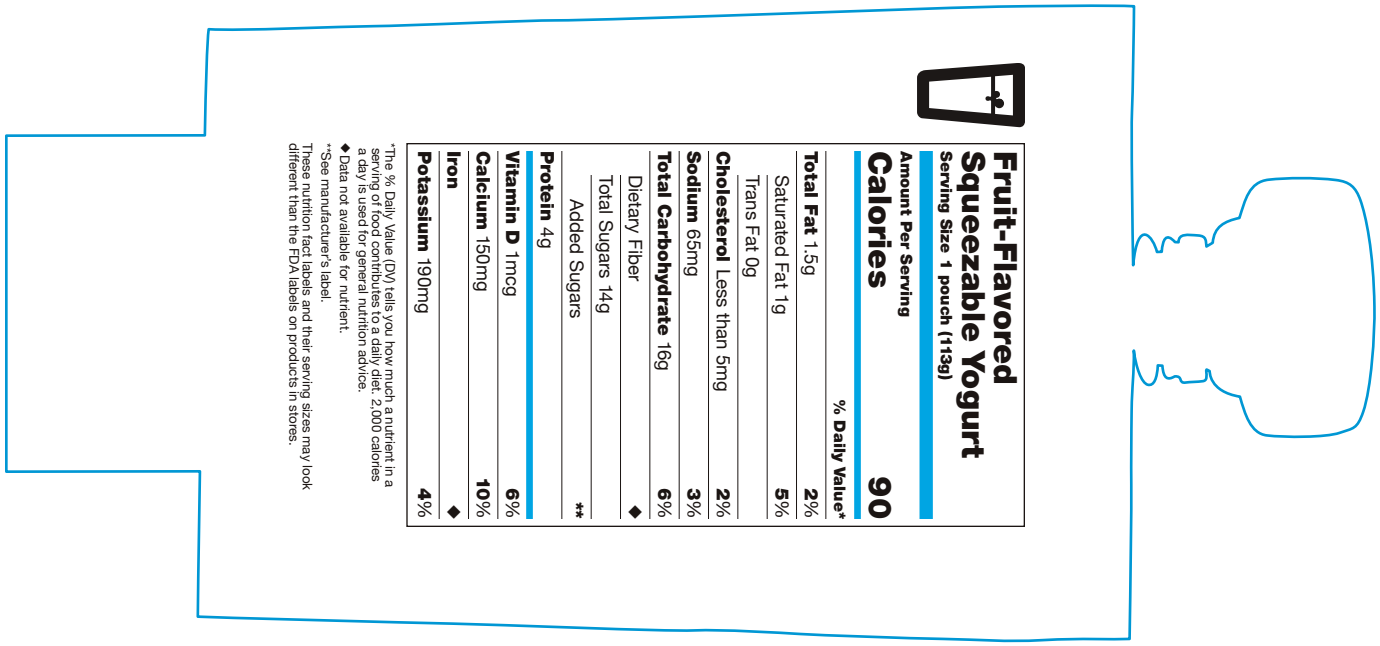

Fruit-Flavored Squeezable Yogurt

Serving Size 1 pouch (113g)

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 1.5g	**2**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol Less than 5mg	**2**%
Sodium 65mg	**3**%
Total Carbohydrate 16g	**6**%
Dietary Fiber	◆
Total Sugars 14g	
Added Sugars	**
Protein 4g	
Vitamin D 1mcg	**6**%
Calcium 150mg	**10**%
Iron	◆
Potassium 190mg	**4**%

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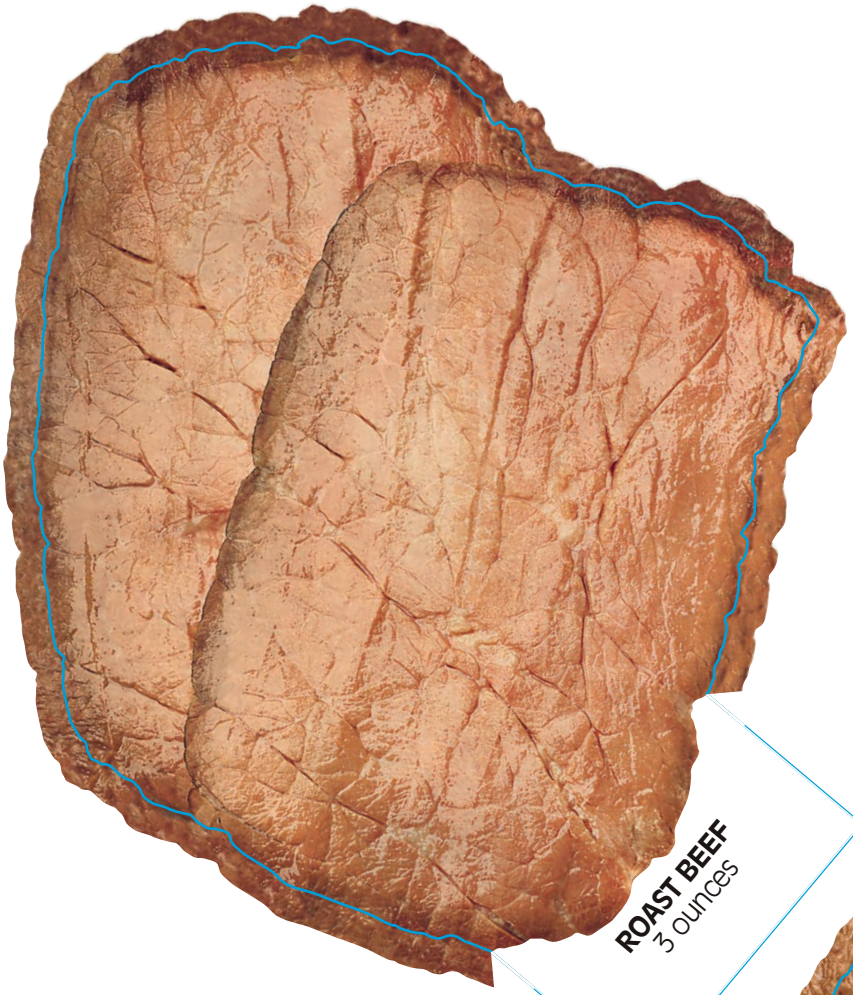
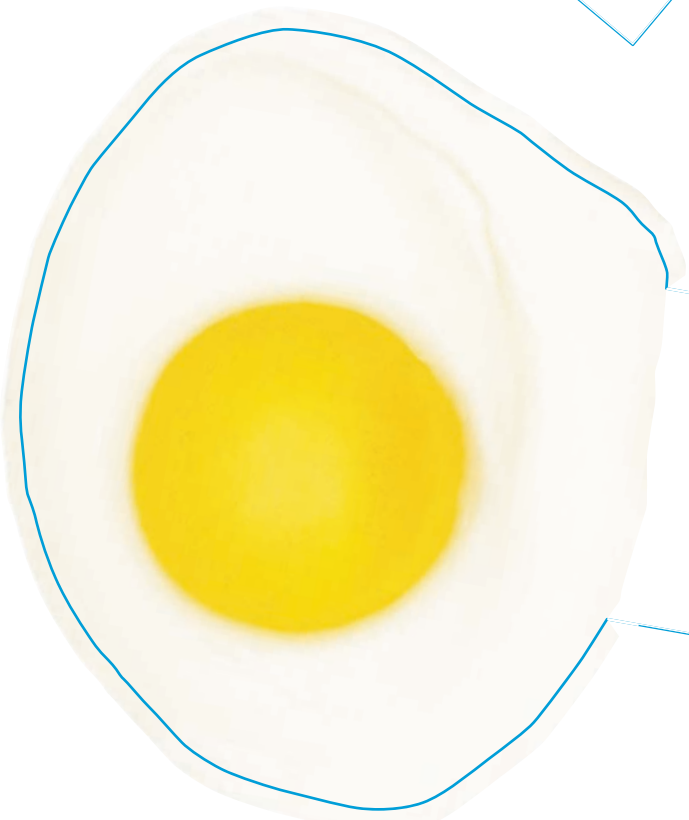
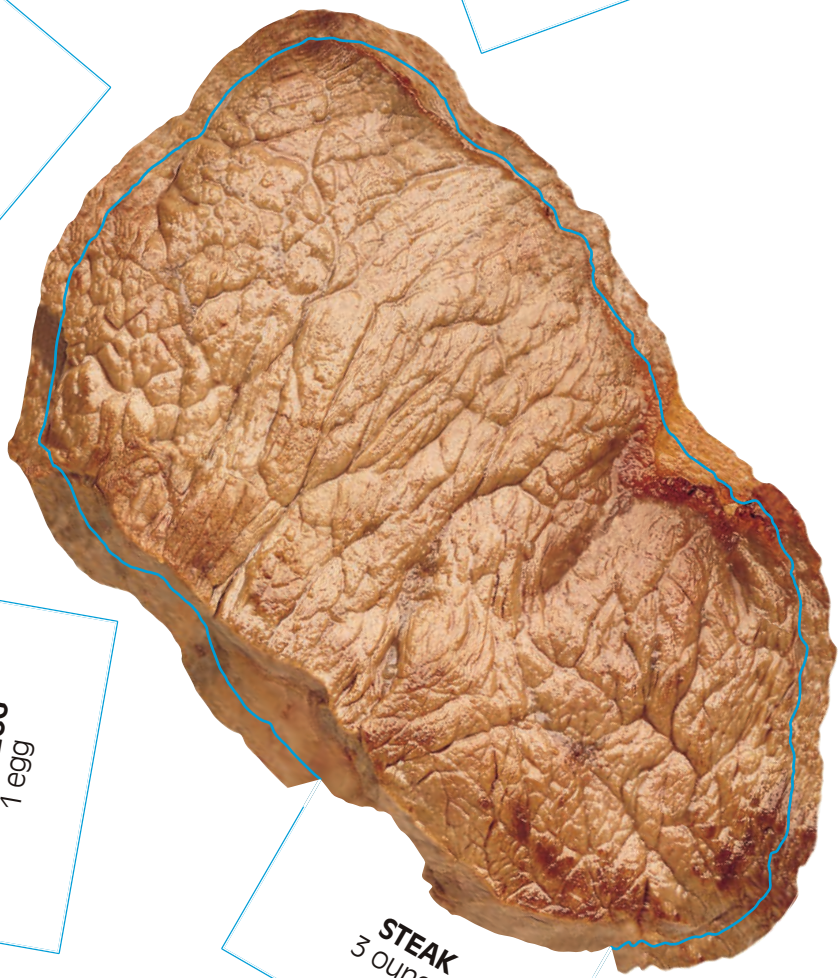


ROAST BEEF
3 ounces

GROUND BEEF HAMBURGER
3 ounces



FRIED EGG
1 egg



STEAK
3 ounces

Ground Beef Hamburger

Serving Size	Ground Sirloin 3 oz (84g)		Ground Beef 3 oz (85g)	
Amount Per Serving				
Calories	**150**		**200**	
		% Daily Value*		% Daily Value*
Total Fat	8g	**11%**	12g	**16%**
Saturated Fat	3.5g	**17%**	5g	**24%**
Trans Fat	0g		0g	
Cholesterol	55mg	**19%**	70mg	**24%**
Sodium	55mg	**2%**	70mg	**3%**
Total Carbohydrate	0g	**0%**	Less than 1g	**0%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	0g		0g	
Added Sugars	0g	**0%**	0g	**0%**
Protein	17g		21g	
Vitamin D		◆	0.2mcg†	
Calcium	0mg†		20mg†	
Iron	1.5mg	**8%**	2.3mg	**15%**
Potassium		◆	300mg	**6%**

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Roast Beef

Serving Size	Lean Only 3 oz (85g)		Lean and Fat 3 oz (85g)	
Amount Per Serving				
Calories	**160**		**200**	
		% Daily Value*		% Daily Value*
Total Fat	7g	**9%**	13g	**17%**
Saturated Fat	3g	**15%**	5g	**27%**
Trans Fat	0g		1g	
Cholesterol	70mg	**24%**	70mg	**24%**
Sodium	70mg	**3%**	65mg	**3%**
Total Carbohydrate	0g	**0%**	0g	**0%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	0g		0g	
Added Sugars	0g	**0%**	0g	**0%**
Protein	23g		21g	
Vitamin D	0.1mcg†		0.1mcg†	
Calcium	20mg†		20mg†	
Iron	2.1mg	**10%**	1.9mg	**10%**
Potassium	290mg	**6%**	260mg	**6%**

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Steak

Serving Size	Sirloin 3 oz (85g)		T-Bone 3 oz (85g)		Ribeye 3 oz (85g)	
Amount Per Serving						
Calories	**180**		**130**		**180**	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	8g	**11%**	6g	**7%**	10g	**13%**
Saturated Fat	3g	**16%**	2g	**11%**	4g	**20%**
Trans Fat	0g		0g		0g	
Cholesterol	75mg	**25%**	50mg	**17%**	70mg	**23%**
Sodium	50mg	**2%**	35mg	**2%**	50mg	**2%**
Total Carbohydrate	0g	**0%**	0g	**0%**	0g	**0%**
Dietary Fiber	0g	**0%**	0g	**0%**	0g	**0%**
Total Sugars	0g		0g		0g	
Added Sugars	0g	**0%**	0g	**0%**	0g	**0%**
Protein	25g		19g		23g	
Vitamin D	0.2mcg†	**0%**	0.1mcg†	**0%**	0.1mcg†	**0%**
Calcium	20mg†		20mg†		10mg†	
Iron	1.6mg	**8%**	1.4mg	**8%**	2.3mg	**15%**
Potassium	310mg	**6%**	230mg	**4%**	240mg	**6%**

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Fried Egg

Serving Size 1 egg (46g)

Amount Per Serving	
Calories	**90**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 185mg	**61%**
Sodium 95mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Added Sugars 0g	**0%**
Protein 6g	**6%**
Vitamin D 1mcg	**2%**
Calcium 30mg	**4%**
Iron 0.9mg	
Potassium 70mg†	

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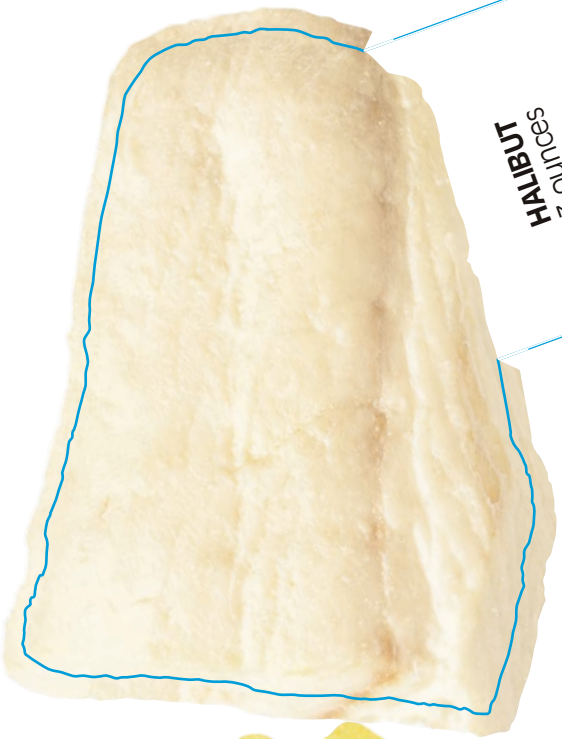
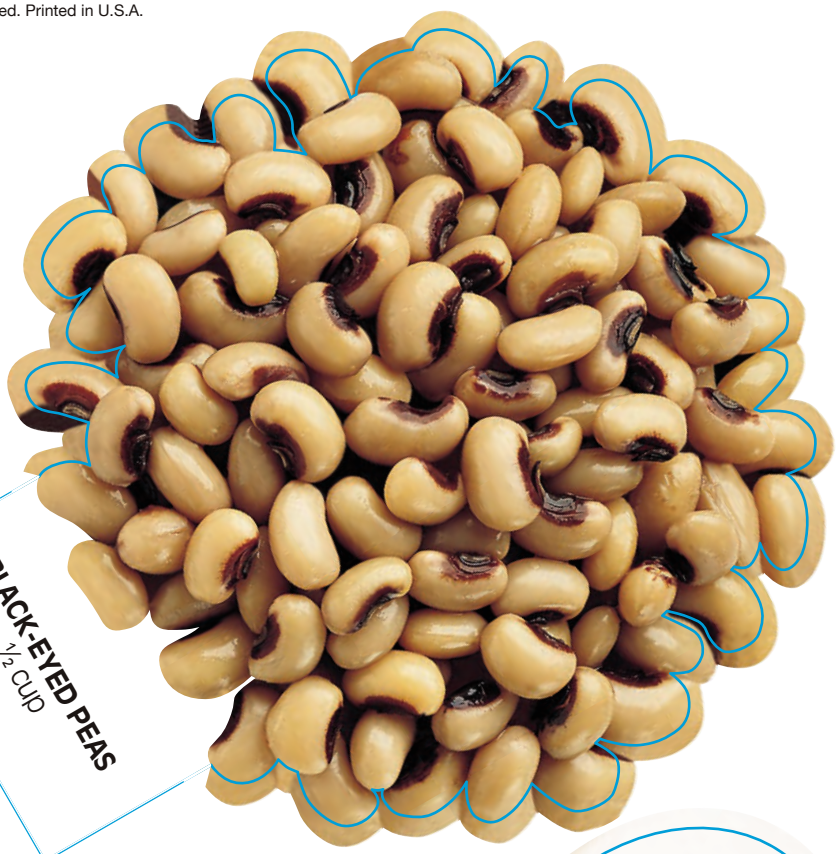


HALIBUT
3 ounces



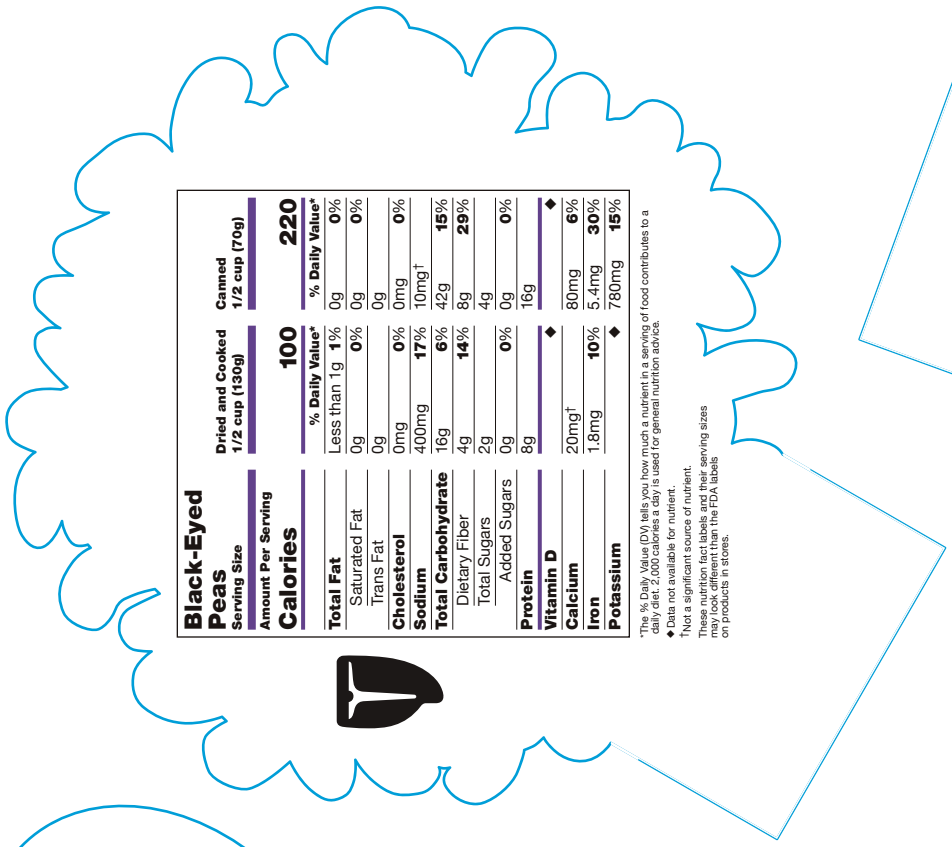
BLACK-EYED PEAS
½ cup

SCRAMBLED EGG
1 egg

HARD-COOKED EGG
1 egg

PEANUTS
1 ounce

CARD 8



Black-Eyed Peas

Serving Size

Amount Per Serving	Dried and Cooked 1/2 cup (130g)		Canned 1/2 cup (70g)	
Calories	100		220	
		% Daily Value*		% Daily Value*
Total Fat	Less than 1g	1%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	400mg	17%	10mg†	
Total Carbohydrate	16g	6%	42g	15%
Dietary Fiber	4g	14%	8g	29%
Total Sugars	2g		4g	
Added Sugars	0g	0%	0g	0%
Protein	8g		16g	
Vitamin D		◆		◆
Calcium	20mg†		80mg	6%
Iron	1.8mg	10%	5.4mg	30%
Potassium		◆	780mg	15%

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◆ Data not available for nutrient.
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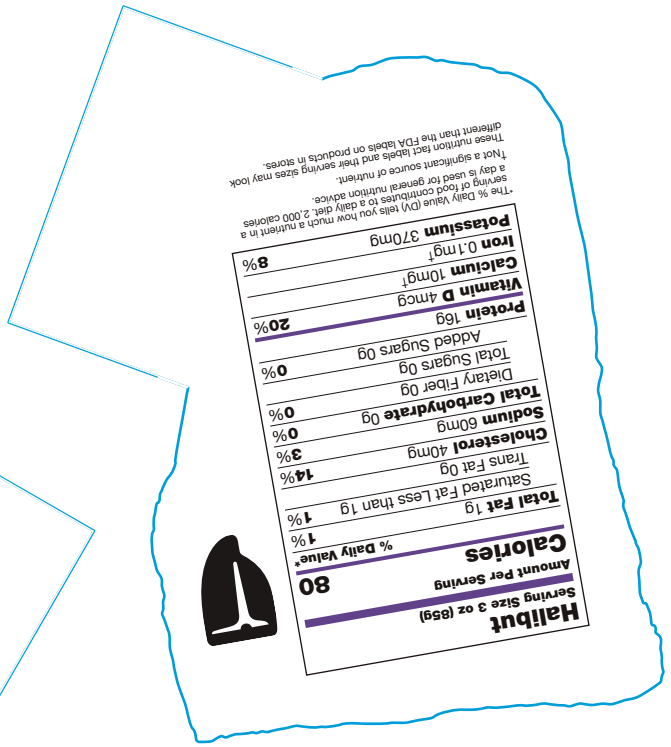

Halibut

Serving Size 3 oz (85g)

Amount Per Serving		
Calories	80	
		% Daily Value*
Total Fat 1g		1%
Saturated Fat less than 1g		1%
Trans Fat 0g		
Cholesterol 40mg		14%
Sodium 60mg		3%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		
Total Sugars 0g		0%
Added Sugars 0g		
Protein 16g		20%
Vitamin D 4mcg		
Calcium 10mg†		
Iron 0.1mg†		8%
Potassium 370mg		

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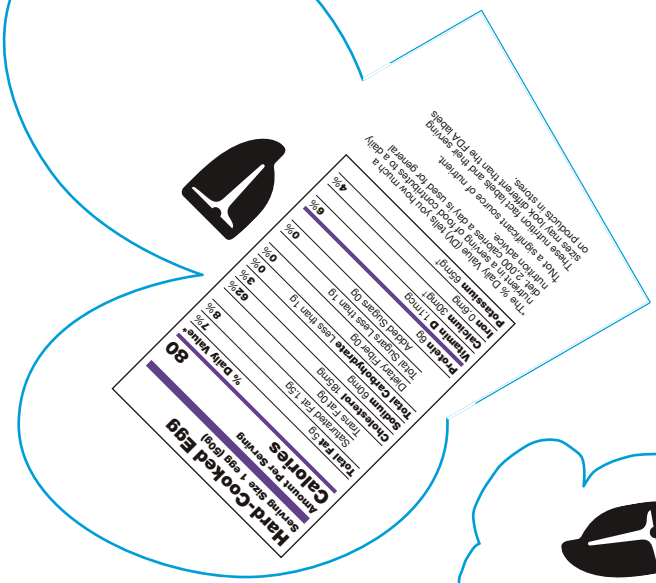

Hard-Cooked Egg

Serving Size 1 egg (50g)

Amount Per Serving		
Calories	80	
		% Daily Value*
Total Fat 5g		7%
Saturated Fat 1.5g		8%
Cholesterol 185mg		62%
Sodium 70mg		3%
Total Carbohydrate less than 1g		0%
Dietary Fiber 0g		
Total Sugars less than 1g		
Added Sugars 0g		0%
Protein 6g		
Vitamin D 1.1mcg†		6%
Calcium 30mg†		
Iron 0.6mg		4%
Potassium 90mg†		

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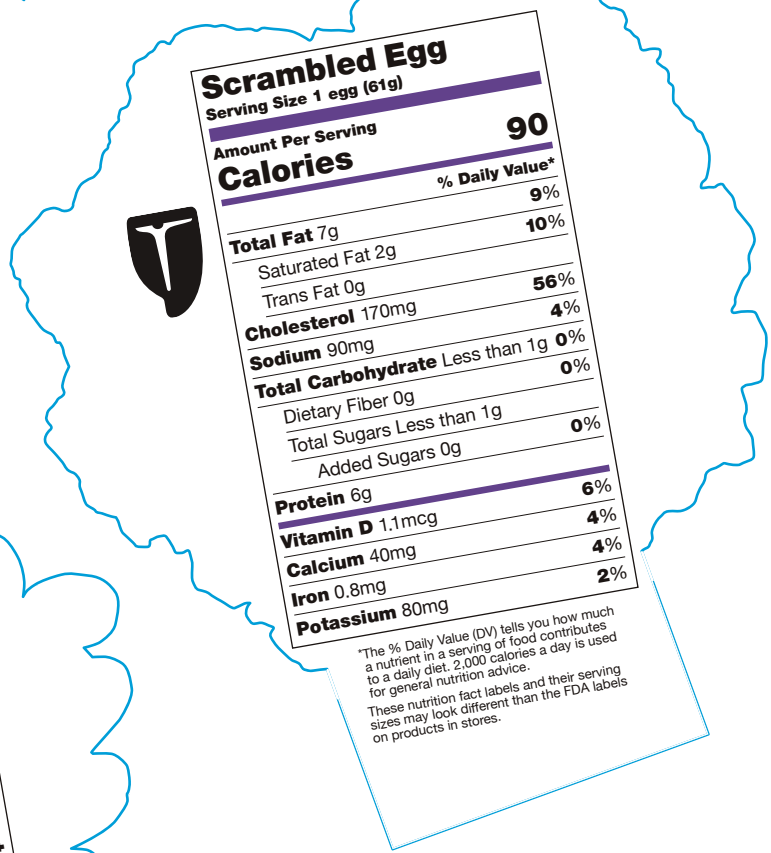

Scrambled Egg

Serving Size 1 egg (61g)

Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 170mg	56%
Sodium 90mg	4%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars Less than 1g	
Added Sugars 0g	0%
Protein 6g	6%
Vitamin D 1.1mcg	4%
Calcium 40mg	4%
Iron 0.8mg	2%
Potassium 80mg	

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Oil Roasted Peanuts

Serving Size 1 oz (28g)

Amount Per Serving		
Calories	170	
		% Daily Value*
Total Fat 15g		19%
Saturated Fat 2g		11%
Trans Fat 0mg		◆
Cholesterol 0mg		0%
Sodium 220mg		10%
Total Carbohydrate 5g		2%
Dietary Fiber 3g		9%
Total Sugars		◆
Added Sugars 0g		0%
Protein 8g		
Vitamin D 0mcg†		
Calcium 20mg†		2%
Iron 0.5mg		4%
Potassium 170mg		

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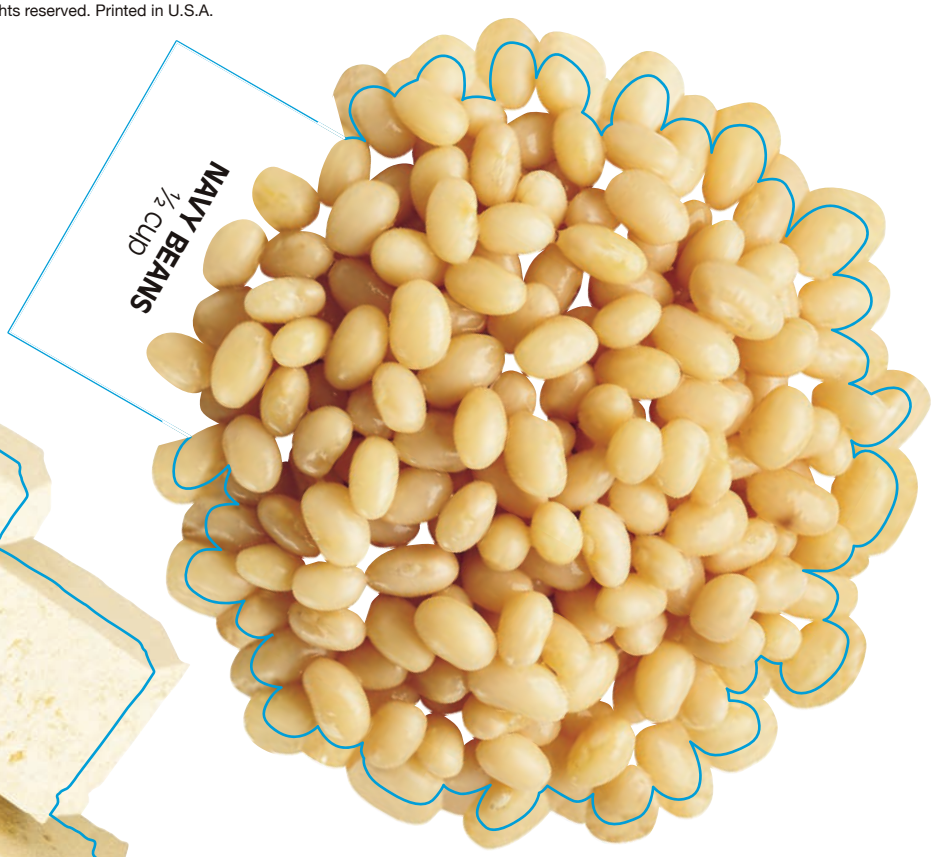
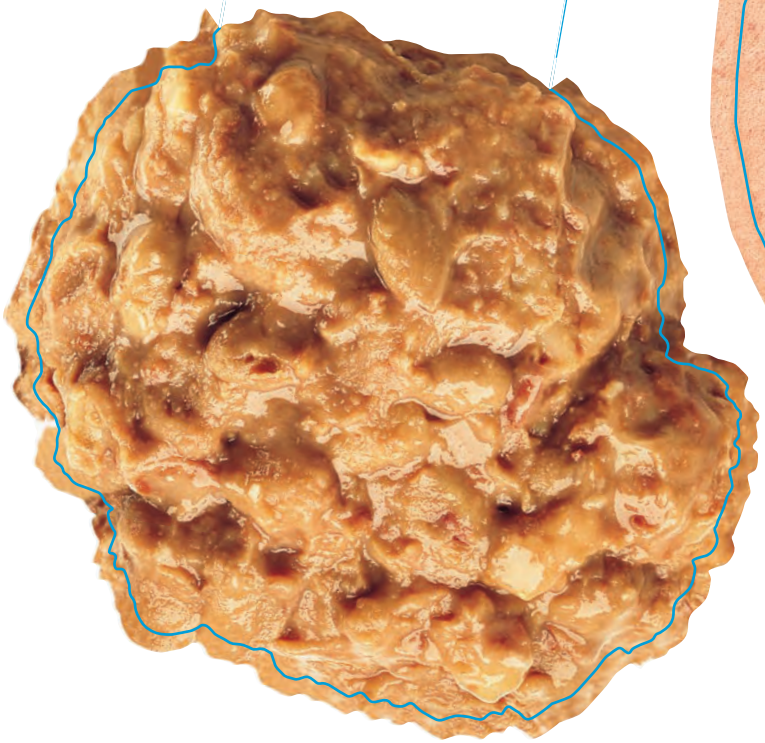
TOFU
½ cup



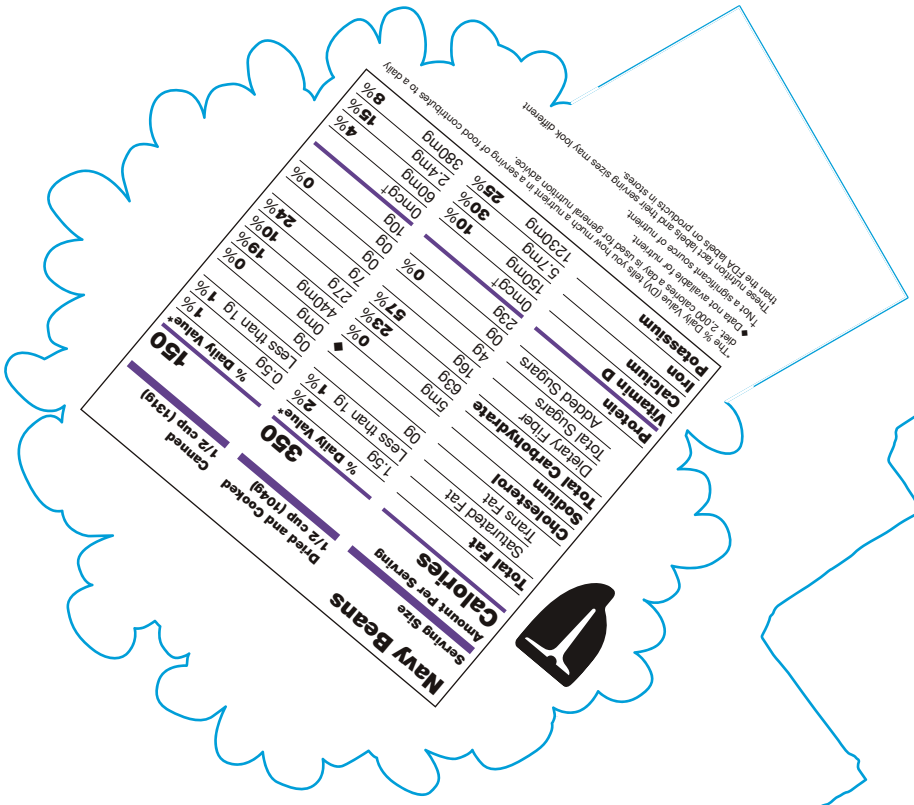
NAVY BEANS
½ cup

BOLOGNA
1 ounce



REFRIED BEANS
½ cup

CARD 9


Navy Beans
Serving Size
Amount Per Serving
Calories
Total Fat
Saturated Fat
Trans Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Total Sugars
Added Sugars
Protein
Vitamin D
Calcium
Iron
Potassium
Canned 1/2 cup (131g)
Dried and Cooked 1/2 cup (104g)
% Daily Value*
150
350
2%
1%
0%
19%
24%
0%
4%
15%
8%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Not a significant source of nutrient.
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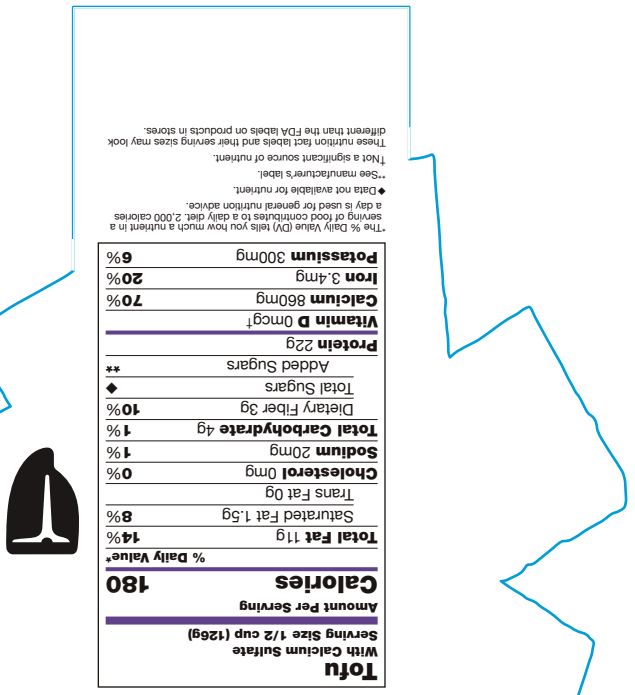
Tofu
With Calcium Sulfate
Serving Size 1/2 cup (126g)
Amount Per Serving
Calories 180
% Daily Value*
Total Fat 11g 14%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 20mg 1%
Total Carbohydrate 4g 1%
Dietary Fiber 3g 10%
Total Sugars ◆
Added Sugars **
Protein 22g
Vitamin D 0mcg†
Calcium 860mg 70%
Iron 3.4mg 20%
Potassium 300mg 6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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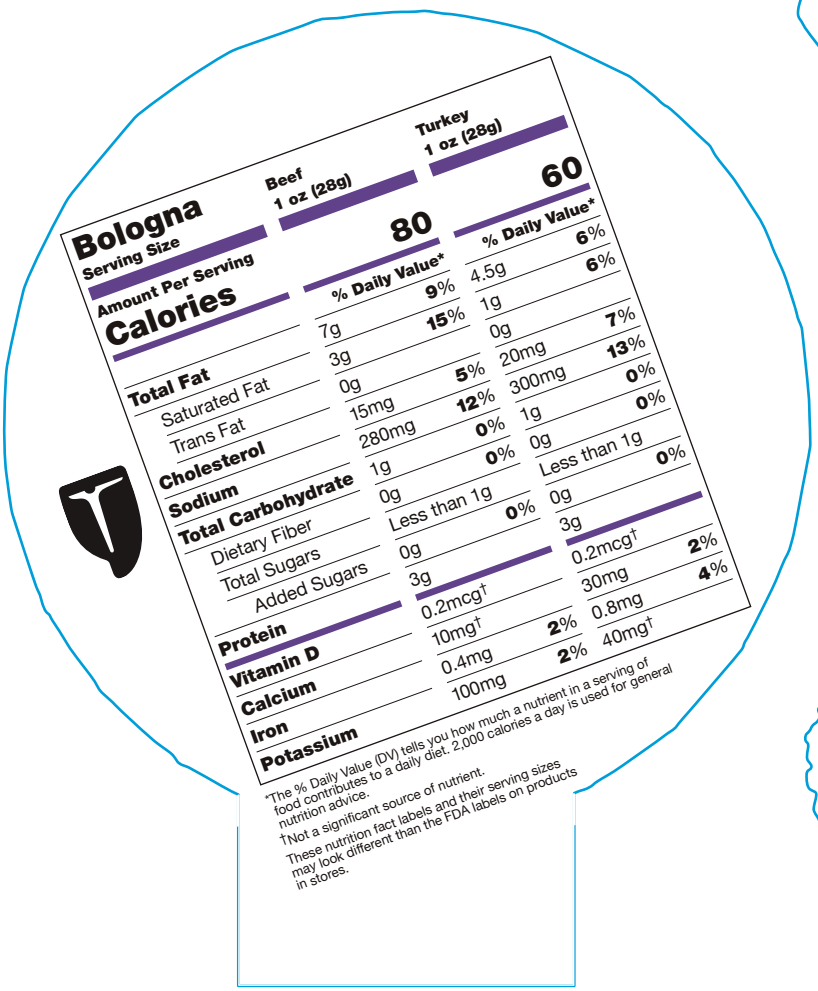
Bologna
Serving Size
Beef 1 oz (28g)
Turkey 1 oz (28g)
Amount Per Serving
Calories 80 60
% Daily Value*
Total Fat 7g 9% 4.5g 6%
Saturated Fat 3g 15% 1g 6%
Trans Fat 0g
Cholesterol 15mg 5% 20mg 7%
Sodium 280mg 12% 300mg 13%
Total Carbohydrate 1g 0% 1g 0%
Dietary Fiber 0g 0g
Total Sugars Less than 1g 0% Less than 1g 0%
Added Sugars 0g 0g
Protein 3g 3g
Vitamin D 0.2mcg† 0.2mcg† 2%
Calcium 10mg† 30mg 4%
Iron 0.4mg 2% 0.8mg 2%
Potassium 100mg 2% 40mg† 2%
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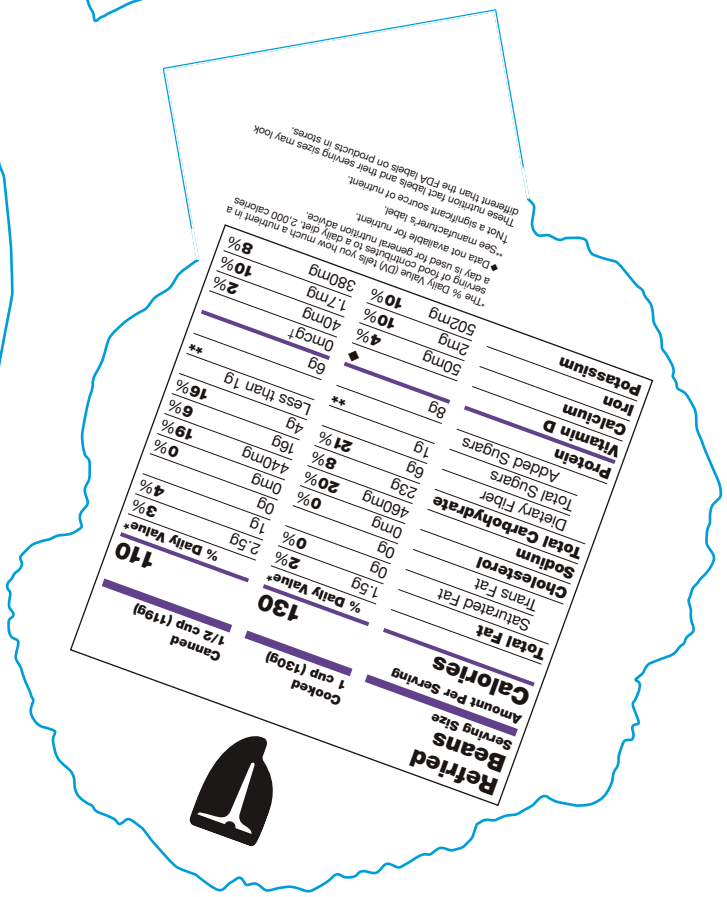
Refried Beans
Serving Size
Amount Per Serving
Calories 130 110
Cooked 1 cup (130g)
Canned 1/2 cup (119g)
% Daily Value*
Total Fat 1.5g 2% 2.5g 3%
Saturated Fat 0g 0% 1g 4%
Trans Fat 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 460mg 20% 440mg 19%
Total Carbohydrate 23g 8% 16g 6%
Dietary Fiber 6g 21% 4g 16%
Total Sugars 1g Less than 1g
Added Sugars ** **
Protein 8g 6g
Vitamin D 0mcg† 0mcg†
Calcium 50mg 4% 40mg 2%
Iron 2mg ◆ 1.7mg 10%
Potassium 502mg 10% 380mg 8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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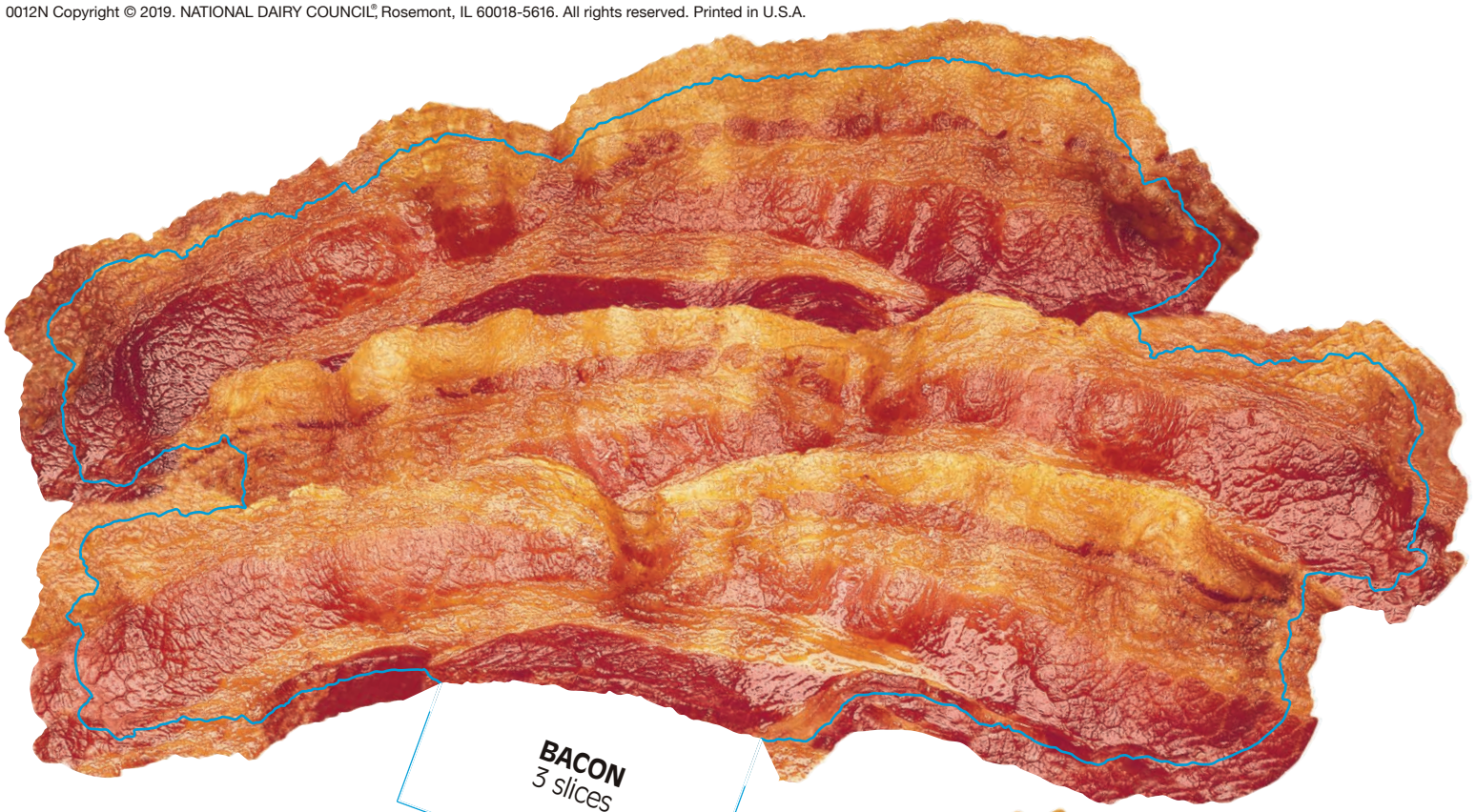
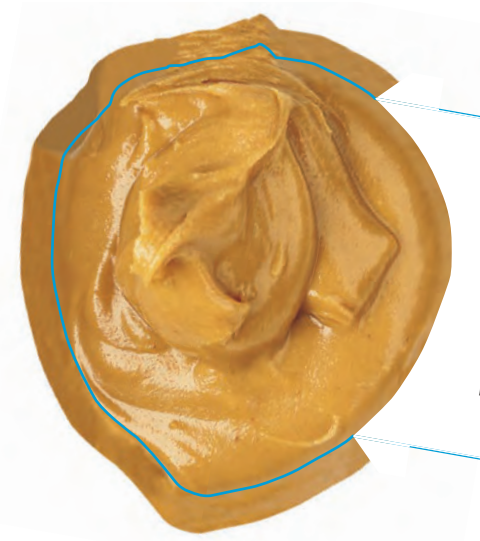


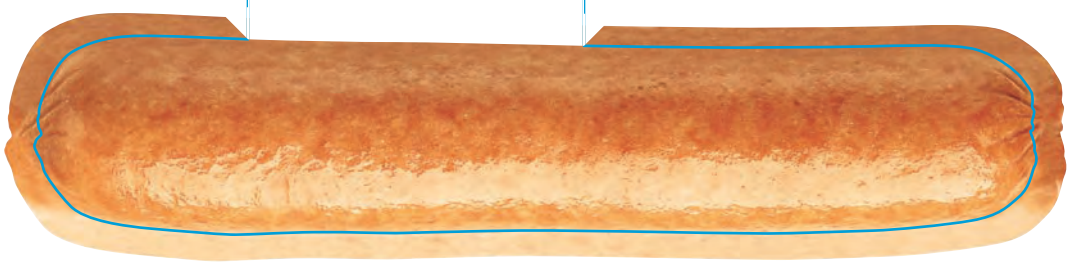
BACON
3 slices

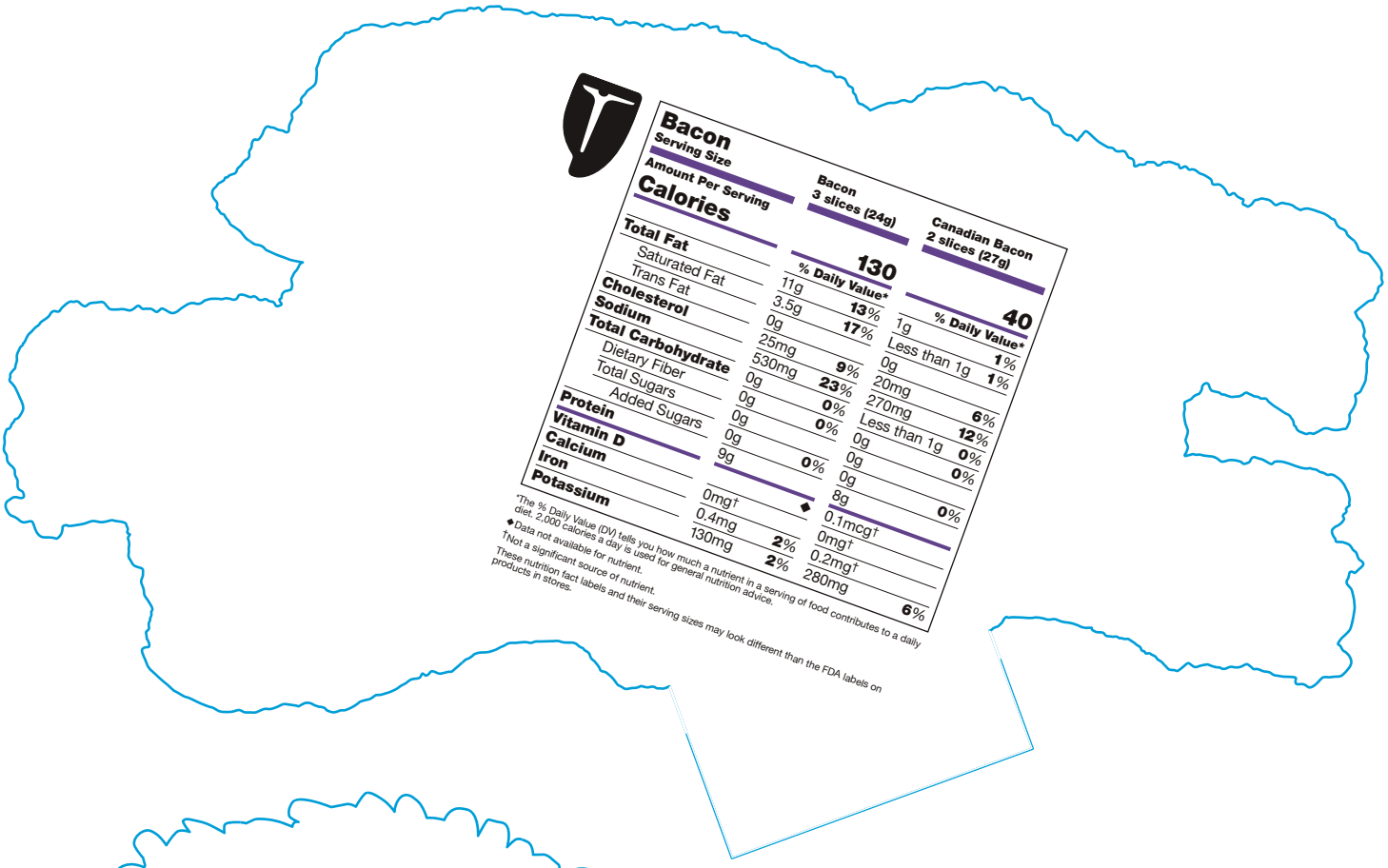


PEANUT BUTTER
2 tablespoons

SUNFLOWER SEEDS
1 ounce

HOT DOG
1 hot dog





Bacon

Serving Size	Bacon 3 slices (24g)	Canadian Bacon 2 slices (27g)
Amount Per Serving		
Calories	130	40
	% Daily Value*	% Daily Value*
Total Fat	11g 13%	1g 1%
Saturated Fat	3.5g 17%	Less than 1g 1%
Trans Fat	0g	0g
Cholesterol	25mg 9%	20mg 6%
Sodium	530mg 23%	270mg 12%
Total Carbohydrate	0g 0%	Less than 1g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Added Sugars	0g 0%	8g 0%
Protein	9g ◆	0.1mcg†
Vitamin D	0mcg†	0mg†
Calcium	0.4mg	0.2mg†
Iron	130mg 2%	280mg
Potassium	2%	6%

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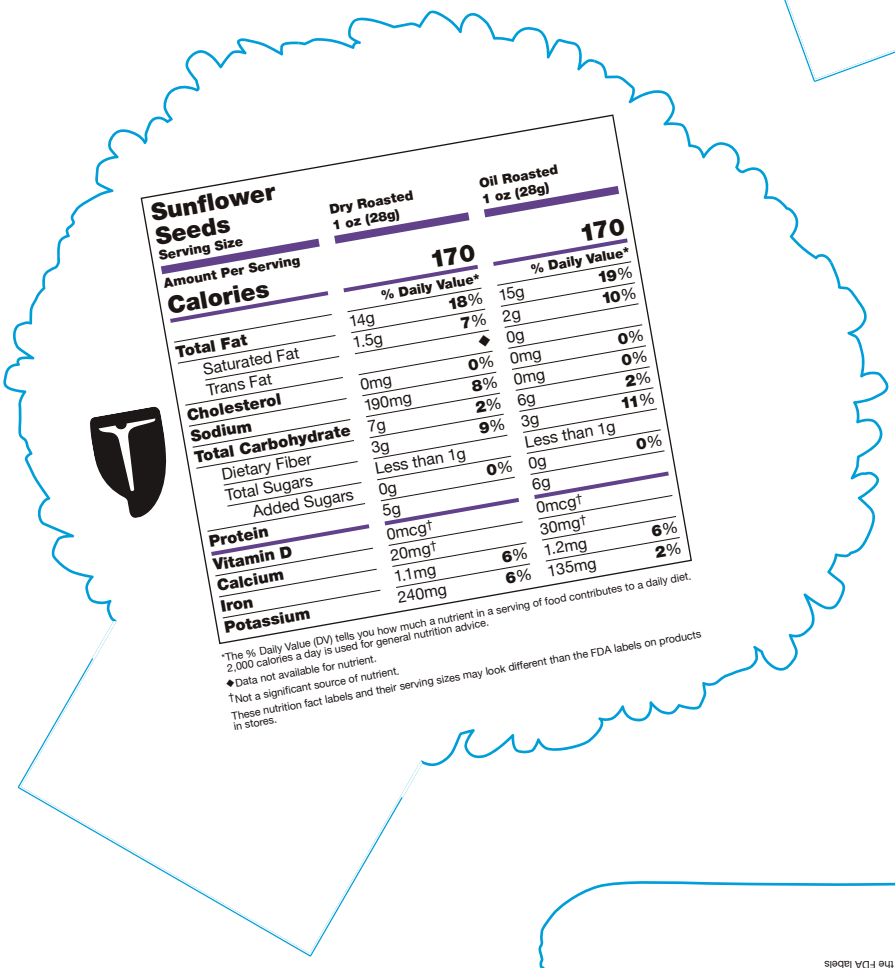

Sunflower Seeds

Serving Size	Dry Roasted 1 oz (28g)	Oil Roasted 1 oz (28g)
Amount Per Serving		
Calories	170	170
	% Daily Value*	% Daily Value*
Total Fat	14g 18%	15g 19%
Saturated Fat	1.5g 7%	2g 10%
Trans Fat	0g ◆	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	190mg 8%	0mg 0%
Total Carbohydrate	7g 2%	6g 2%
Dietary Fiber	3g 9%	3g 11%
Total Sugars	Less than 1g	Less than 1g
Added Sugars	0g 0%	0g 0%
Protein	5g	6g
Vitamin D	0mcg†	0mcg†
Calcium	20mg†	30mg†
Iron	1.1mg 6%	1.2mg 6%
Potassium	240mg 6%	135mg 2%

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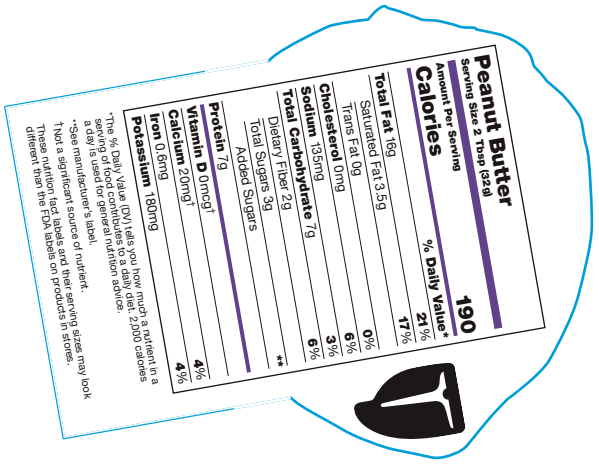

Peanut Butter

Serving Size 2 Tbsp (32g)

Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	6%
Total Sugars 3g	**
Added Sugars	
Protein 7g	4%
Vitamin D 0mcg†	0%
Calcium 20mg†	4%
Iron 0.6mg	4%
Potassium 180mg	4%

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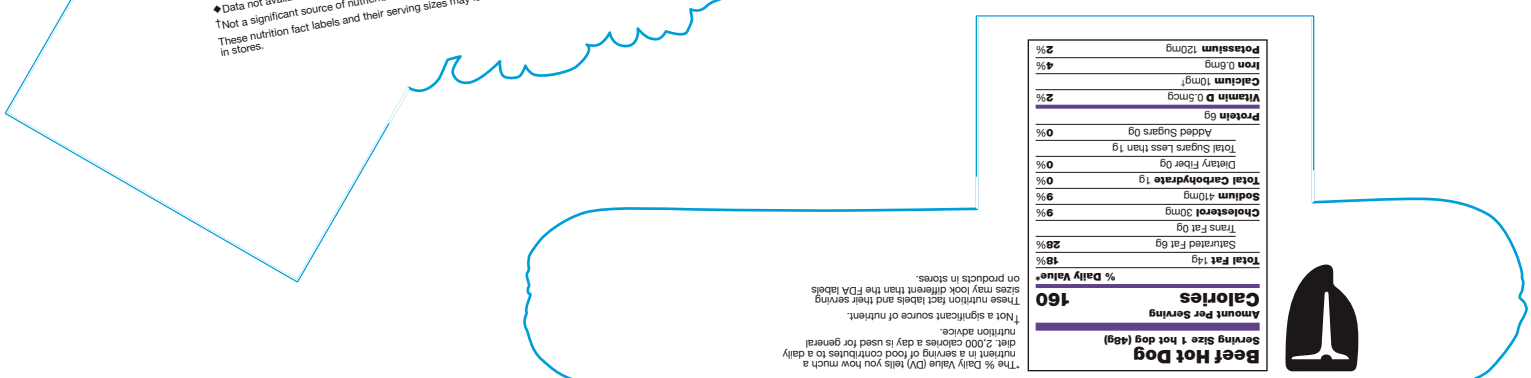

Beef Hot Dog

Serving Size 1 hot dog (48g)	
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 410mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars Less than 1g	
Added Sugars 0g	0%
Protein 6g	
Vitamin D 0.5mcg	2%
Calcium 10mg†	
Iron 0.6mg	4%
Potassium 120mg	2%

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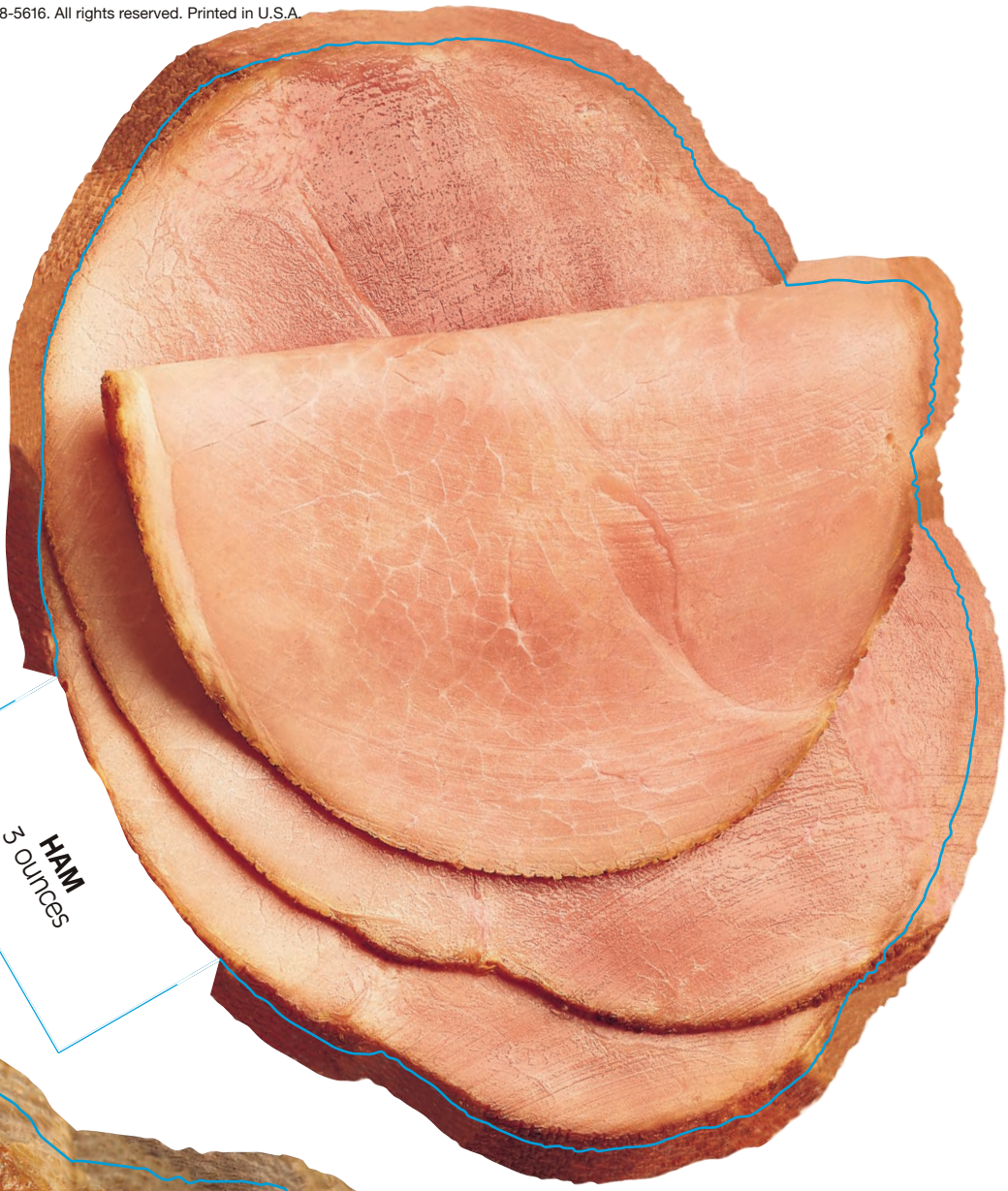
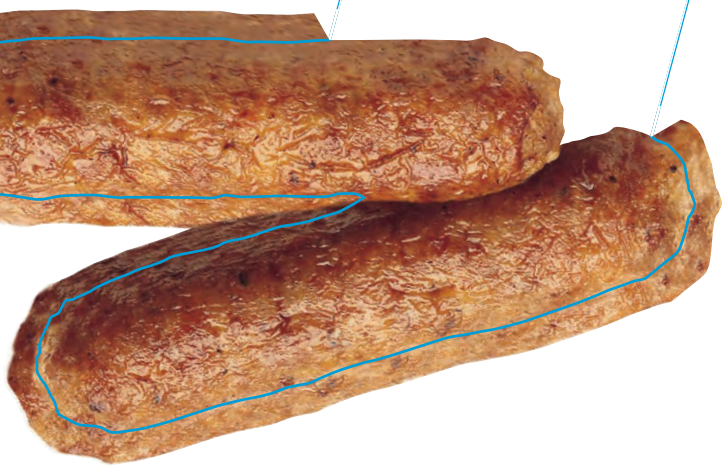
ITALIAN SAUSAGE
3 ounces

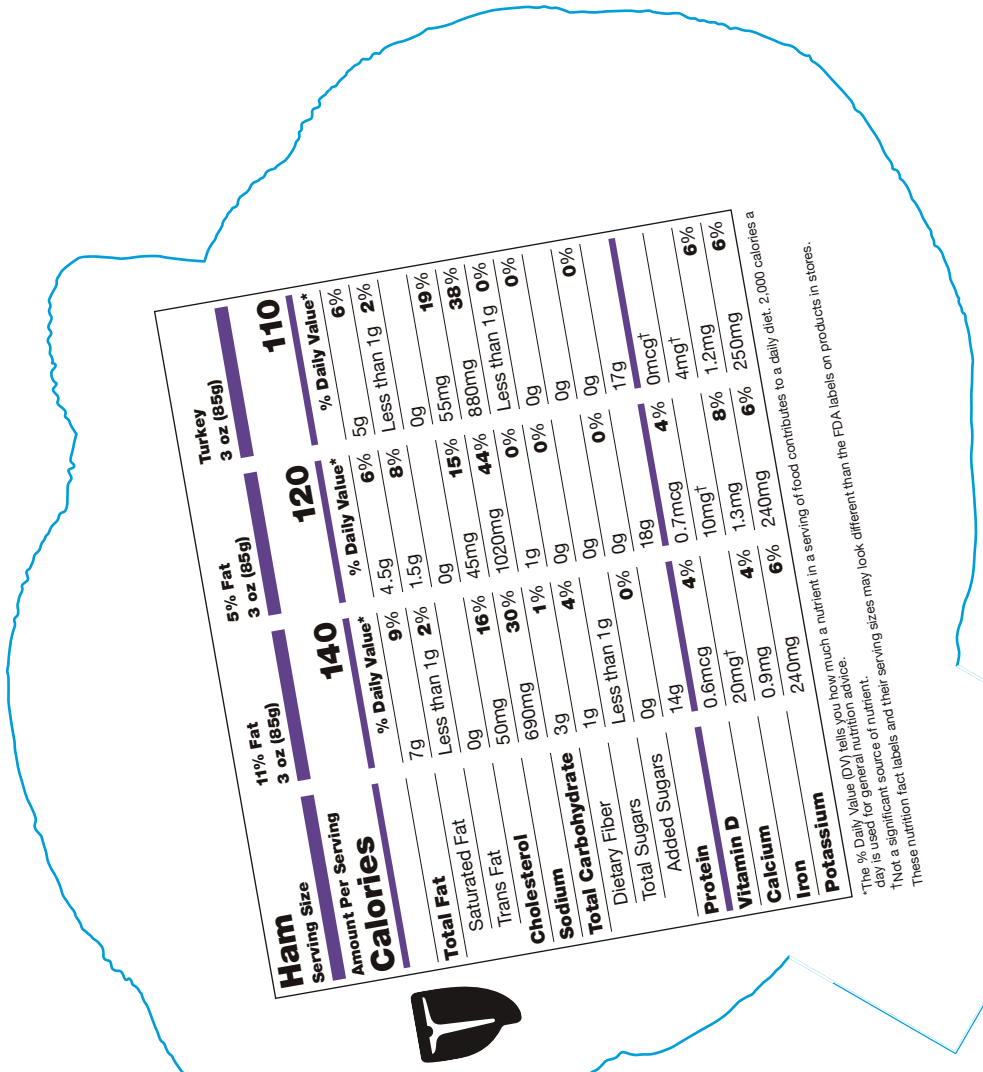


HAM
3 ounces

PORK CHOP
3 ounces

PORK SAUSAGE
2 links





Ham
Serving Size: 11% Fat 3 oz (85g) | 5% Fat 3 oz (85g) | Turkey 3 oz (85g)

Amount Per Serving
Calories 140 | 120 | 110

	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 7g	9%	6%	6%
Saturated Fat Less than 1g	2%	8%	2%
Trans Fat 0g			
Cholesterol 50mg	16%	15%	19%
Sodium 690mg	30%	44%	38%
Total Carbohydrate 3g	1%	0%	0%
Dietary Fiber 1g	4%	0%	0%
Total Sugars 0g			
Added Sugars 14g			
Protein 0.6mcg	4%	4%	6%
Vitamin D 20mg†			
Calcium 0.9mg			
Iron 240mg			
Potassium			

4.5g	1.5g	0g
45mg	1020mg	1g
0g	0g	18g
0.7mcg	10mg†	1.3mg
240mg		

5g	Less than 1g	0g
55mg	880mg	Less than 1g
0g	0g	17g
0mcg†	4mg†	1.2mg
250mg		

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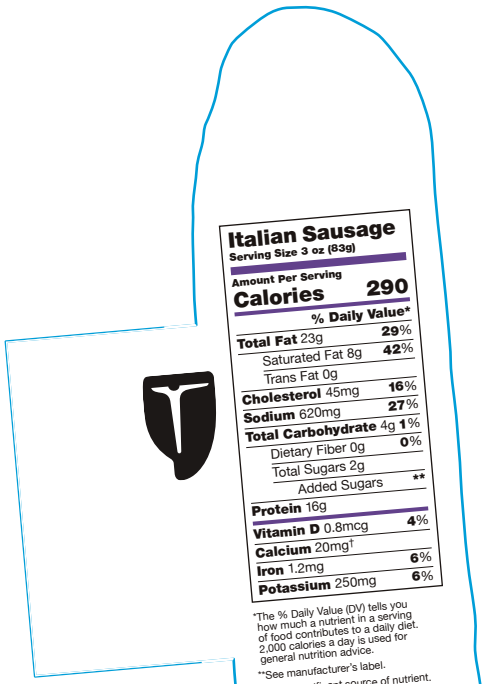

Italian Sausage
Serving Size 3 oz (83g)

Amount Per Serving
Calories 290

	% Daily Value*
Total Fat 23g	29%
Saturated Fat 8g	42%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 620mg	27%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Added Sugars	**
Protein 16g	
Vitamin D 0.8mcg	4%
Calcium 20mg†	
Iron 1.2mg	6%
Potassium 250mg	6%

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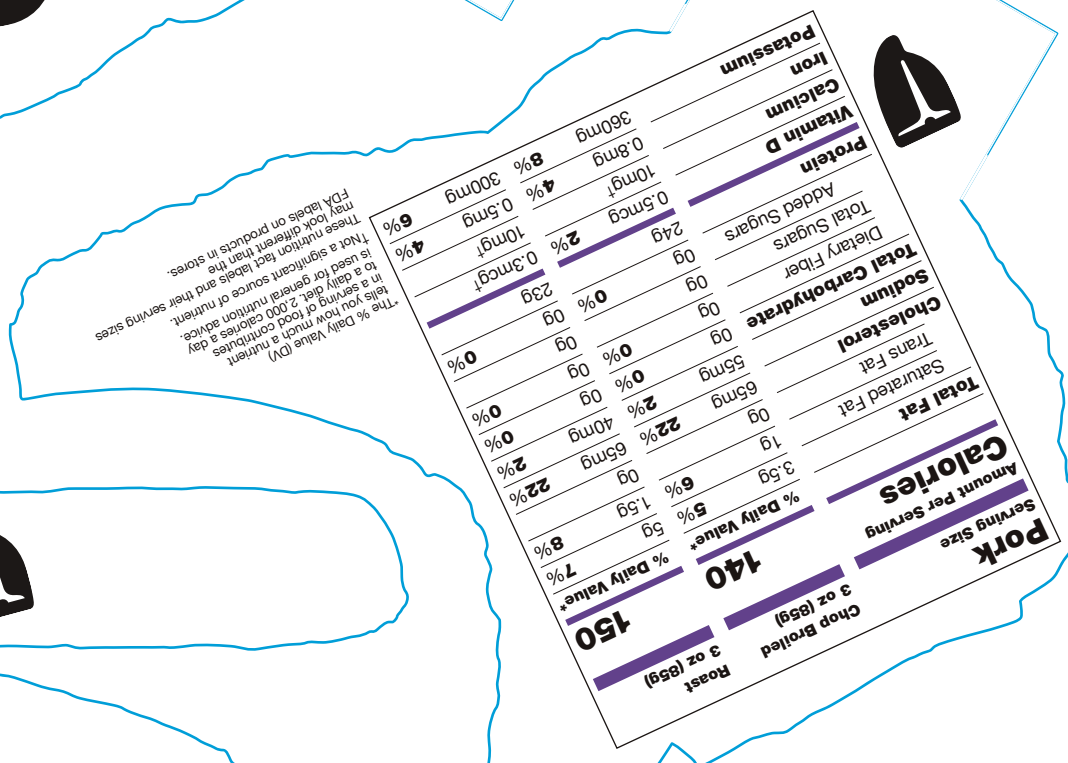

Pork
Serving Size: Roast 3 oz (85g) | Chop Broiled 3 oz (85g)

Amount Per Serving
Calories 150 | 140

	% Daily Value*	% Daily Value*
Total Fat	7%	5%
Saturated Fat	8%	6%
Trans Fat		
Cholesterol	22%	22%
Sodium	2%	0%
Total Carbohydrate	0%	0%
Dietary Fiber	0%	0%
Total Sugars		
Added Sugars	0%	0%
Protein	4%	4%
Vitamin D	2%	0%
Calcium	4%	6%
Iron	8%	6%
Potassium		

5g	3.5g
1.5g	1g
65mg	65mg
40mg	55mg
0g	0g
0g	0g
24g	23g
0.5mcg	0.3mcg†
10mg†	10mg†
0.8mg	0.5mg
360mg	300mg

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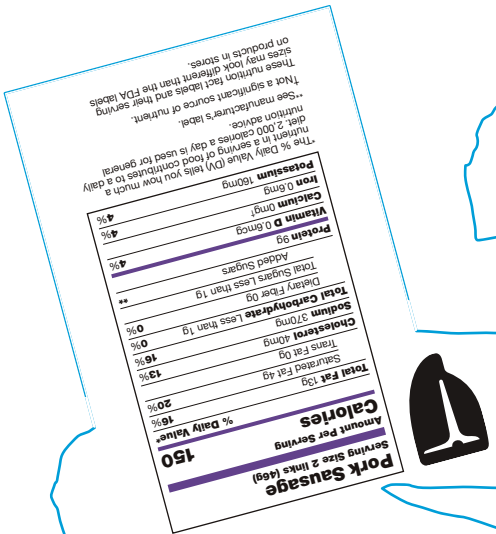

Pork Sausage
Serving Size 2 links (46g)

Amount Per Serving
Calories 150 | % Daily Value*

Total Fat 13g	16%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 370mg	16%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	**
Total Sugars 1g	
Added Sugars	4%
Protein 9g	
Vitamin D 0.6mcg	4%
Calcium 0mg†	
Iron 0.7mg	
Potassium 160mg	

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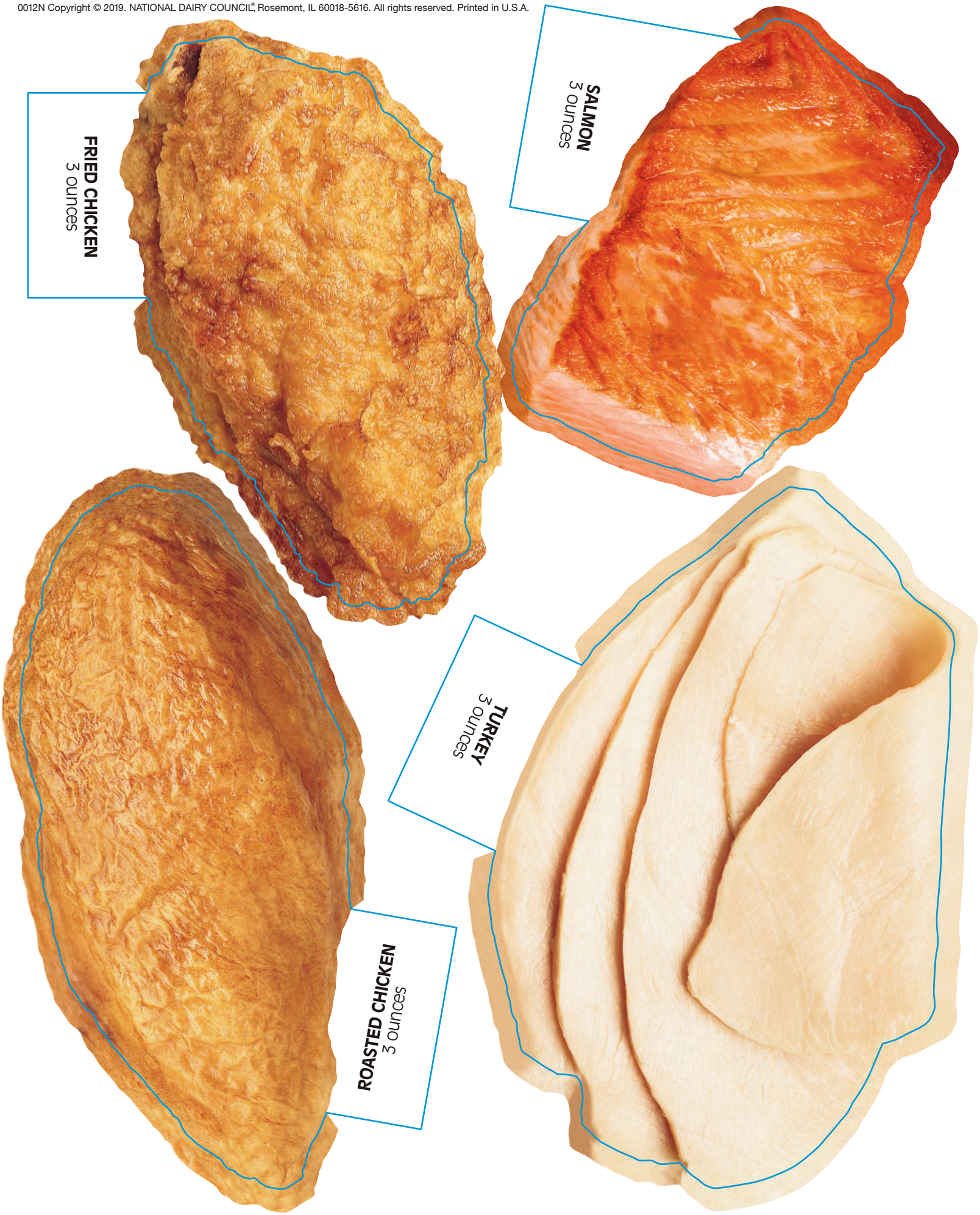

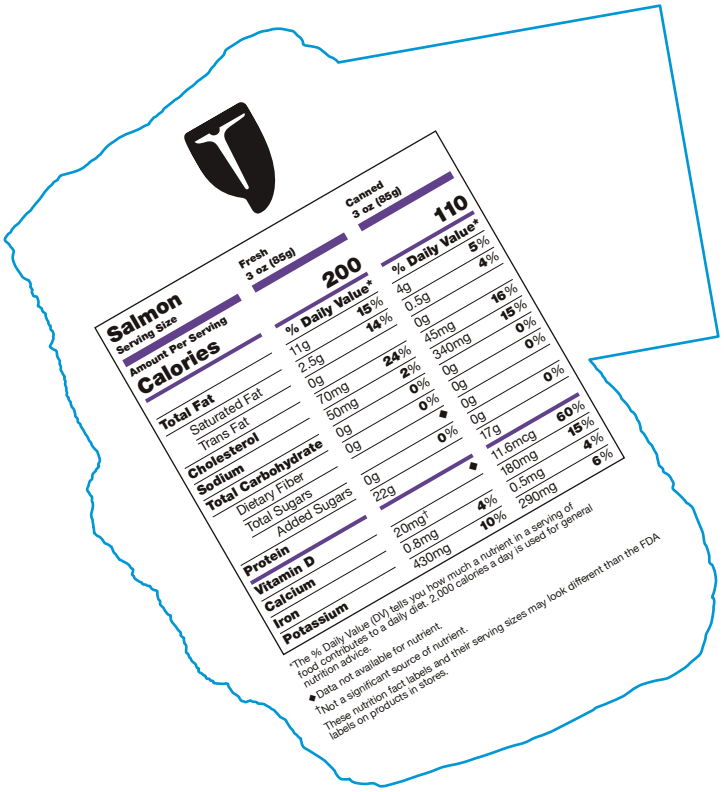

Salmon
Serving Size

Amount Per Serving	Fresh 3 oz (85g)	Canned 3 oz (85g)
Calories	**200**	**110**
	% Daily Value*	% Daily Value*
Total Fat	11g 15%	4g 5%
Saturated Fat	2.5g 14%	0.5g 4%
Trans Fat	0g	0g
Cholesterol	70mg 24%	45mg 15%
Sodium	50mg 2%	340mg 15%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g ◆	0g ◆
Total Sugars	0g	0g
Added Sugars	0%	0%
Protein	22g ◆	17g ◆
Vitamin D	20mcg† 4%	11.6mcg 60%
Calcium	0.8mg 10%	180mg 15%
Iron	430mg	0.5mg 4%
Potassium		290mg 6%

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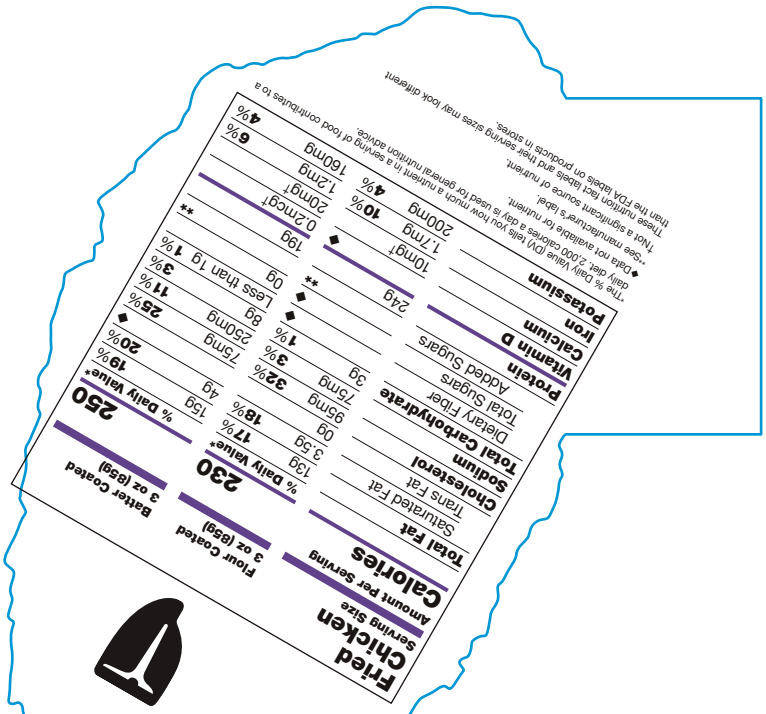

Fried Chicken
Serving Size

Amount Per Serving	Flour Coated 3 oz (85g)	Batter Coated 3 oz (85g)
Calories	**230**	**250**
	% Daily Value*	% Daily Value*
Total Fat	13g 17%	15g 20%
Saturated Fat	3.5g 18%	4g 20%
Trans Fat	0g	0g
Cholesterol	95mg 32%	75mg 25%
Sodium	75mg 3%	250mg 11%
Total Carbohydrate	3g 1% ◆	8g 3% ◆
Dietary Fiber	3g **	0g **
Total Sugars	0g	Less than 1g
Added Sugars		
Protein	24g	19g
Vitamin D	10mcg† 10% ◆	0.2mcg† 1% ◆
Calcium	1.7mg 4%	1.2mg 6%
Iron	200mg	160mg
Potassium		

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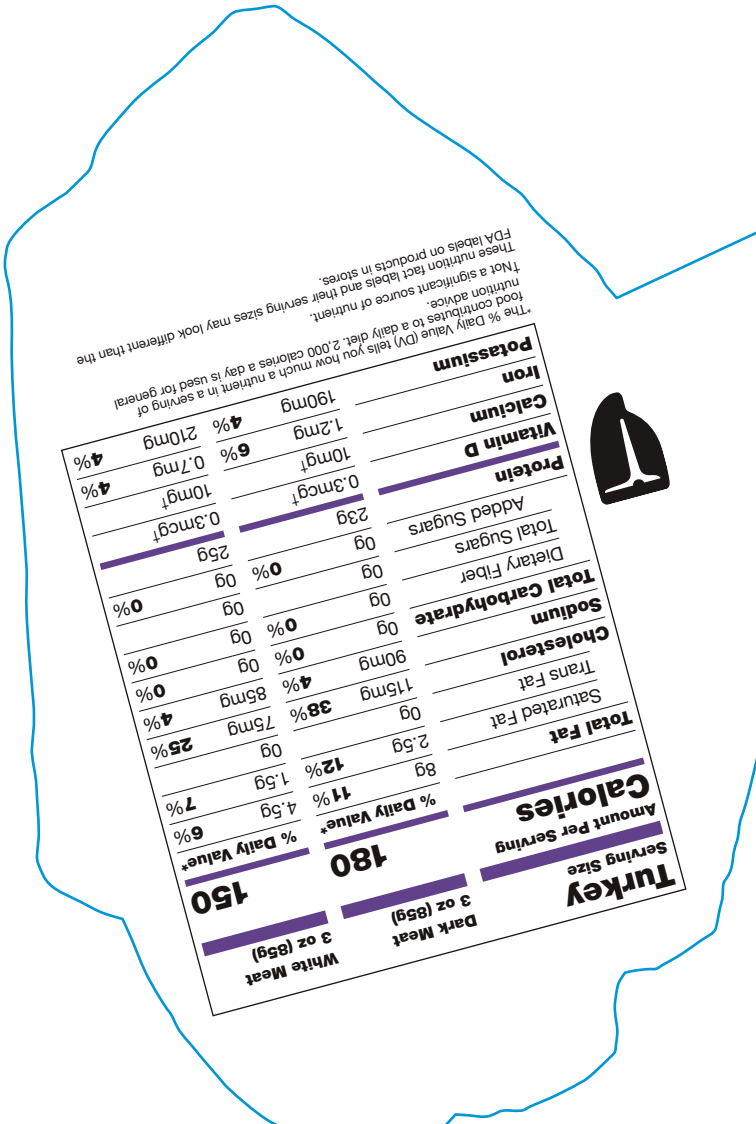

Turkey
Serving Size

Amount Per Serving	White Meat 3 oz (85g)	Dark Meat 3 oz (85g)
Calories	**150**	**180**
	% Daily Value*	% Daily Value*
Total Fat	4.5g 7%	8g 12%
Saturated Fat	1.5g 7%	2.5g 11%
Trans Fat	0g	0g
Cholesterol	75mg 25%	115mg 38%
Sodium	85mg 4%	90mg 4%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Added Sugars		0g
Protein	25g	23g
Vitamin D	0.3mcg† 4%	0.3mcg† 4%
Calcium	10mg† 6%	10mg† 4%
Iron	0.7mg 4%	1.2mg 6%
Potassium	210mg 4%	190mg 4%

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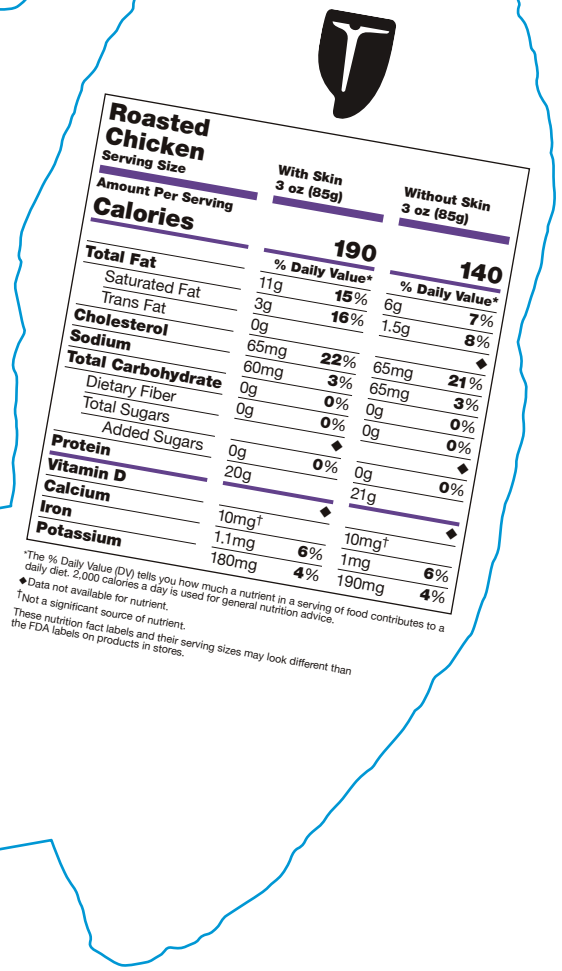

Roasted Chicken
Serving Size

Amount Per Serving	With Skin 3 oz (85g)	Without Skin 3 oz (85g)
Calories	**190**	**140**
	% Daily Value*	% Daily Value*
Total Fat	11g 15%	6g 7%
Saturated Fat	3g 16%	1.5g 8%
Trans Fat	0g	◆
Cholesterol	65mg 22%	65mg 21%
Sodium	60mg 3%	65mg 3%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g ◆	0g ◆
Added Sugars	0g 0%	0g 0%
Protein	20g	21g
Vitamin D	10mg† ◆	10mg† ◆
Calcium	1.1mg 6%	1mg 6%
Iron	180mg 4%	190mg 4%
Potassium		

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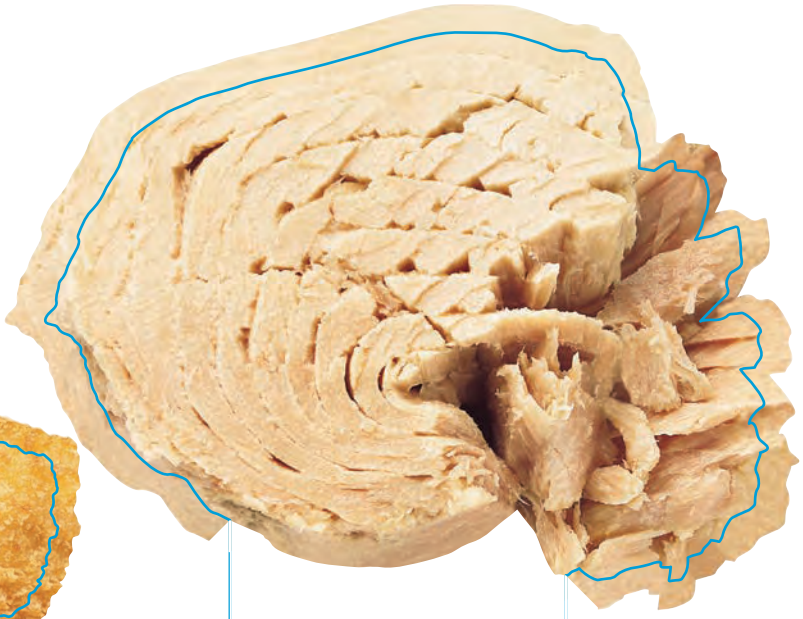
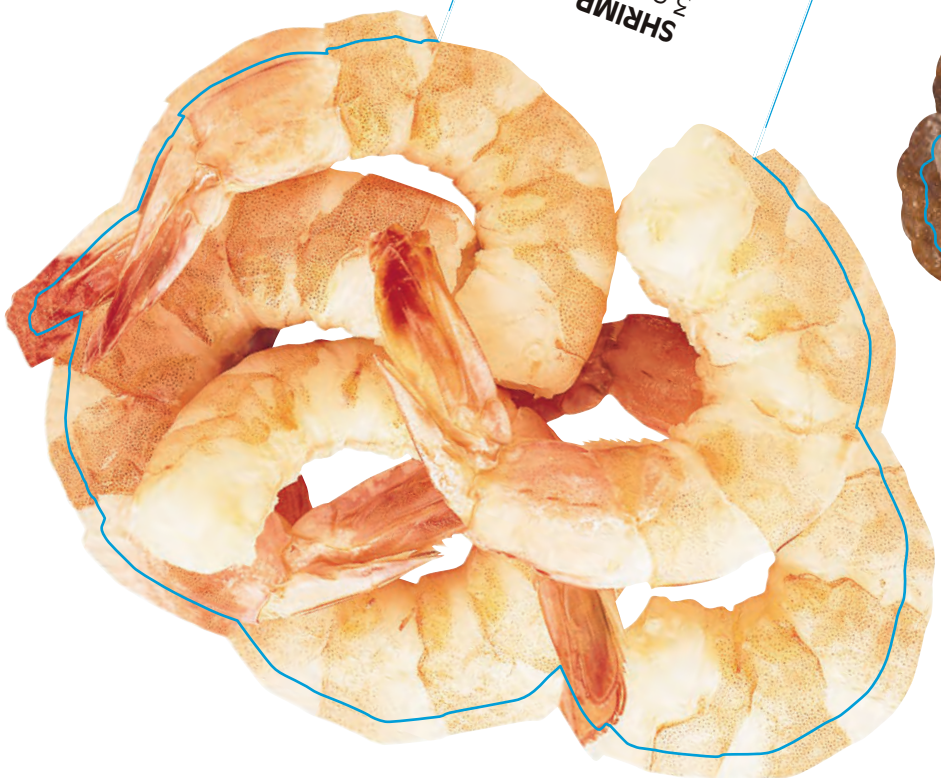
FISH STICKS
3 ounces

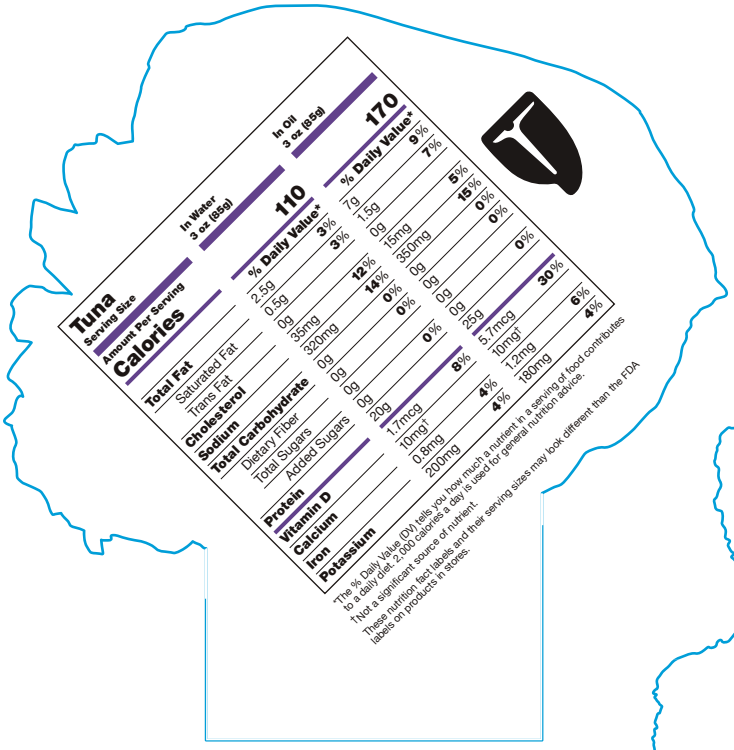


TUNA
3 ounces

WALNUTS
⅓ cup



SHRIMP
3 ounces



Tuna
Serving Size

Amount Per Serving	In Water 3 oz (85g)	In Oil 3 oz (85g)
Calories	**110**	**170**
	% Daily Value*	% Daily Value*
Total Fat	2.5g 3%	7g 9%
Saturated Fat	0.5g 3%	1.5g 7%
Trans Fat	0g	0g
Cholesterol	35mg 12%	15mg 5%
Sodium	320mg 14%	350mg 15%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Added Sugars	0g 0%	0g 0%
Protein	20g	25g
Vitamin D	1.7mcg 8%	5.7mcg 30%
Calcium	10mg† 0%	10mg† 0%
Iron	0.8mg 4%	1.2mg 6%
Potassium	200mg 4%	180mg 4%

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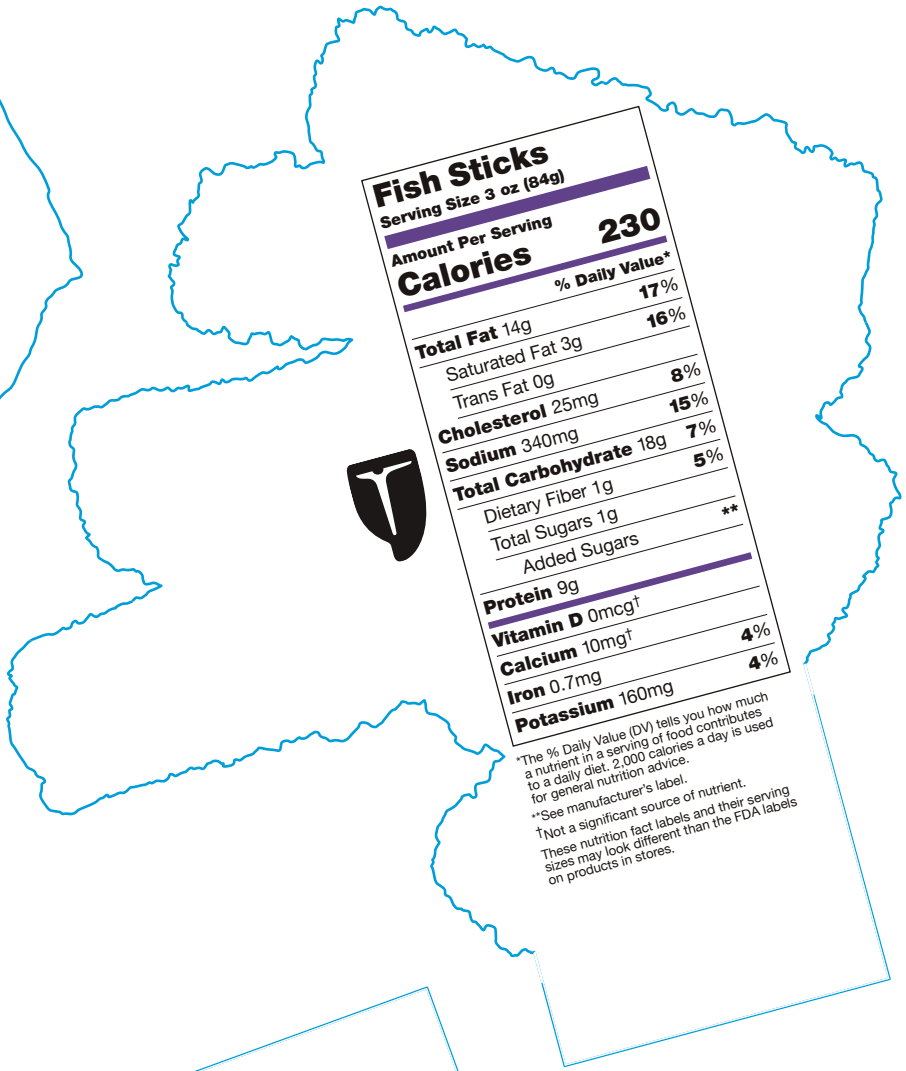

Fish Sticks
Serving Size 3 oz (84g)

Amount Per Serving	
Calories	**230**
	% Daily Value*
Total Fat 14g	17%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 340mg	15%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	5%
Total Sugars 1g	
Added Sugars	**
Protein 9g	
Vitamin D 0mcg†	
Calcium 10mg†	4%
Iron 0.7mg	4%
Potassium 160mg	4%

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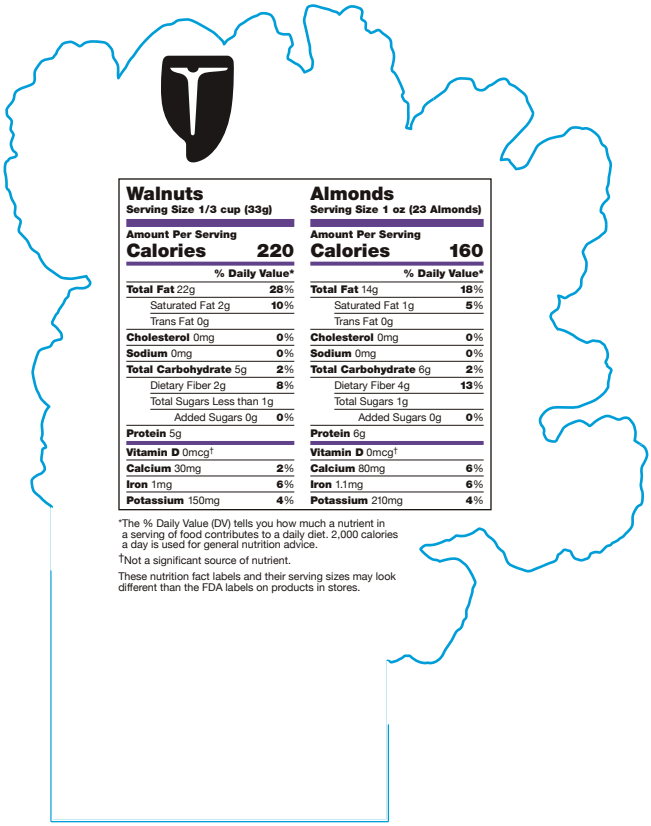

Walnuts Serving Size 1/3 cup (33g)		**Almonds** Serving Size 1 oz (23 Almonds)	
Amount Per Serving		**Amount Per Serving**	
Calories	**220**	**Calories**	**160**
	% Daily Value*		% Daily Value*
Total Fat 22g	**28%**	**Total Fat** 14g	**18%**
Saturated Fat 2g	**10%**	Saturated Fat 1g	**5%**
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	**0%**	**Cholesterol** 0mg	**0%**
Sodium 0mg	**0%**	**Sodium** 0mg	**0%**
Total Carbohydrate 5g	**2%**	**Total Carbohydrate** 6g	**2%**
Dietary Fiber 2g	**8%**	Dietary Fiber 4g	**13%**
Total Sugars Less than 1g		Total Sugars 1g	
Added Sugars 0g	**0%**	Added Sugars 0g	**0%**
Protein 5g		**Protein** 6g	
Vitamin D 0mcg†		**Vitamin D** 0mcg†	
Calcium 30mg	**2%**	**Calcium** 80mg	**6%**
Iron 1mg	**6%**	**Iron** 1.1mg	**6%**
Potassium 150mg	**4%**	**Potassium** 210mg	**4%**

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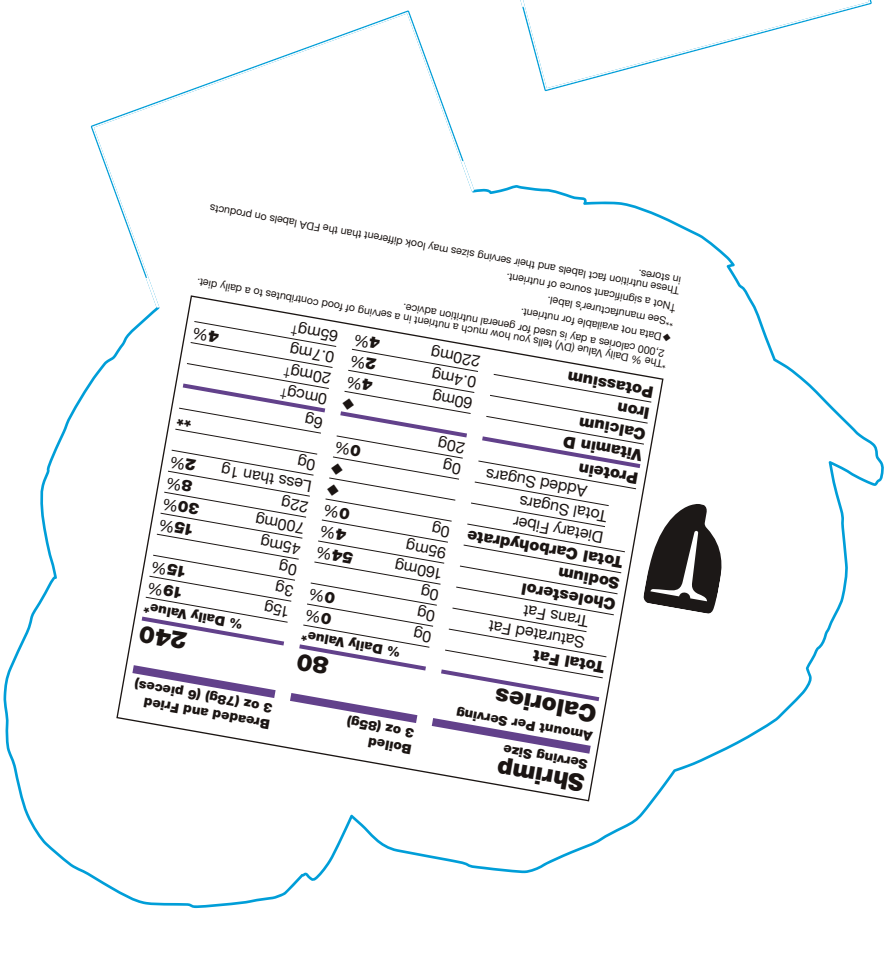

Shrimp
Serving Size

Amount Per Serving	Boiled 3 oz (85g)		Breaded and Fried 3 oz (78g) (6 pieces)	
Calories	**80**		**240**	
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	15g	19%
Saturated Fat	0g	0%	3g	15%
Trans Fat	0g		0g	
Cholesterol	160mg	54%	45mg	15%
Sodium	95mg	4%	700mg	30%
Total Carbohydrate	0g	0%	22g	8%
Dietary Fiber	◆	◆	Less than 1g	2%
Total Sugars	◆		0g	
Added Sugars	0g	0%	6g	**
Protein	20g			
Vitamin D	0g		0mcg†	
Iron	0.4mg	4%	0.7mg	4%
Potassium	220mg	4%	65mg†	

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**See manufacturer's label.
†Not a significant source of nutrient.
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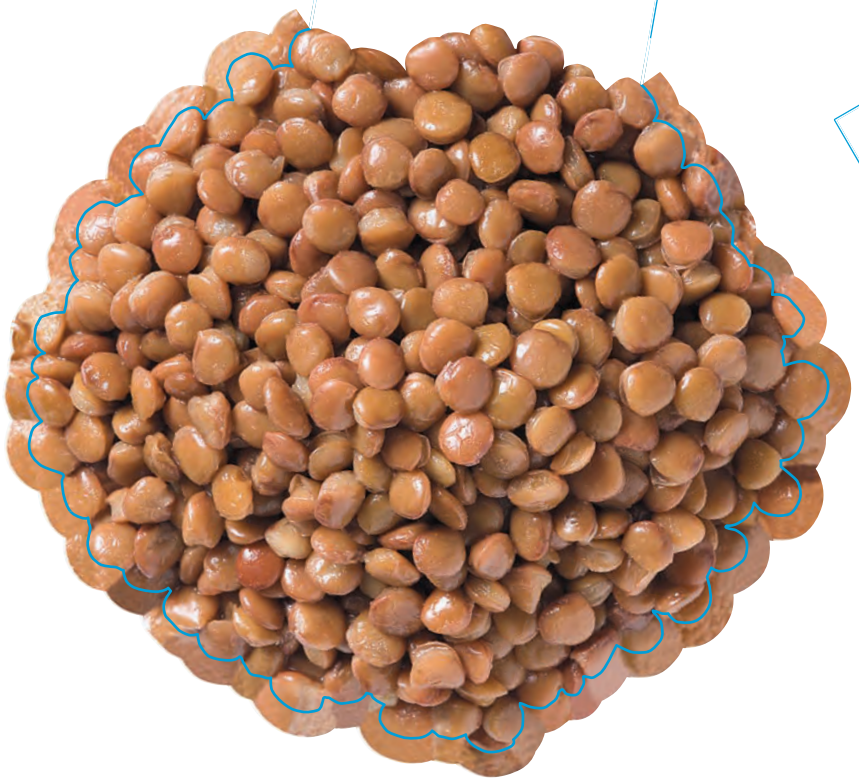
CHICKEN NUGGETS
5 pieces (3 ounces)

BLACK BEANS
½ cup

LENTILS
½ cup



HUMMUS
¼ cup

Black Beans
Serving Size — Cooked 1/2 cup (86g) — Canned 1/2 cup (120g)
Amount Per Serving
Calories 110 110

	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	0mg 0%	460mg 20%
Total Carbohydrate	20g 7%	20g 7%
Dietary Fiber	8g 27%	8g 30%
Total Sugars	0g	0g
Added Sugars	0g 0%	7g 0%
Protein	8g	8g
Vitamin D	0mcg† 0%	0mcg† 0%
Calcium	20mg† 2%	40mg 4%
Iron	1.8mg 10%	2.3mg 15%
Potassium	310mg 6%	370mg 8%

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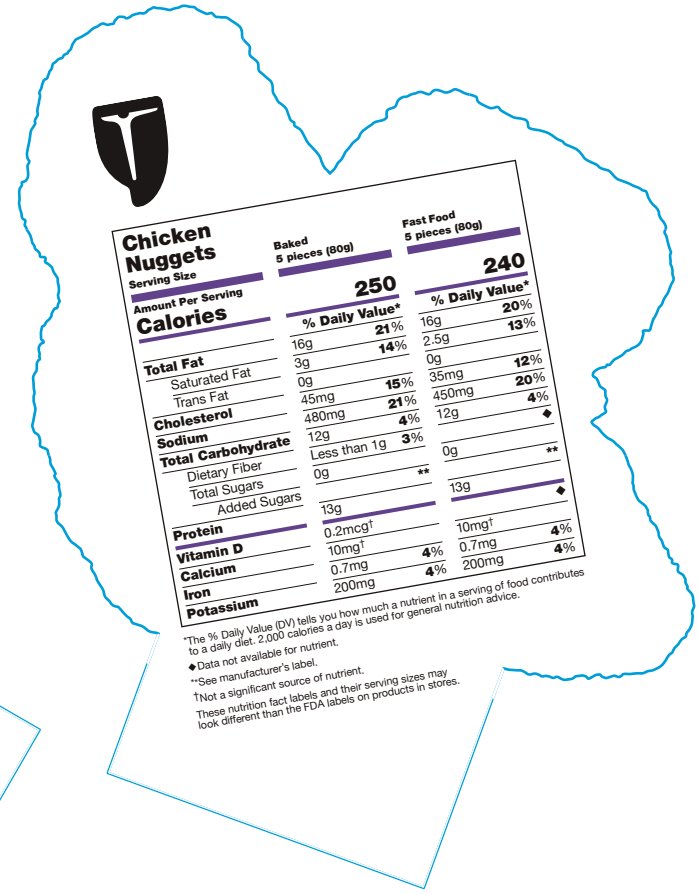

Chicken Nuggets
Serving Size — Baked 5 pieces (80g) — Fast Food 5 pieces (80g)
Amount Per Serving
Calories 250 240

	% Daily Value*	% Daily Value*
Total Fat	16g 21%	16g 20%
Saturated Fat	3g 14%	2.5g 13%
Trans Fat	0g	0g
Cholesterol	45mg 15%	35mg 12%
Sodium	480mg 21%	450mg 20%
Total Carbohydrate	12g 4%	12g ◆
Dietary Fiber	Less than 1g 3%	
Total Sugars	0g **	0g **
Added Sugars		
	13g	13g ◆
Protein	0.2mcg†	10mg†
Vitamin D	10mg†	0.7mg 4%
Calcium	0.7mg 4%	200mg 4%
Iron	200mg 4%	
Potassium		

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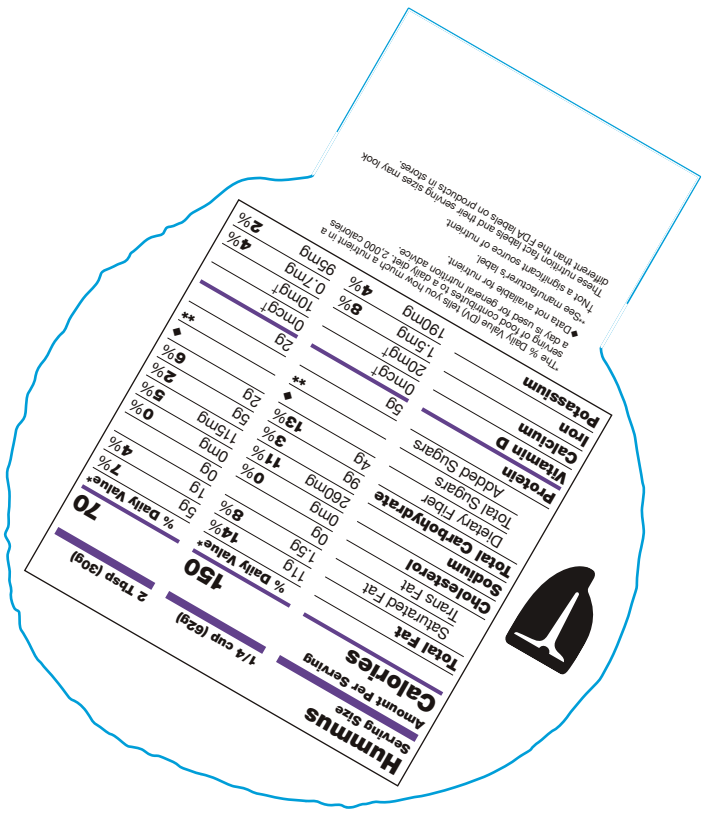

Hummus
Serving Size — 2 Tbsp (30g)
Amount Per Serving
Calories 70 150 — 1/4 cup (62g)

	% Daily Value*	% Daily Value*
Total Fat	5g 7%	11g 14%
Saturated Fat	0g 4%	1.5g 8%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	115mg 5%	260mg 11%
Total Carbohydrate	5g 2%	9g 3%
Dietary Fiber	2g 6%	4g 13%
Total Sugars		
Added Sugars	0g **	0g **
	2g ◆	2g ◆
Protein	0mcg†	0mcg†
Vitamin D	20mg† 2%	59mg 4%
Calcium	1.5mg 8%	1.5mg 8%
Iron	190mg 4%	95mg 2%
Potassium		

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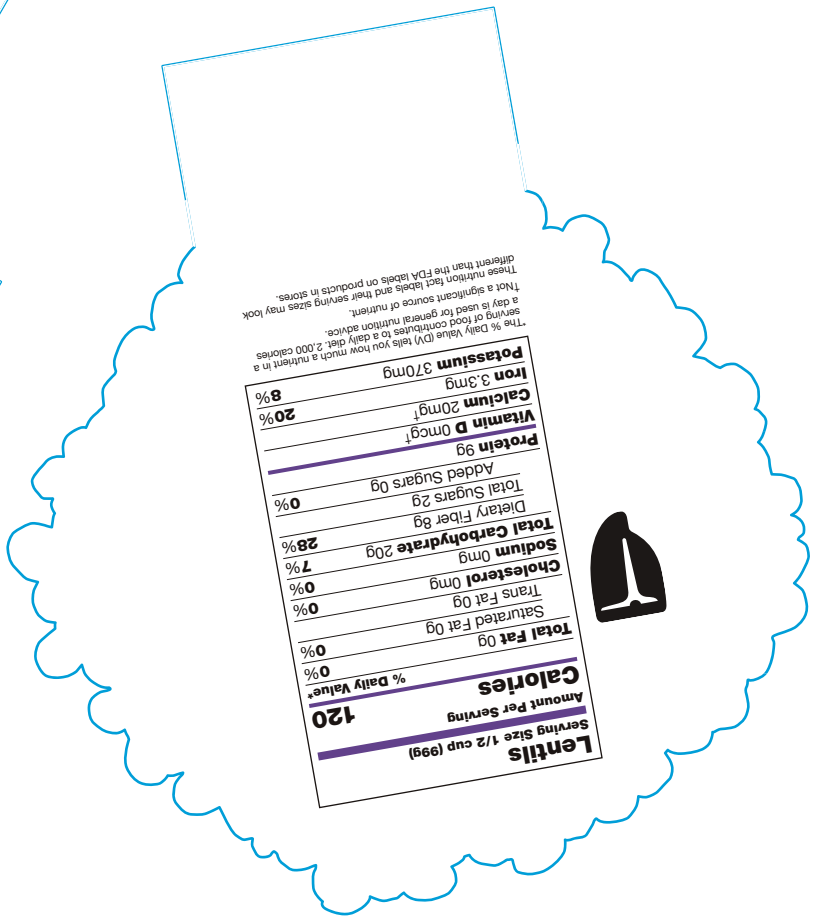

Lentils
Serving Size 1/2 cup (99g)
Amount Per Serving
Calories 120

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	28%
Total Sugars 2g	
Added Sugars 0g	0%
Protein 9g	
Vitamin D 0mcg†	0%
Calcium 20mg†	2%
Iron 3.3mg	20%
Potassium 370mg	8%

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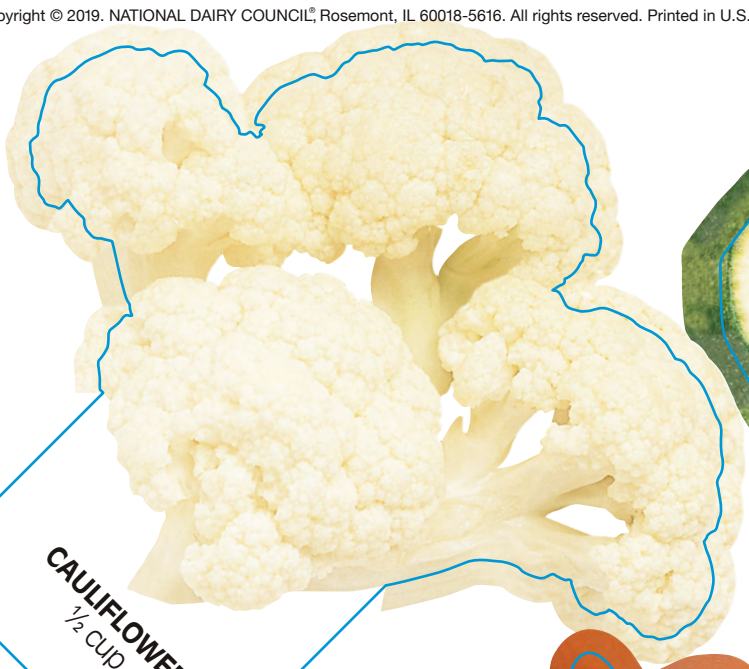
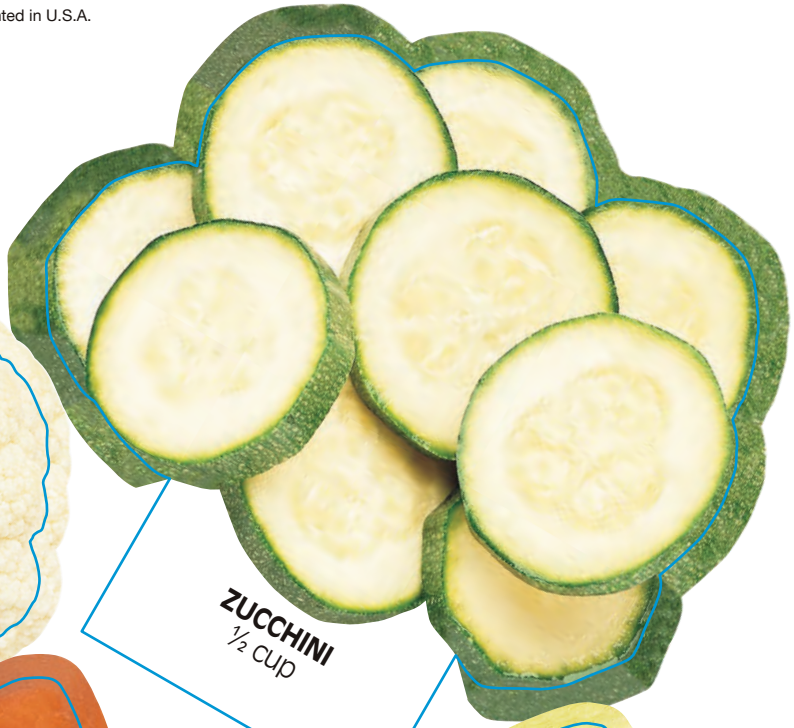


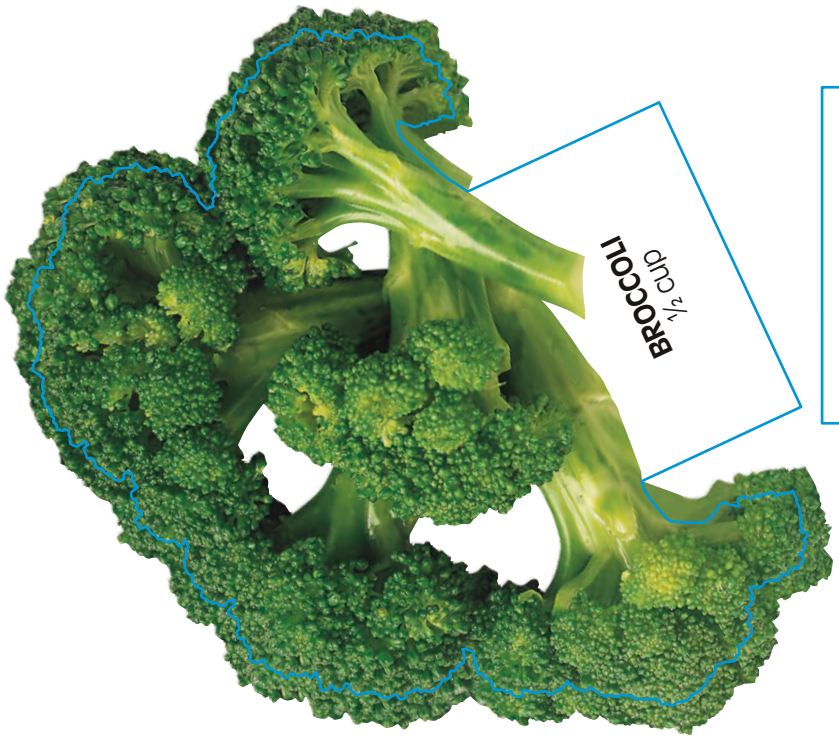
CAULIFLOWER
½ cup



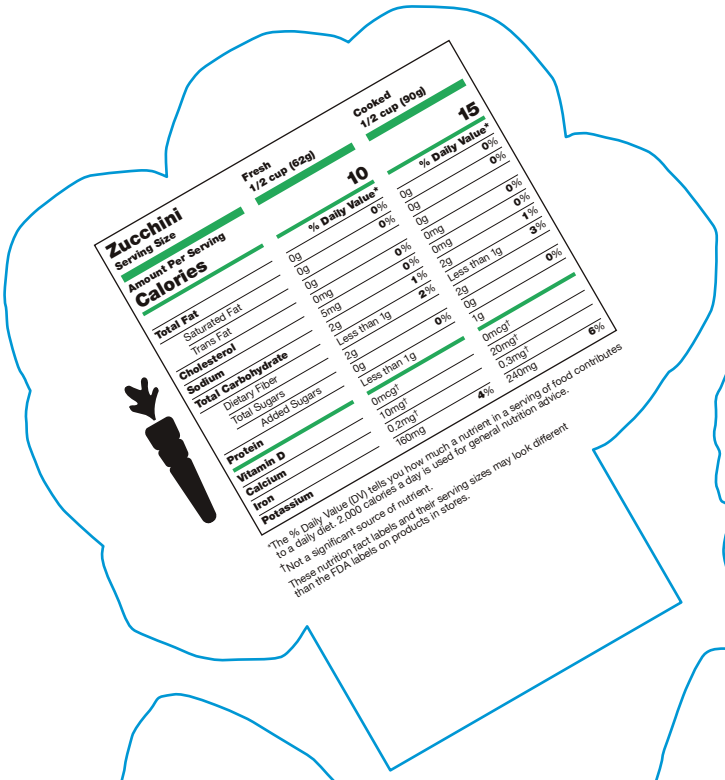
ZUCCHINI
½ cup

BABY CARROTS
½ cup

CABBAGE
½ cup



BROCCOLI
½ cup



Zucchini
Serving Size

Amount Per Serving	Fresh 1/2 cup (62g)		Cooked 1/2 cup (90g)	
Calories	10		15	
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	5mg	0%	29mg	1%
Total Carbohydrate	2g	1%	3g	1%
Dietary Fiber	Less than 1g	2%	1g	3%
Total Sugars	2g		Less than 1g	
Added Sugars	0g	0%	0g	0%
Protein	Less than 1g		1g	
Vitamin D	0mcg†		0mcg†	
Calcium	10mg†	0%	20mg†	2%
Iron	0.2mg†	4%	0.9mg†	6%
Potassium	160mg		240mg	

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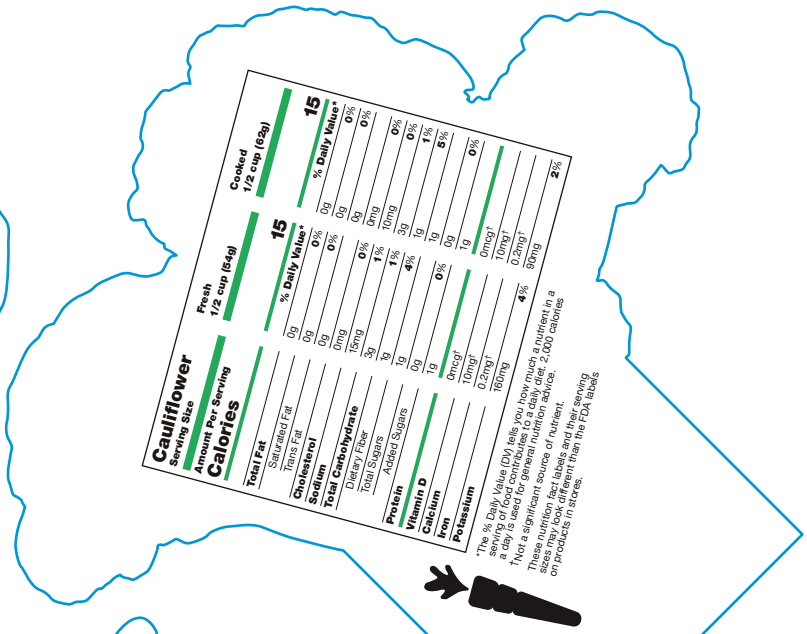

Cauliflower
Serving Size

Amount Per Serving	Fresh 1/2 cup (54g)		Cooked 1/2 cup (62g)	
Calories	15		15	
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	15mg	1%	10mg	0%
Total Carbohydrate	3g	1%	3g	1%
Dietary Fiber	1g	4%	1g	5%
Total Sugars	1g		0g	
Added Sugars	0g	0%	1g	0%
Protein	1g		0mcg†	
Vitamin D	0mcg†		10mg†	
Calcium	10mg†	1%	0.2mg†	
Iron	0.2mg†		160mg	4%
Potassium	160mg	4%	98mg	2%

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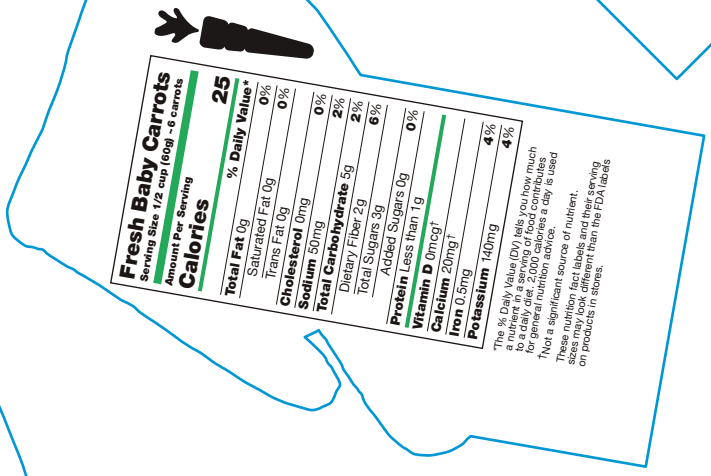

Fresh Baby Carrots
Serving Size 1/2 cup (60g) - 6 carrots

Amount Per Serving		
Calories	25	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 50mg		2%
Total Carbohydrate 5g		2%
Dietary Fiber 2g		6%
Total Sugars 3g		
Added Sugars 0g		0%
Protein Less than 1g		
Vitamin D 0mcg†		
Calcium 20mg†		2%
Iron 0.5mg		4%
Potassium 140mg		4%

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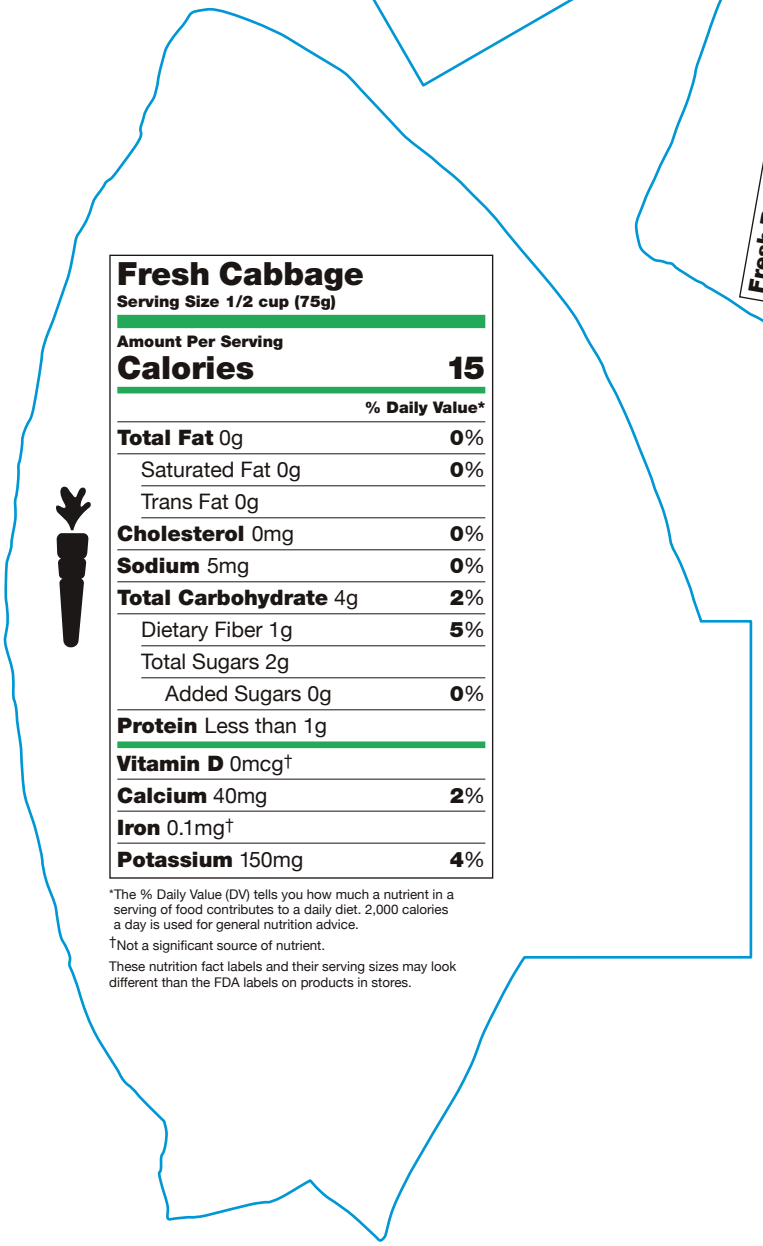

Fresh Cabbage
Serving Size 1/2 cup (75g)

Amount Per Serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	2%
Dietary Fiber 1g	5%
Total Sugars 2g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 40mg	2%
Iron 0.1mg†	
Potassium 150mg	4%

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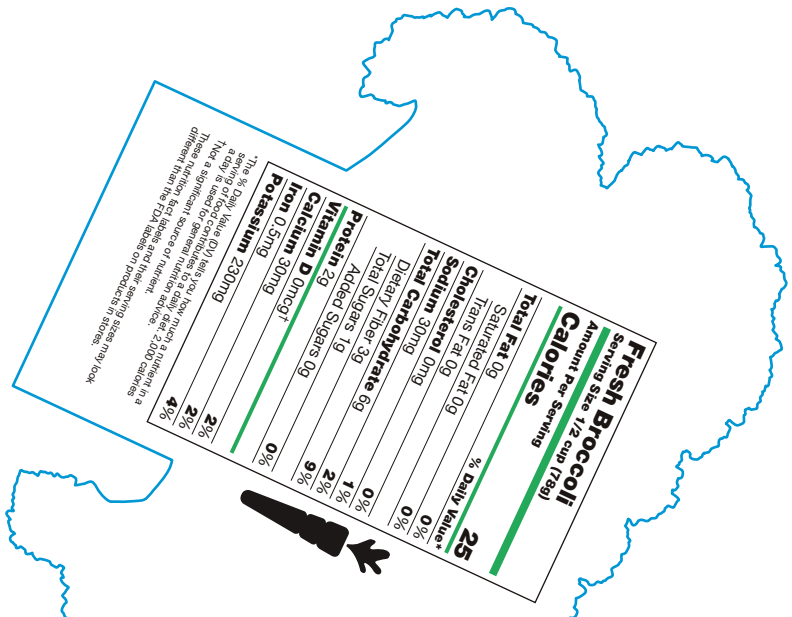

Fresh Broccoli
Serving Size 1/2 cup (78g)

Amount Per Serving	
Calories	25
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	9%
Total Sugars 1g	
Added Sugars 2g	0%
Protein 2g	
Vitamin D 0mcg†	
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 230mg	4%

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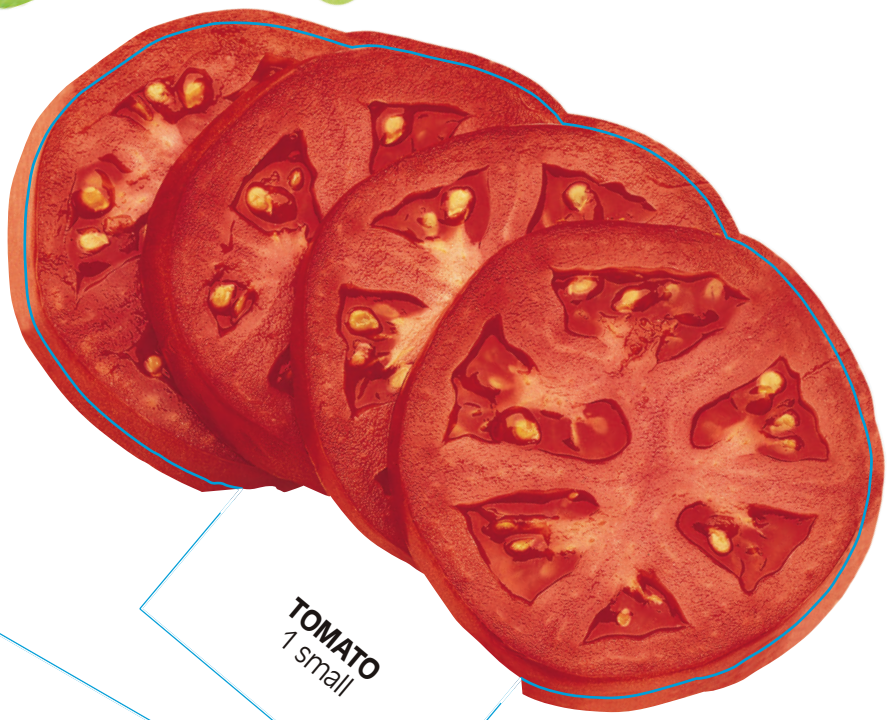
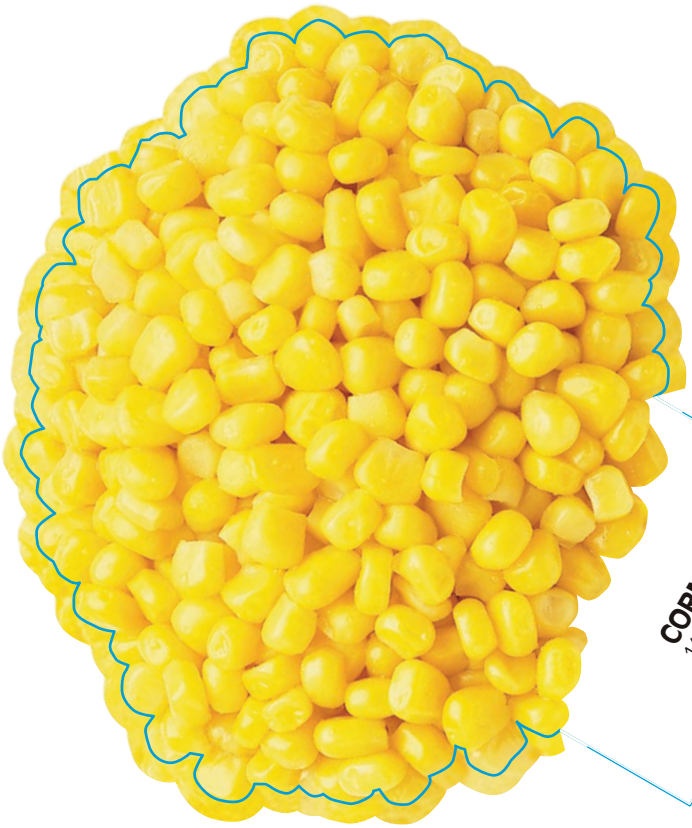
GREEN PEAS
½ cup

GREEN BEANS
½ cup



TOMATO
1 small



CORN
½ cup

Green Beans

Serving Size
Amount Per Serving

Calories — Fresh 1/2 cup (63g): 20 | Frozen, Cooked 1/2 cup (85g): 20

	Fresh 1/2 cup (63g)	% daily value*	Frozen, Cooked 1/2 cup (85g)	% daily value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	4mg	0%	90mg	4%
Total Carbohydrate	4g	1%	9g	3%
Dietary Fiber	2g	7%	4g	14%
Total Sugars	1g		3g	
Added Sugars	0g	0%	0g	0%
Protein	1g		3g	
Vitamin D	0mcg†	0%	0mcg†	0%
Calcium	30mg	2%	30mg	2%
Iron	0.5mg	2%	1.1mg	6%
Potassium	110mg	2%	90mg	2%

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Green Peas

Serving Size
Amount per serving

Calories — Canned 1/2 cup (60g): 70 | Frozen Cooked 1/2 cup (60g): 60

	Canned 1/2 cup (60g)	% Daily Value*	Frozen Cooked 1/2 cup (60g)	% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	190mg	8%	90mg	4%
Total Carbohydrate	13g	5%	9g	3%
Dietary Fiber	5g	18%	4g	14%
Total Sugars	2g		3g	
Added Sugars	0g	0%	0g	0%
Protein	4g		3g	
Vitamin D	0mcg†	0%	0mcg†	0%
Calcium	20mg	2%	20mg	2%
Iron	1.2mg	6%	1.2mg	6%
Potassium	220mg	4%	90mg	2%

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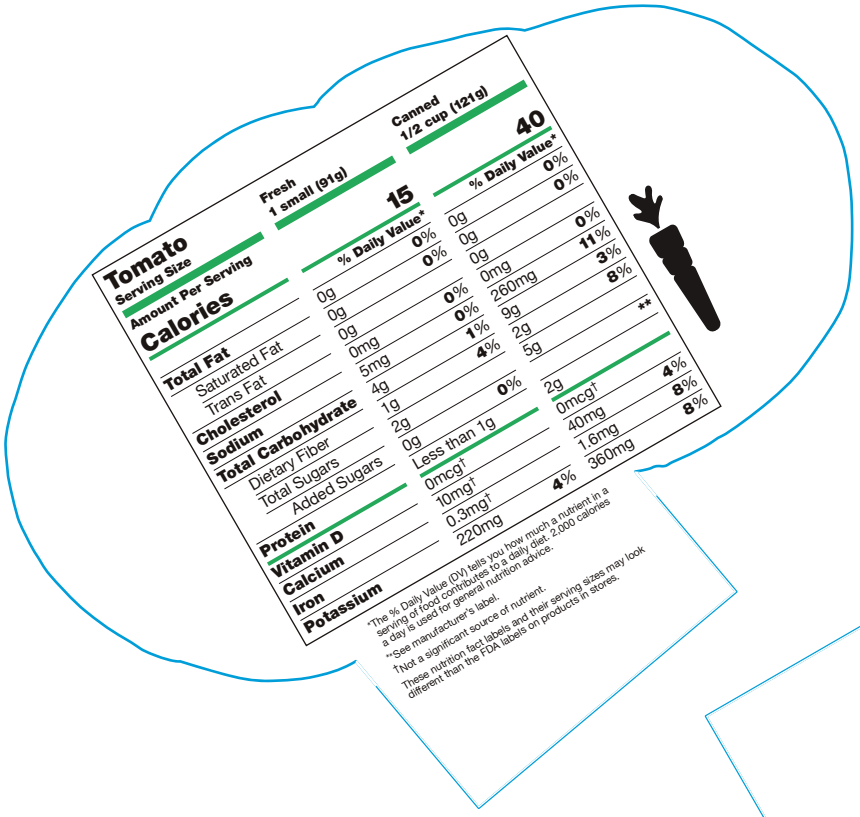

Tomato

Serving Size
Amount Per Serving

Calories — Fresh 1 small (91g): 15 | Canned 1/2 cup (121g): 40

	Fresh 1 small (91g)	% Daily Value*	Canned 1/2 cup (121g)	% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	5mg	0%	260mg	11%
Total Carbohydrate	4g	1%	9g	3%
Dietary Fiber	1g	4%	2g	8%
Total Sugars	2g		5g	
Added Sugars	0g	0%		**
Protein	Less than 1g		2g	
Vitamin D	0mcg†	0%	0mcg†	4%
Calcium	10mg†		40mg	8%
Iron	0.3mg†	4%	1.6mg	8%
Potassium	220mg		360mg	

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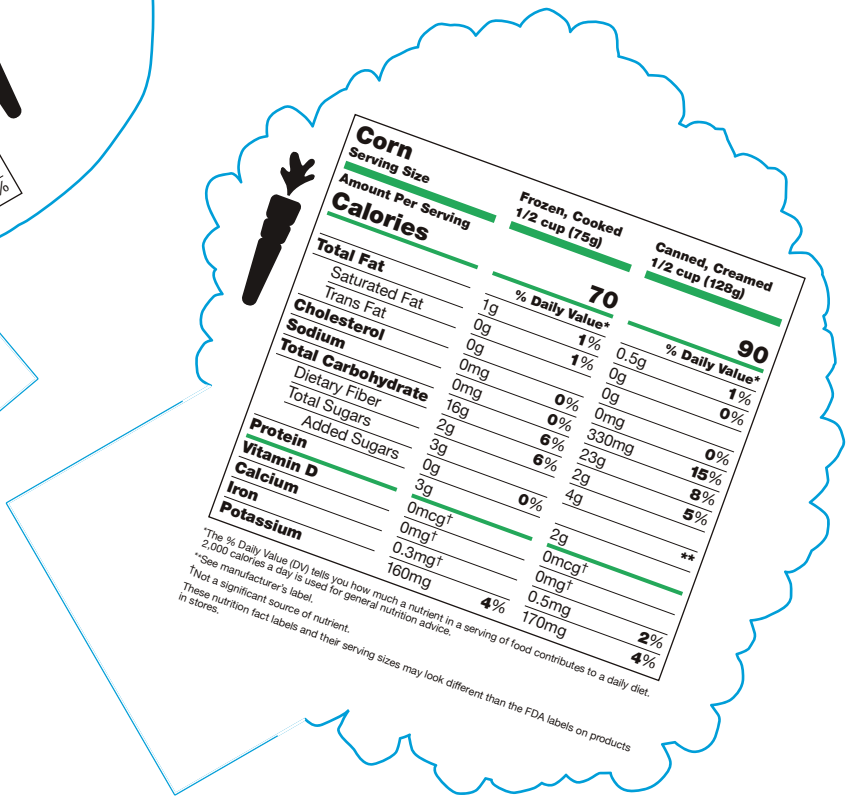

Corn

Serving Size
Amount Per Serving

Calories — Frozen, Cooked 1/2 cup (75g): 70 | Canned, Creamed 1/2 cup (128g): 90

	Frozen, Cooked 1/2 cup (75g)	% Daily Value*	Canned, Creamed 1/2 cup (128g)	% Daily Value*
Total Fat	1g	1%	0.5g	1%
Saturated Fat	0g	1%	0g	0%
Trans Fat	0mg		0mg	
Cholesterol	0mg	0%	330mg	0%
Sodium	16g	6%	23g	15%
Total Carbohydrate	2g	6%	2g	8%
Dietary Fiber	3g	6%	4g	5%
Total Sugars	0g			
Added Sugars	3g	0%	2g	**
Protein	0mcg†		0mcg†	
Vitamin D	0mg†		0mg†	
Calcium	0.3mg†		0.5mg	
Iron	160mg	4%	170mg	2%
Potassium				4%

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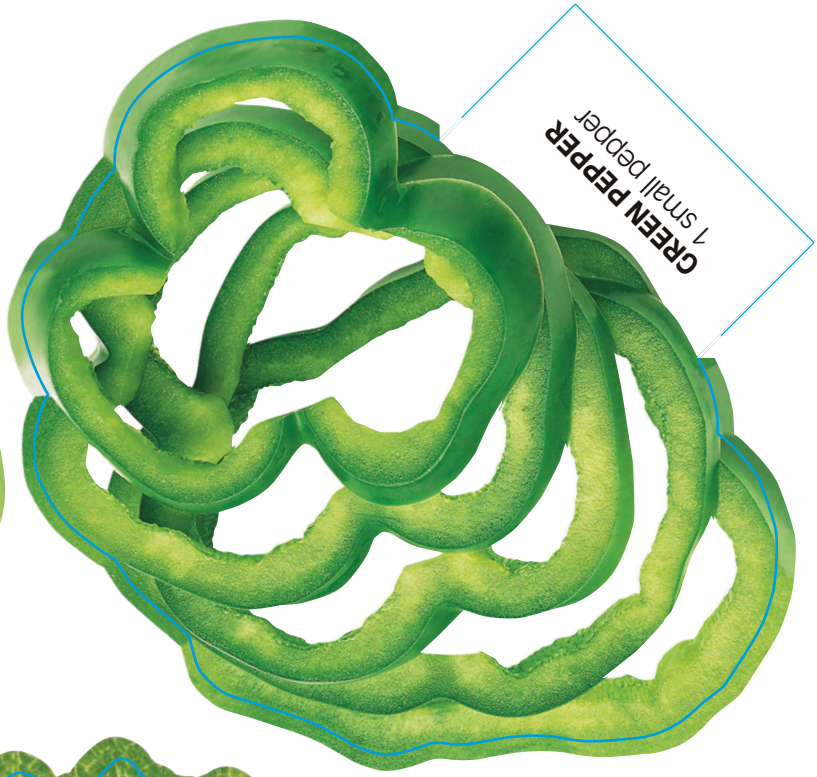
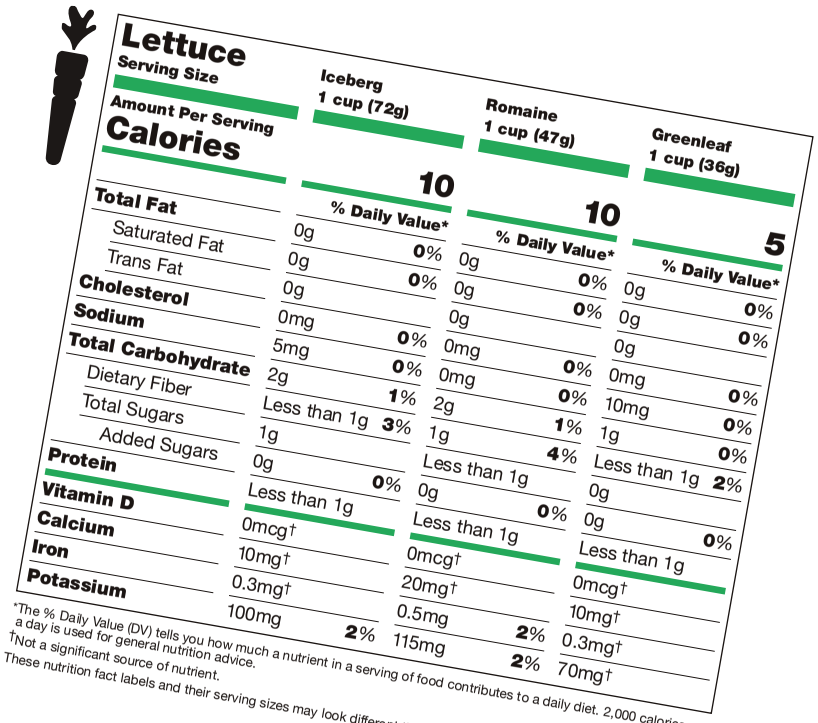
SNOW PEAS
½ cup

GREEN PEPPER
1 small pepper



LETTUCE
1 cup



Lettuce

Serving Size	Iceberg 1 cup (72g)		Romaine 1 cup (47g)		Greenleaf 1 cup (36g)	
Amount Per Serving						
Calories	10		10		5	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%	0g	0%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%
Sodium	5mg	0%	0mg	0%	10mg	0%
Total Carbohydrate	2g	1%	2g	1%	1g	0%
Dietary Fiber	Less than 1g	3%	1g	4%	Less than 1g	2%
Total Sugars	1g		Less than 1g		0g	
Added Sugars	0g	0%	0g	0%	0g	0%
Protein	Less than 1g		Less than 1g		Less than 1g	
Vitamin D	0mcg†		0mcg†		0mcg†	
Calcium	10mg†		20mg†		10mg†	
Iron	0.3mg†		0.5mg	2%	0.3mg†	
Potassium	100mg	2%	115mg	2%	70mg†	

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Fresh Green Pepper

Serving Size 1 small pepper (74g)

Amount Per Serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Added Sugars 0g	0%
Protein 1g	2%
Vitamin D 0mcg†	0%
Calcium 10mg†	0%
Iron 0.3mg†	2%
Potassium 130mg	2%

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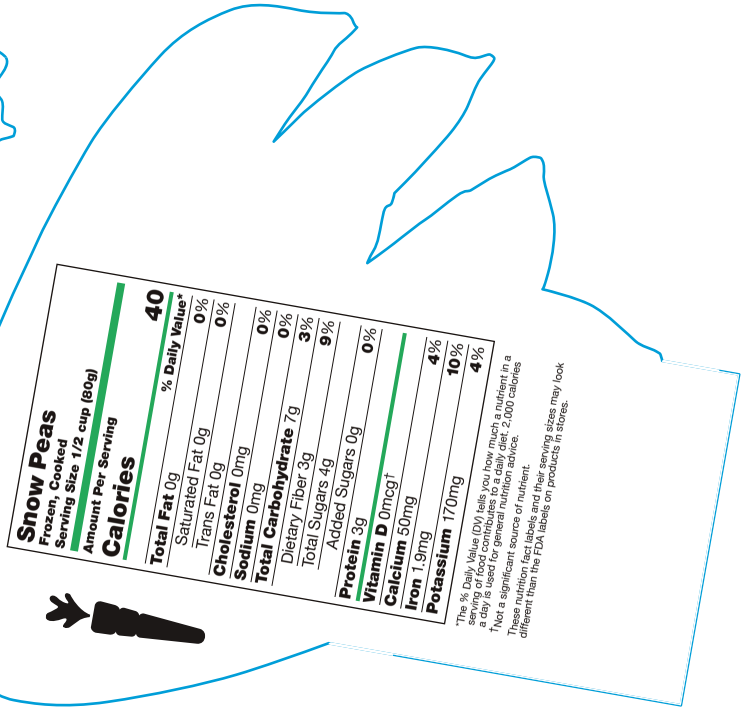

Snow Peas

Frozen, Cooked
Serving Size 1/2 cup (80g)

Amount Per Serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	9%
Total Sugars 4g	
Added Sugars 0g	0%
Protein 3g	
Vitamin D 0mcg†	4%
Calcium 50mg	10%
Iron 1.9mg	4%
Potassium 170mg	

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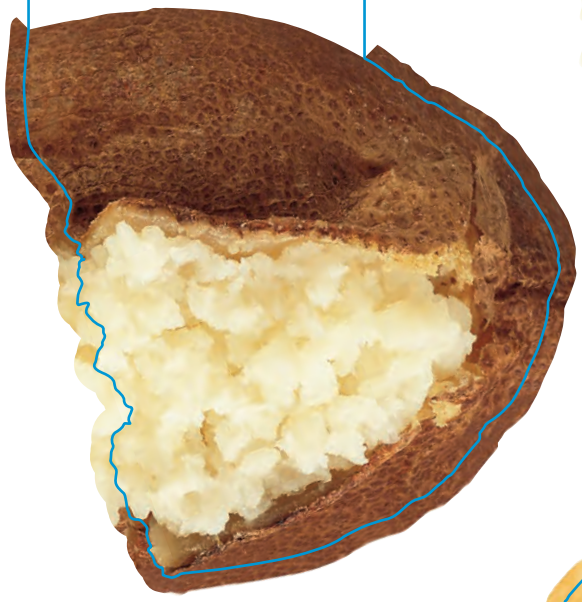
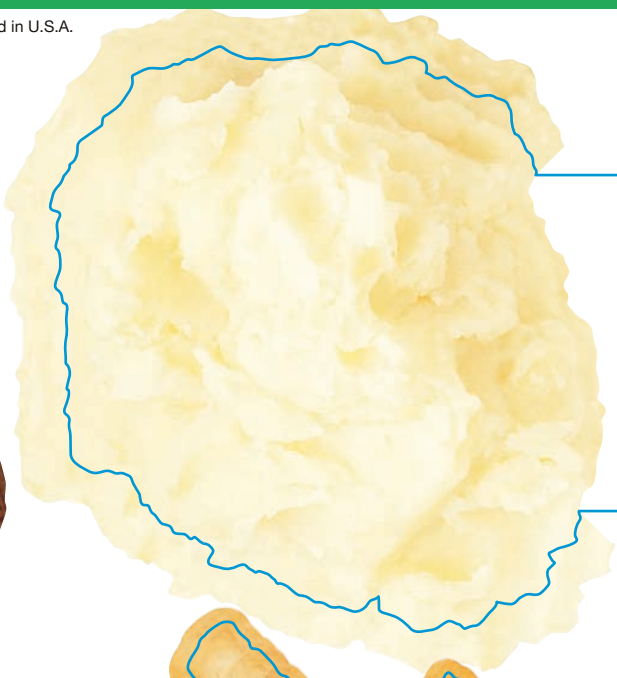
CARD 17



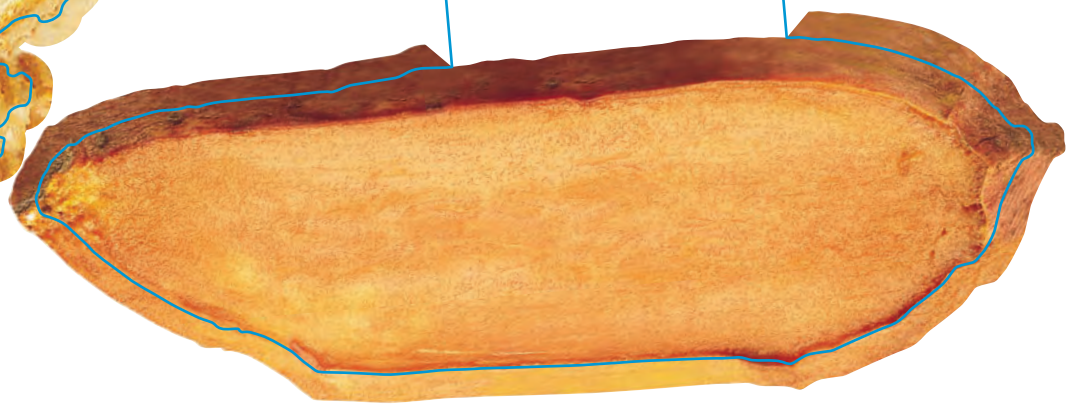
BAKED POTATO
½ medium



MASHED POTATOES
½ cup

FRENCH FRIES
14 strips

HASH BROWNS
½ cup



SWEET POTATO
½ cup

Mashed Potatoes

Serving Size 1/2 cup (115g)

Amount Per Serving

Calories 120

	% Daily Value*
Total Fat 6g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	15%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	8%
Total Sugars 2g	
Added Sugars	**
Protein 2g	
Vitamin D 0.1mcg†	4%
Calcium 40mg	4%
Iron 0.3mg†	6%
Potassium 320mg	6%

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†Not a significant source of nutrient.
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Baked Potato

	Without Skin 1/2 medium potato (78g)		With Skin 1/2 medium potato (87g)	
Serving Size				
Amount Per Serving				
Calories	70		80	
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	0mg	0%
Total Carbohydrate	17g	6%	19g	7%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	1g		1g	
Added Sugars	0g	0%	0g	0%
Protein	2g		2g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.3mg	2%	0.3mg	2%
Potassium	310mg	6%	460mg	10%

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French Fries

Serving Size 14 strips (70g)

Amount Per Serving

Calories 230

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4g	21%
Trans Fat	◆
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	8%
Total Sugars	◆
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 1.2mg	6%
Potassium 380mg	8%

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◆Data not available for nutrient.
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Hash Browns

Serving Size 1/2 cup (78g)

Amount Per Serving

Calories 210

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat	◆
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	9%
Total Sugars 1g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 10mg†	2%
Iron 0.4mg	10%
Potassium 450mg	

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Sweet Potato

Serving Size 1/2 cup (100g)

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	12%
Total Sugars 6g	
Added Sugars 0g	0%
Protein 2g	
Vitamin D 0mcg†	2%
Calcium 40mg	4%
Iron 0.7mg	10%
Potassium 480mg	

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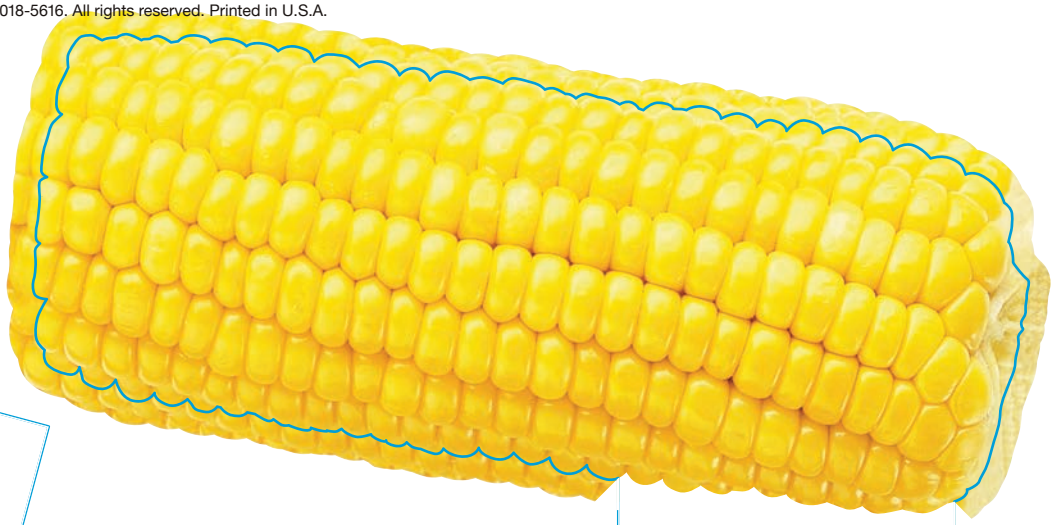
CELERY
1 large stalk



CORN ON THE COB
1 small ear

SPINACH
1 cup

Fresh Corn on the Cob
Serving Size 1 small ear (63g)

Amount Per Serving
Calories 60

	% Daily Value*
Total Fat Less than 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	6%
Total Sugars 2g	
Added Sugars 0g	0%
Protein 2g	
Vitamin D 0mcg†	2%
Calcium 0mg†	
Iron 0.4mg	4%
Potassium 160mg	

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Celery
Serving Size 1 large stalk (64g)
11" to 12"

Amount Per Serving
Calories 10

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars Less than 1g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 30mg	2%
Iron 0.1mg†	
Potassium 170mg	4%

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Spinach
Serving Size | **Fresh 1 cup (30g)** | **Cooked 1/2 cup (90g)**

Amount Per Serving
Calories 20 | 5 | 20

	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g	0g	0g
Saturated Fat	0g	0% 0g	0% 0g
Trans Fat	0g	0g	0g
Cholesterol	0mg	0% 0mg	0% 0mg
Sodium	0mg	0% 0mg	0% 65mg
Total Carbohydrate	1g	0% 1g	0% 3g
Dietary Fiber	1g	3% 1g	3% 2g
Total Sugars	Less than 1g		1% 2g
Added Sugars	0g	0% 0g	0% 0g
Protein	1g	2% 1g	8% 3g
Vitamin D	0mcg†	0% 0mcg†	0% 0mcg†
Calcium	30mg	2% 30mg	2% 120mg
Iron	0.8mg	4% 0.8mg	10% 3.2mg
Potassium	170mg	4% 170mg	20% 420mg

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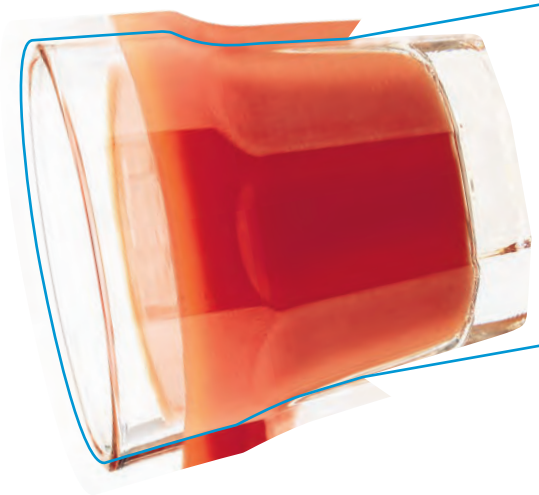
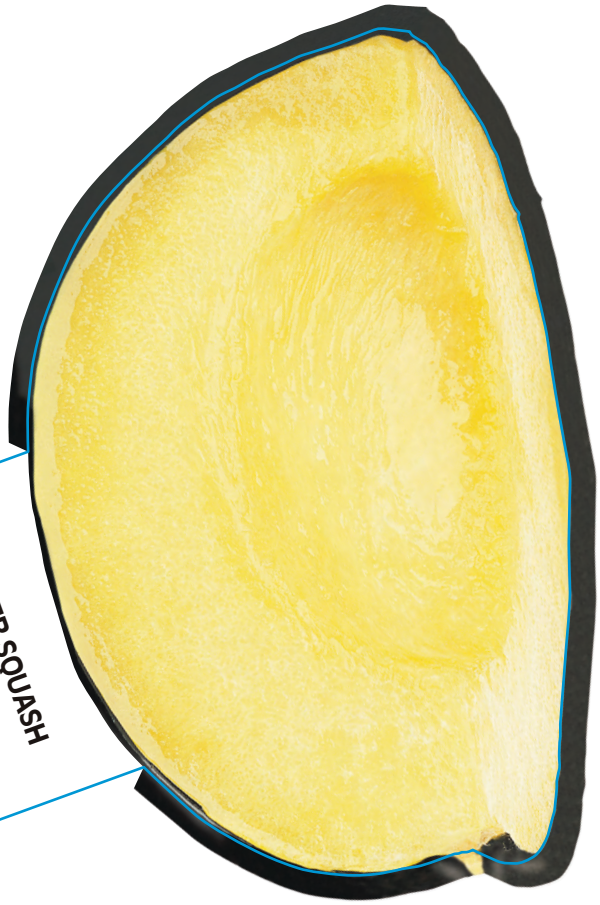
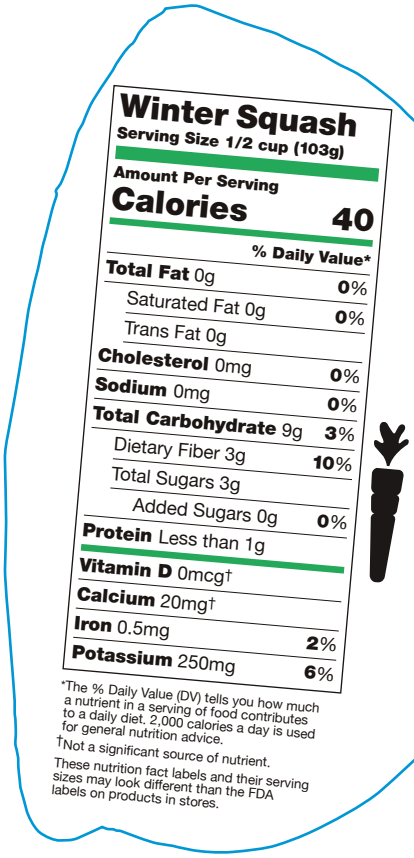


TOMATO JUICE
½ cup



WINTER SQUASH
½ cup

TOSSED SALAD
1 salad



Winter Squash

Serving Size 1/2 cup (103g)

Amount Per Serving

Calories 40

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 9g	**3**%
Dietary Fiber 3g	**10**%
Total Sugars 3g	
Added Sugars 0g	**0**%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.5mg	**2**%
Potassium 250mg	**6**%

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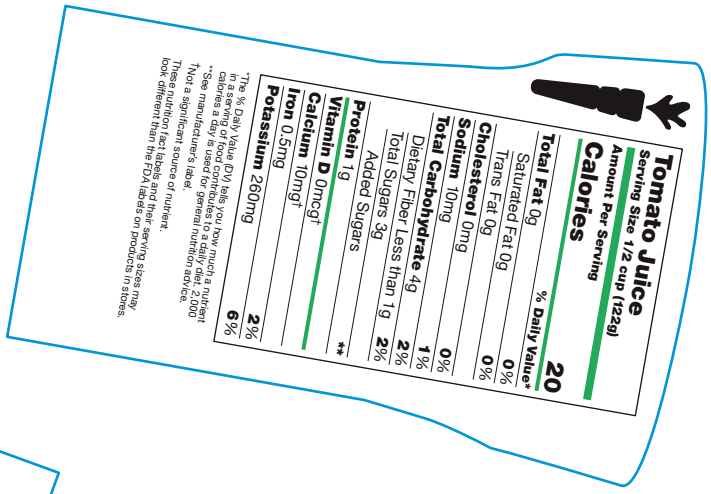

Tomato Juice

Serving Size 1/2 cup (122g)

Amount Per Serving

Calories 20

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 10mg	**0**%
Total Carbohydrate 4g	**1**%
Dietary Fiber Less than 1g	**2**%
Total Sugars 3g	
Added Sugars	**2**%
Protein 1g	
Vitamin D 0mcg†	**
Calcium 10mg†	
Iron 0.5mg	**2**%
Potassium 260mg	**6**%

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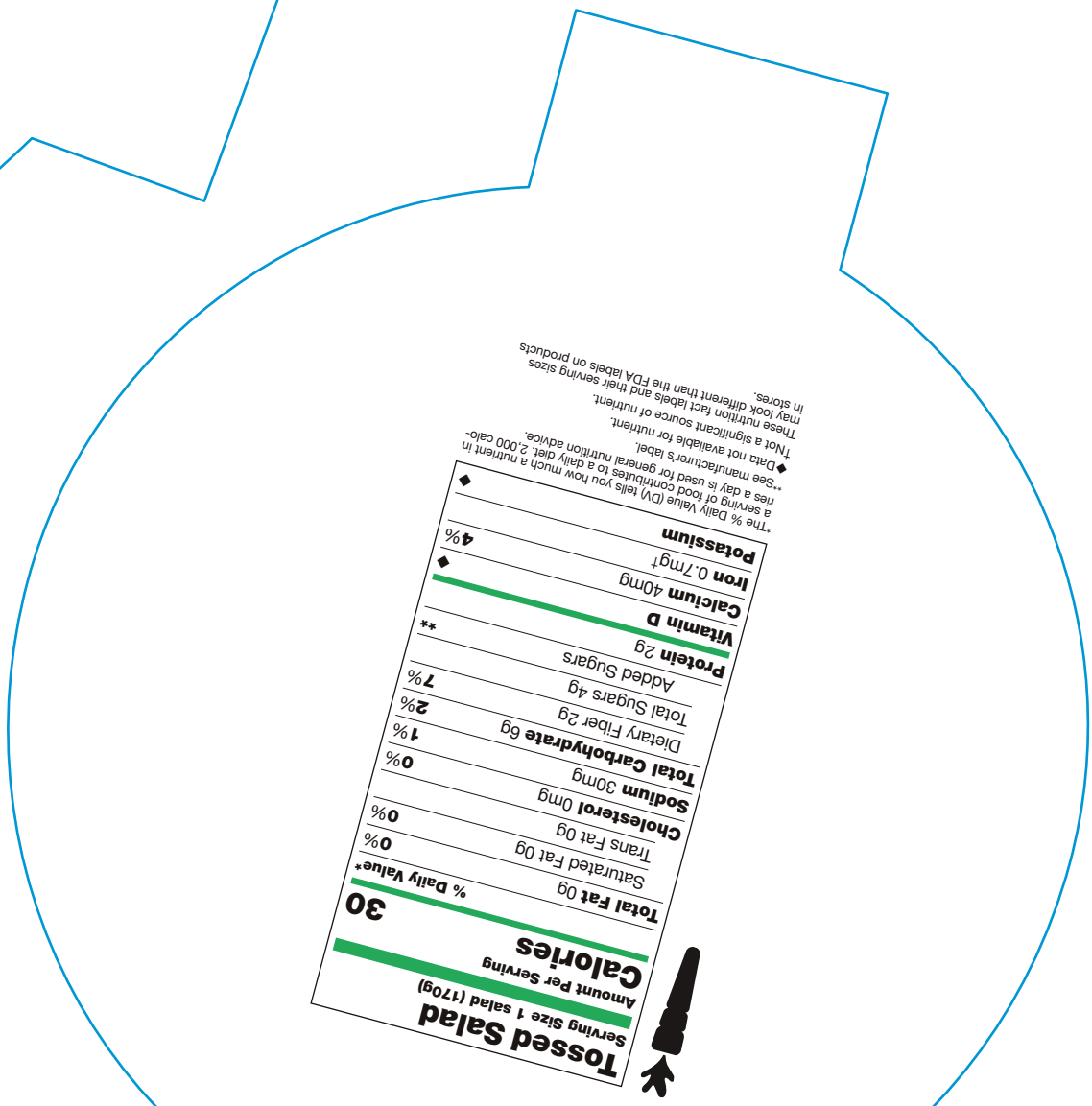

Tossed Salad

Serving Size 1 salad (170g)

Amount Per Serving

Calories 30

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 30mg	**1**%
Total Carbohydrate 6g	**2**%
Dietary Fiber 2g	**7**%
Total Sugars 4g	
Added Sugars	**
Protein 2g	
Vitamin D	◆
Calcium 40mg	◆
Iron 0.7mg†	**4**%
Potassium	◆

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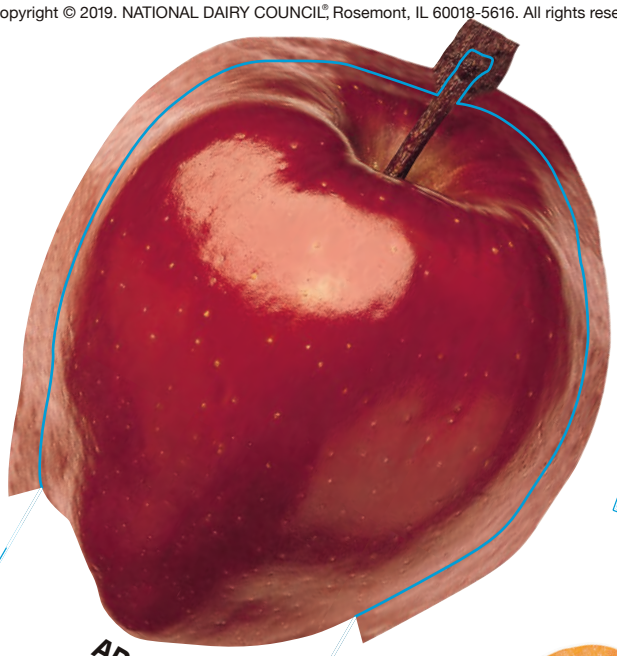
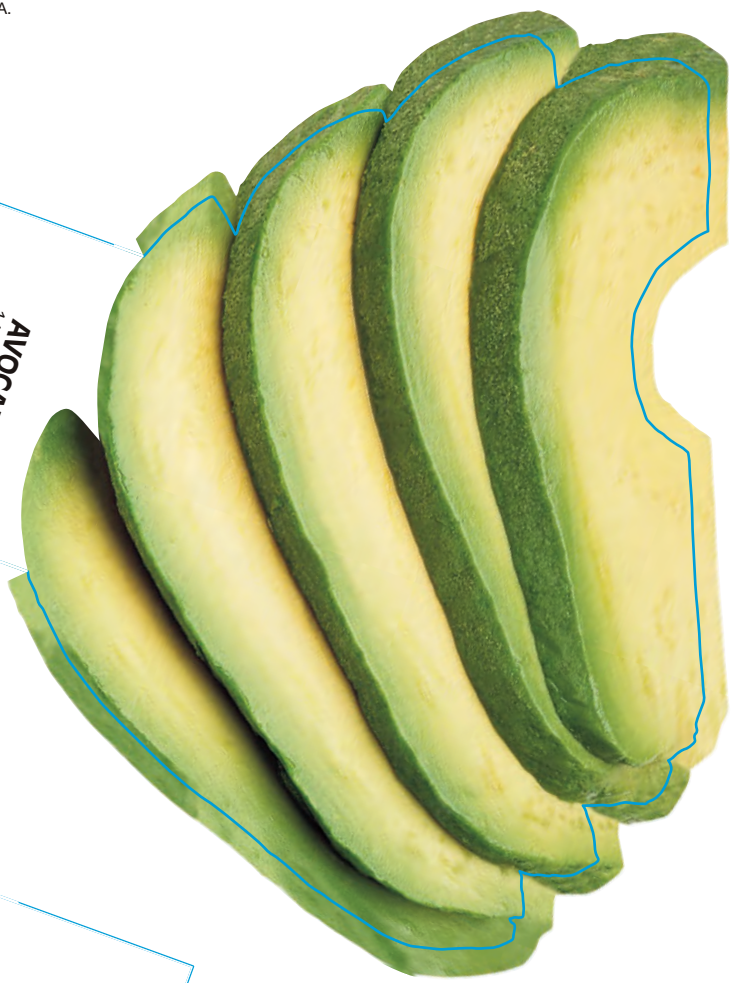
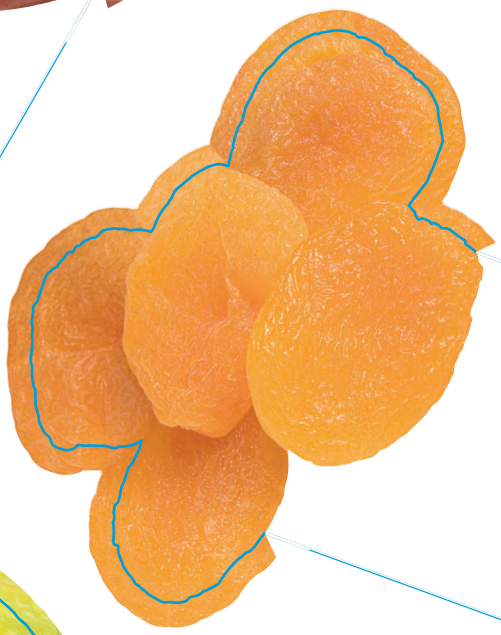


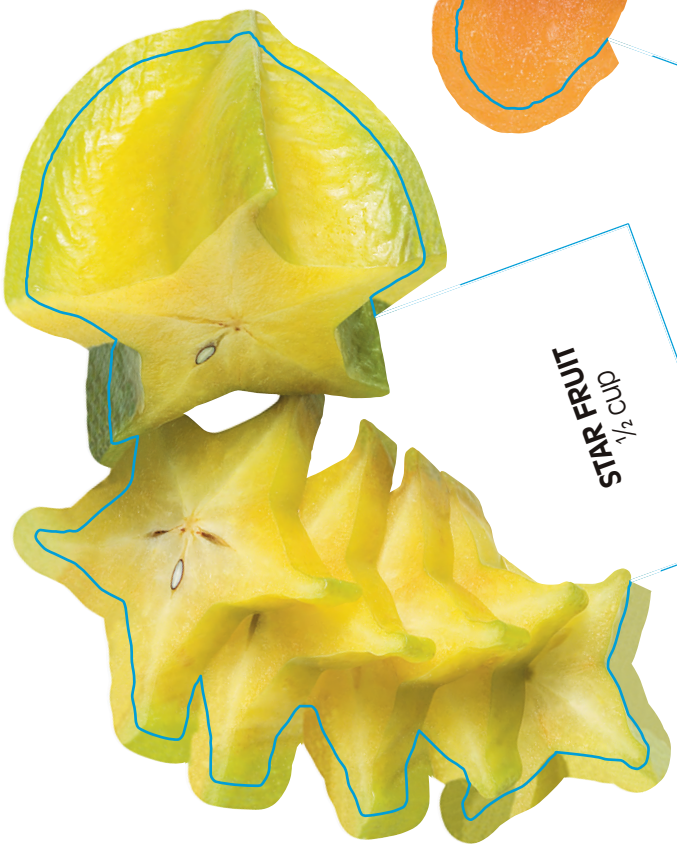
APPLE
1 small



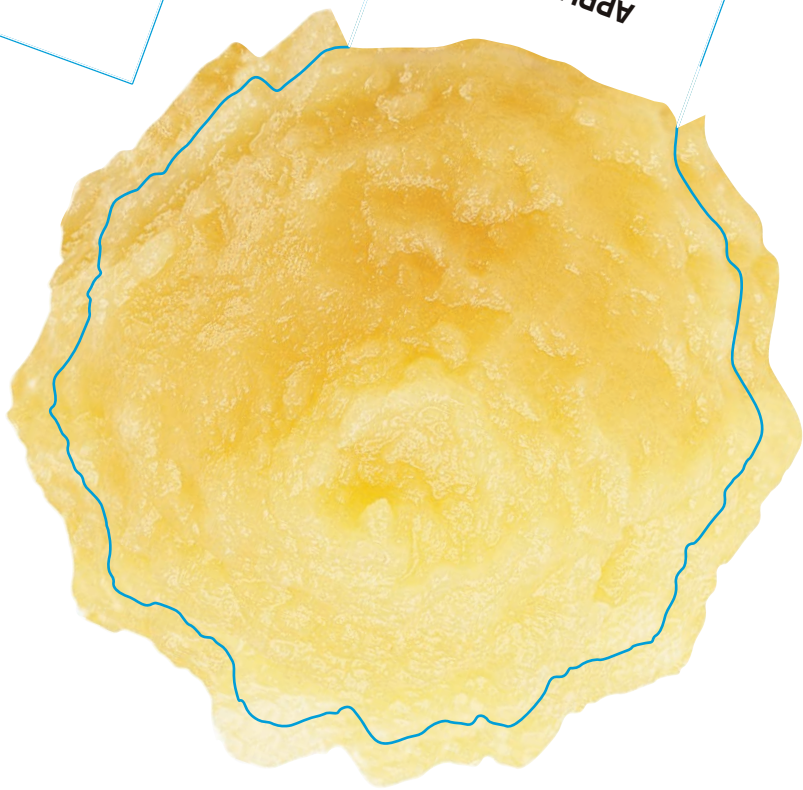
AVOCADO
½ medium



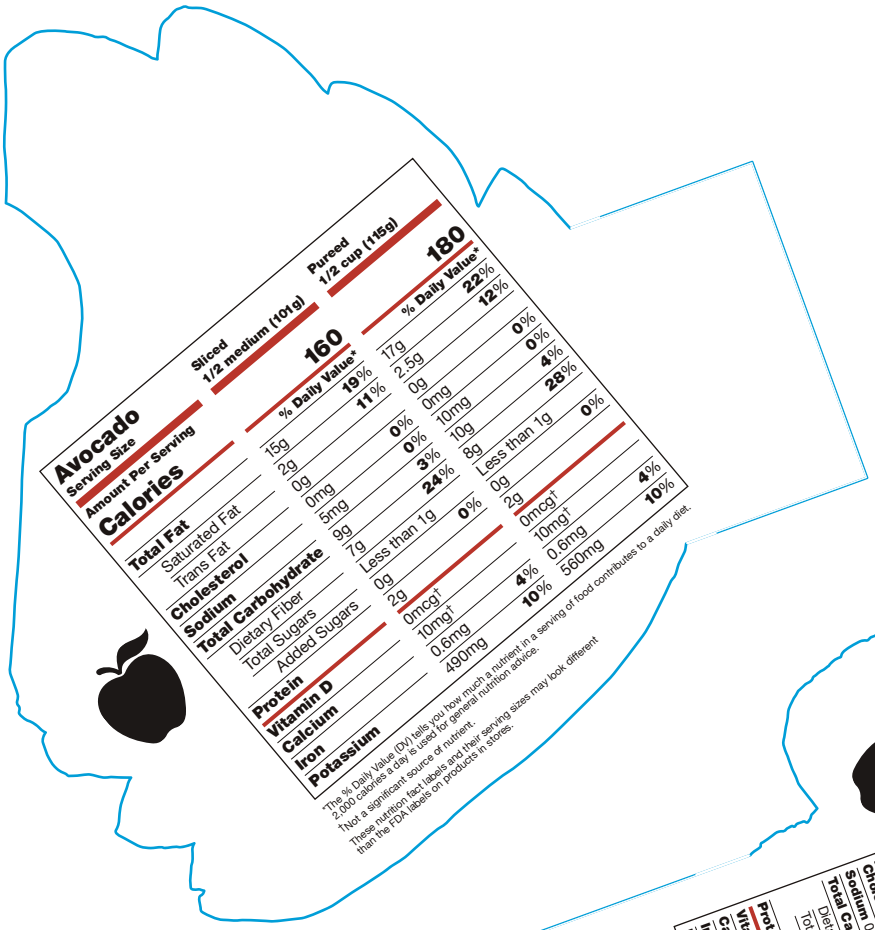
DRIED APRICOTS
¼ cup



STAR FRUIT
½ cup



APPLESAUCE
½ cup



Avocado
Serving Size — Sliced 1/2 medium (101g) — Pureed 1/2 cup (115g)
Amount Per Serving
Calories 160 — 180

	% Daily Value*		% Daily Value*
Total Fat	15g 19%		17g 22%
Saturated Fat	2g 11%		2.5g 12%
Trans Fat	0g		0g 0%
Cholesterol	0mg 0%		0mg 0%
Sodium	5mg 0%		10mg 0%
Total Carbohydrate	9g 3%		10g 4%
Dietary Fiber	7g 24%		8g 28%
Total Sugars	Less than 1g		Less than 1g
Added Sugars	0g 0%		0g 0%
Protein	2g		2g
Vitamin D	0mcg† 0%		0mcg† 0%
Calcium	10mg† 0%		10mg† 0%
Iron	0.6mg 4%		0.6mg 4%
Potassium	490mg 10%		560mg 10%

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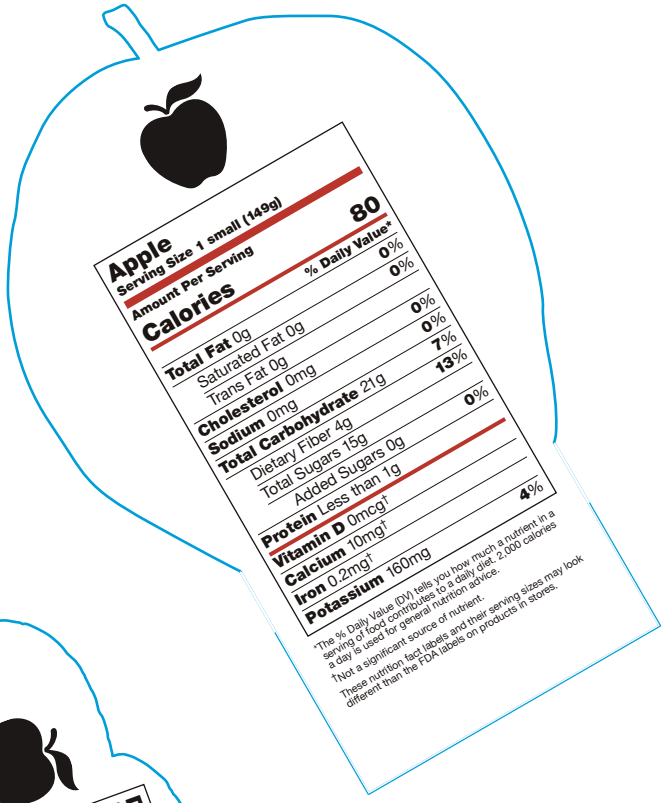

Apple
Serving Size 1 small (149g)
Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	13%
Total Sugars 15g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	0%
Calcium 10mg†	4%
Iron 0.2mg†	
Potassium 160mg	

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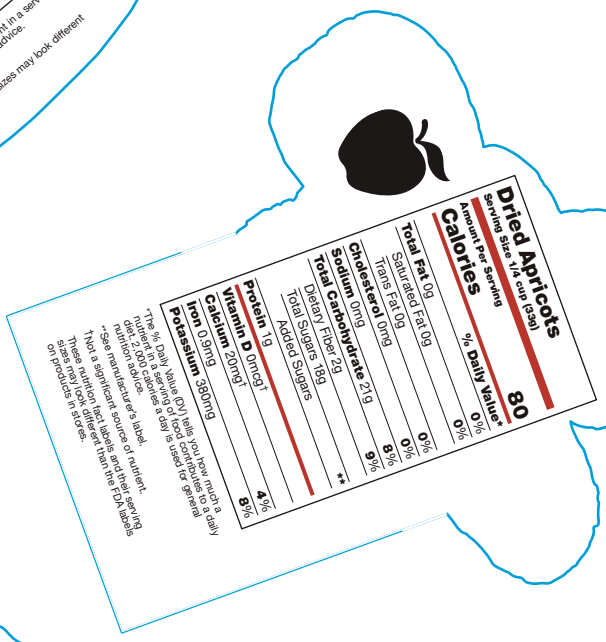

Dried Apricots
Serving Size 1/4 cup (33g)
Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	9%
Total Sugars 18g	
Added Sugars	**
Protein 1g	
Vitamin D 0mcg†	0%
Calcium 20mg†	4%
Iron 0.9mg	
Potassium 380mg	8%

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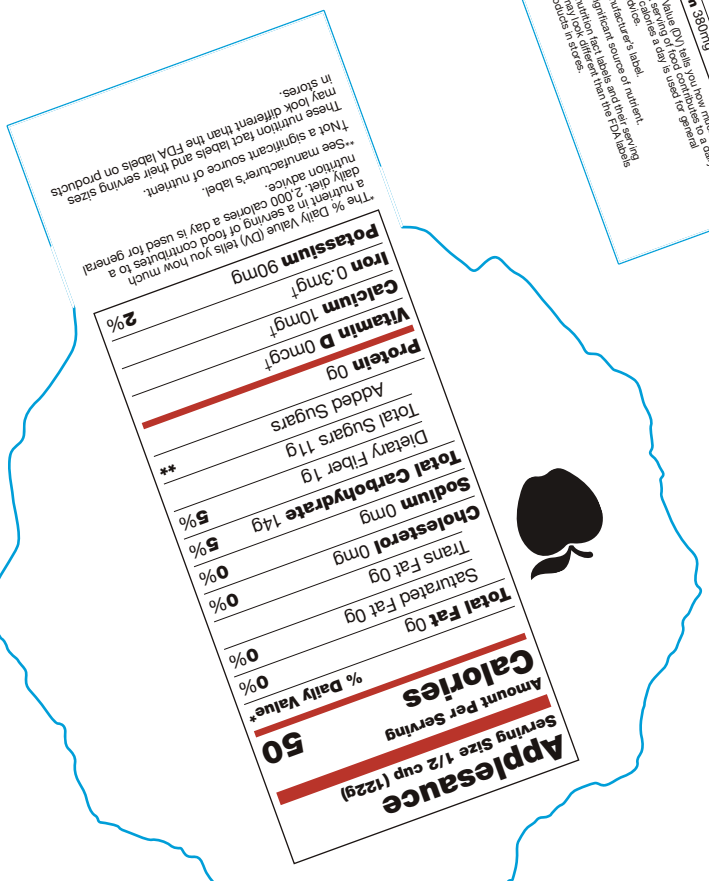

Applesauce
Serving Size 1/2 cup (122g)
Amount Per Serving
Calories 50

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	**
Total Sugars 11g	
Added Sugars	
Protein 0g	
Vitamin D 0mcg†	
Calcium 10mg†	2%
Iron 0.3mg†	
Potassium 90mg	

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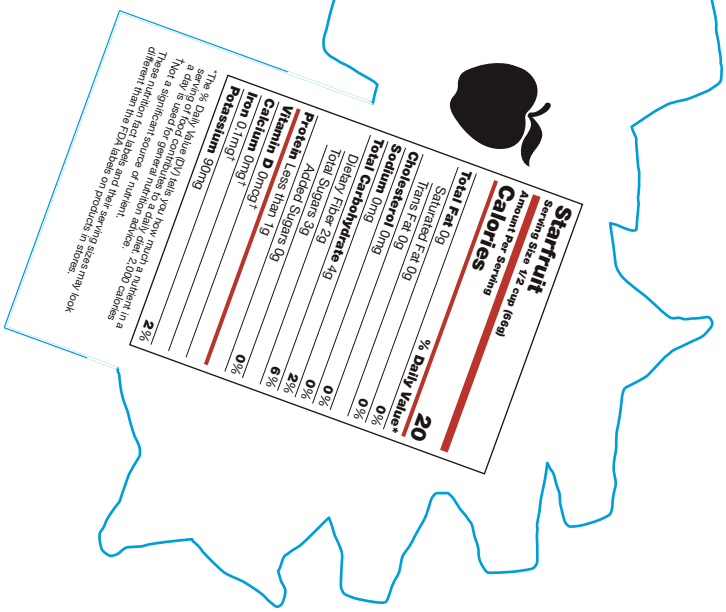

Starfruit
Serving Size 1/2 cup (68g)
Amount Per Serving
Calories 20

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	2%
Dietary Fiber 2g	6%
Total Sugars 3g	
Added Sugars Less than 1g	0%
Protein 0g	
Vitamin D 0mcg†	0%
Calcium 0mg†	0%
Iron 0.1mg†	0%
Potassium 90mg	2%

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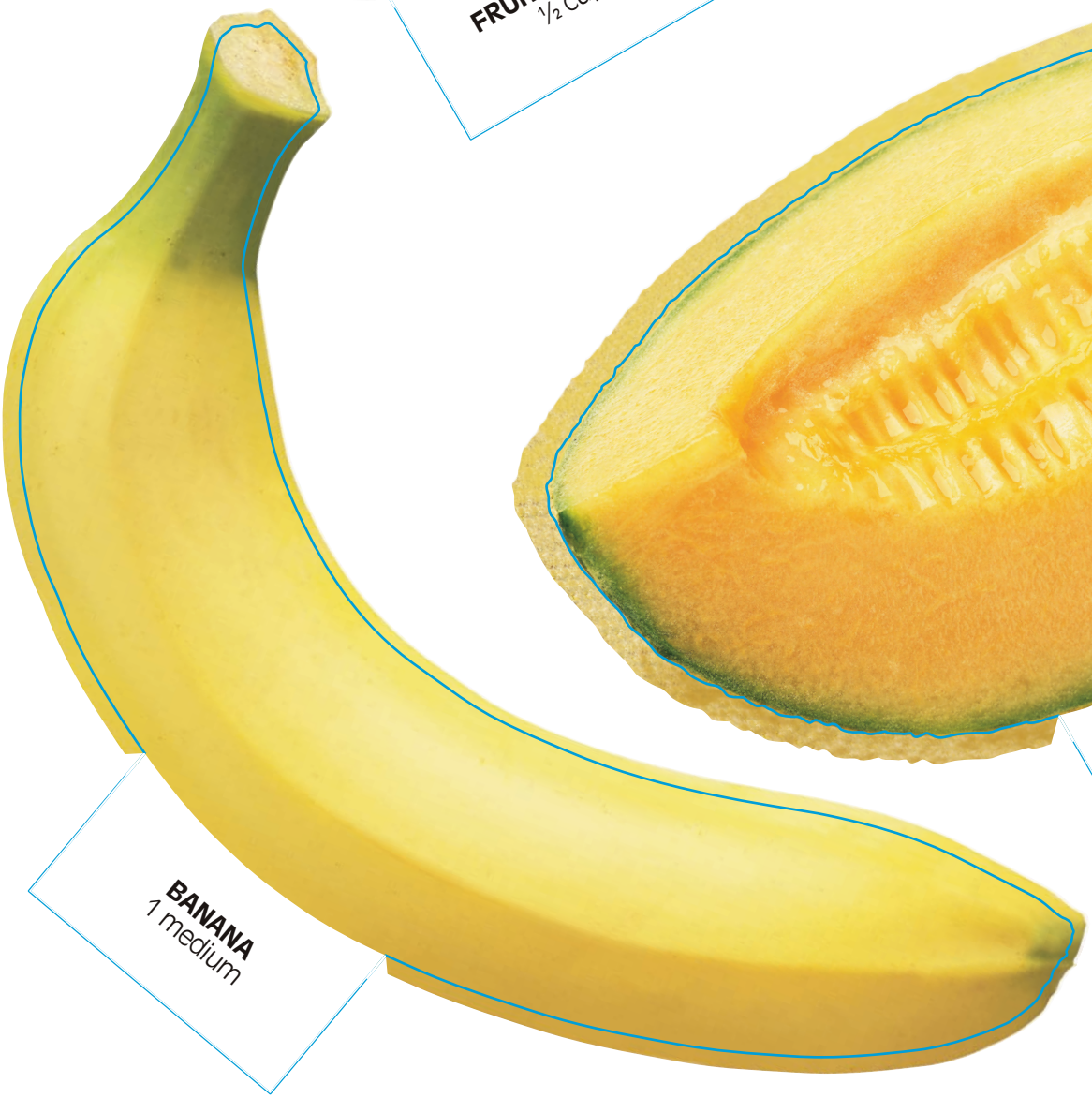
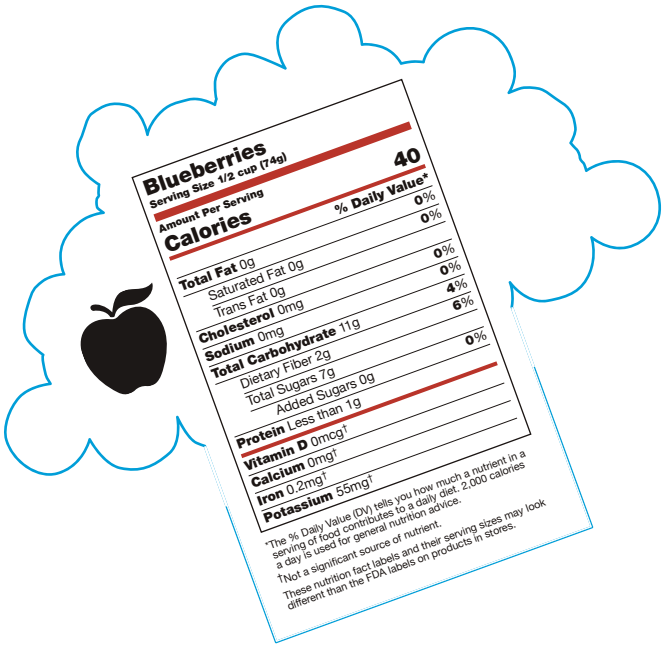
FRUIT COCKTAIL
½ cup

BLUEBERRIES
½ cup



BANANA
1 medium

CANTALOUPE
¼ melon


Blueberries
Serving Size 1/2 cup (74g)
Amount Per Serving
Calories 40
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 4%
Total Carbohydrate 11g 6%
Dietary Fiber 2g 0%
Total Sugars 7g
Added Sugars 0g
Protein Less than 1g
Vitamin D 0mcg†
Calcium 0mg†
Iron 0.2mg†
Potassium 55mg†
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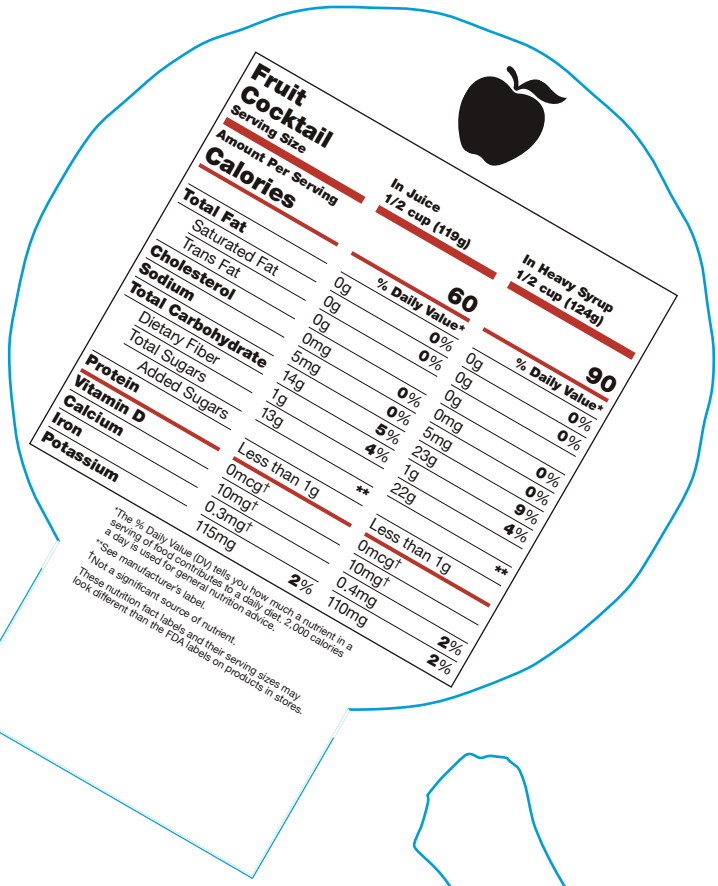
Fruit Cocktail
Serving Size
Amount Per Serving
Calories
In Juice 1/2 cup (119g)
60
In Heavy Syrup 1/2 cup (124g)
90
% Daily Value*
Total Fat 0g 0% 0g 0%
Saturated Fat 0g 0% 0g 0%
Trans Fat 0mg 0mg
Cholesterol 5mg 0% 5mg 0%
Sodium 14g 0% 23g 0%
Total Carbohydrate 1g 0% 1g 0%
Dietary Fiber 13g 5% 22g 9%
Total Sugars 4% 4%
Added Sugars Less than 1g 0mcg† Less than 1g 0mcg† **
Protein 10mg† 10mg†
Vitamin D 0.3mg† 0.4mg
Calcium 115mg 110mg
Iron 2% 2%
Potassium
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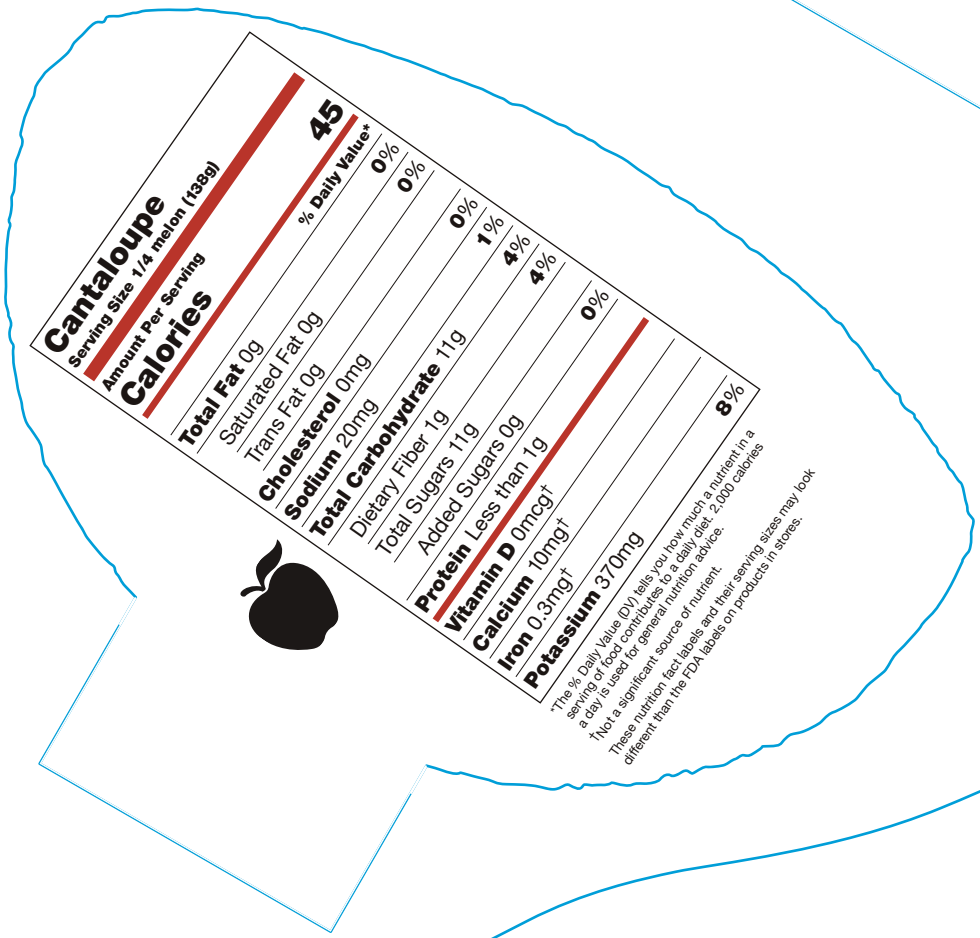
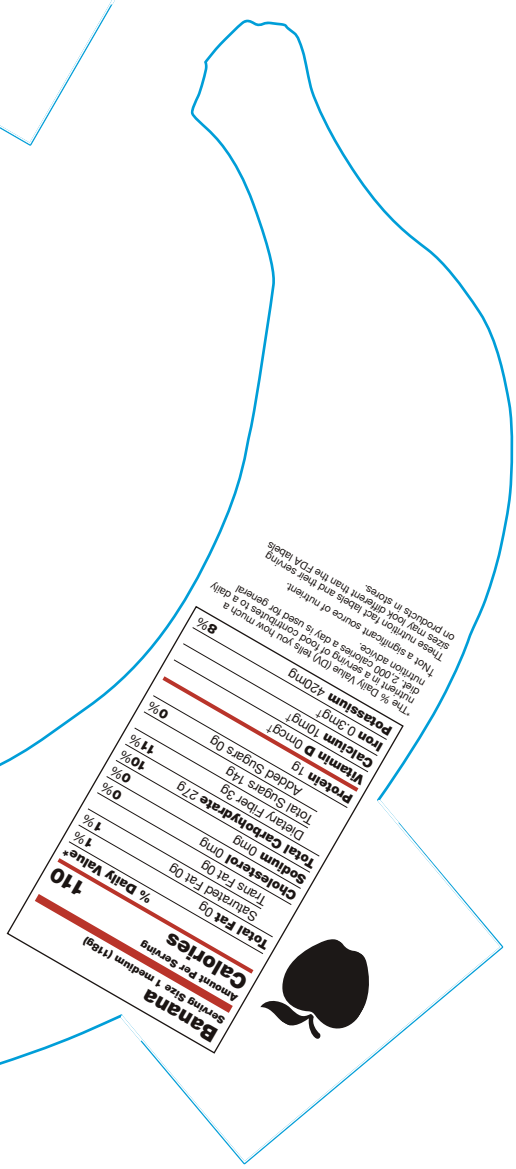

Cantaloupe
Serving Size 1/4 melon (138g)
Amount Per Serving
Calories 45
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg
Sodium 20mg 1%
Total Carbohydrate 11g 4%
Dietary Fiber 1g 4%
Total Sugars 11g
Added Sugars 0g 0%
Protein Less than 1g
Vitamin D 0mcg†
Calcium 10mg†
Iron 0.3mg†
Potassium 370mg 8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.


Banana
Serving Size 1 medium (118g)
Amount Per Serving
Calories 110
% Daily Value*
Total Fat 0g 1%
Saturated Fat 0g
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 1%
Total Carbohydrate 27g 10%
Dietary Fiber 3g 11%
Total Sugars 14g
Added Sugars 0g 0%
Protein 1g
Vitamin D 0mcg† 0%
Calcium 10mg†
Iron 0.3mg†
Potassium 420mg 8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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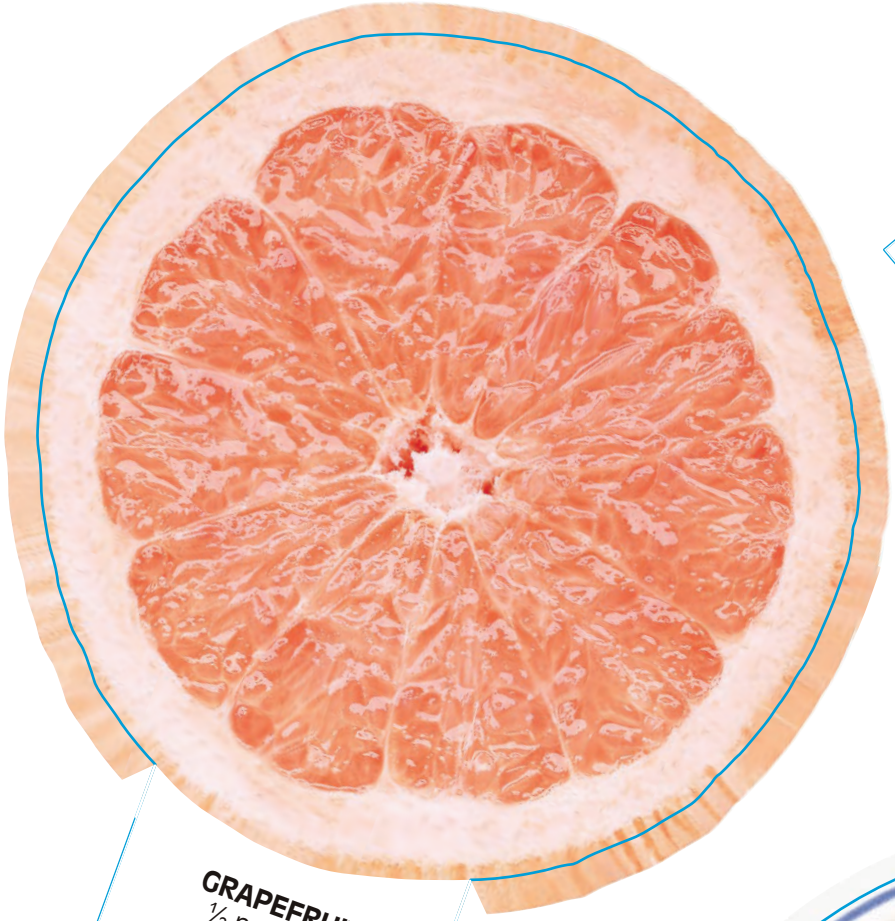
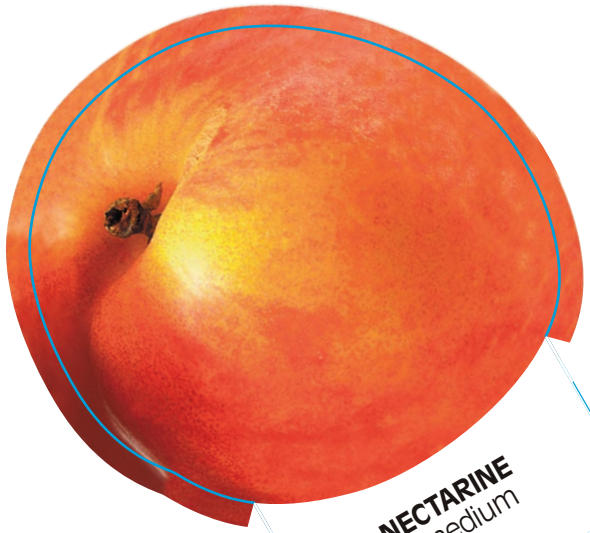


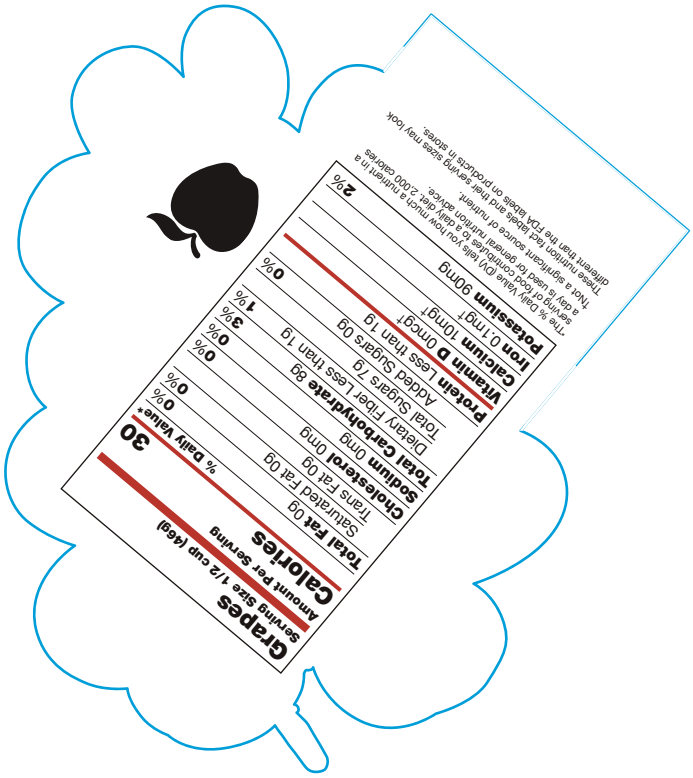
GRAPEFRUIT
½ medium

GRAPES
½ cup



NECTARINE
1 medium

LYCHEE
½ cup



Grapes
Serving Size 1/2 cup (46g)
Amount Per Serving
Calories 30
% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber less than 1g	1%
Total Sugars 7g	
Added Sugars 0g	0%
Protein less than 1g	
Vitamin D 0mcg†	0%
Calcium less than 10mg†	1%
Iron 0.1mg†	0%
Potassium 90mg	2%

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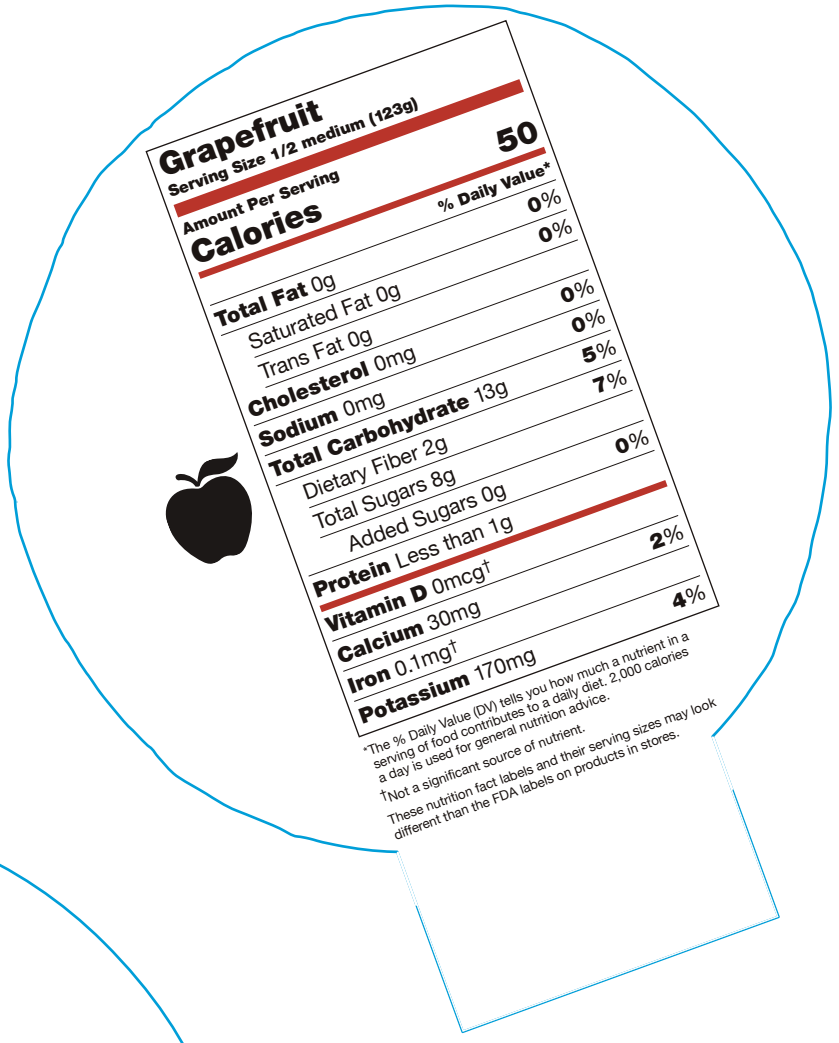

Grapefruit
Serving Size 1/2 medium (123g)
Amount Per Serving
Calories 50
% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	2%
Calcium 30mg	
Iron 0.1mg†	4%
Potassium 170mg	

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Canned Lychee
Serving Size 1/2 cup (140g)
Amount Per Serving
Calories 120
% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 22g	
Added Sugars	**
Protein Less than 1g	
Vitamin D	◆
Calcium 20mg†	
Iron 1.1mg	6%
Potassium	◆

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**See manufacturer's label.
◆Data not available for nutrient.
†Not a significant source of nutrient.
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Nectarine
Serving Size 1 medium (142g)
Amount Per Serving
Calories 60
% Daily Value*

Total Fat Less than 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Total Sugars 11g	
Added Sugars 0g	0%
Protein 2g	
Vitamin D 0mcg†	2%
Calcium 10mg†	6%
Iron 0.4mg	
Potassium 290mg	

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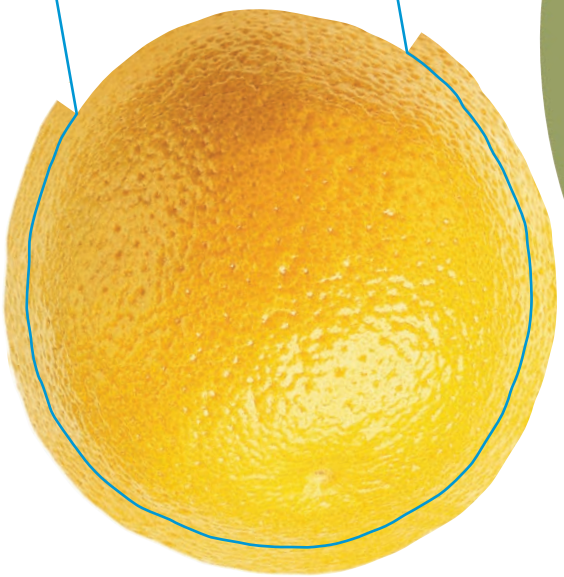
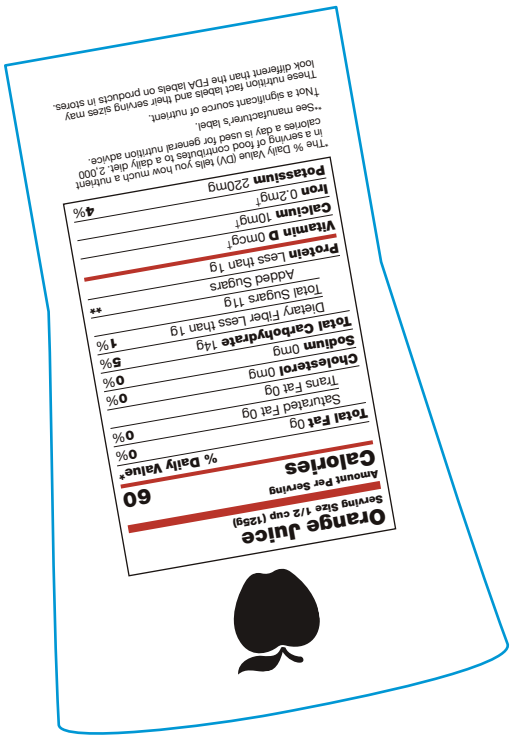
DRIED APPLE RINGS
5 rings

ORANGE JUICE
½ cup

CANNED PEACHES
½ cup



ORANGE
1 fruit


Orange Juice
Serving Size 1/2 cup (125g)
Amount Per Serving
Calories 60
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 5%
Total Carbohydrate 14g 1%
Dietary Fiber Less than 1g
Total Sugars 11g
Added Sugars **
Protein Less than 1g
Vitamin D 0mcg† 0%
Calcium 10mg† 4%
Iron 0.2mg† 2%
Potassium 220mg 4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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Dried Apple Rings
Serving Size 5 rings (32g)
Amount Per Serving
Calories 80
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 30mg 1%
Total Carbohydrate 21g 8%
Dietary Fiber 3g 10%
Total Sugars 18g
Added Sugars **
Protein Less than 1g
Vitamin D 0mcg† 2%
Calcium 0mg† 4%
Iron 0.5mg
Potassium 140mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
†Not a significant source of nutrient.
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Canned Peaches
Serving Size
Amount Per Serving
Calories
In Heavy Syrup 1/2 cup (131g) 100
In Light Syrup 1/2 cup (126g) 70
In Juice 1/2 cup (125g) 60
% Daily Value*
Total Fat 0g 0% 0% 0%
Saturated Fat 0g 0% 0% 0%
Trans Fat 0g
Cholesterol 0mg 0% 0% 0%
Sodium 5mg 0% 0% 0%
Total Carbohydrate 26g 9% 7% 6%
Dietary Fiber 2g 6% 7% 6%
Total Sugars 19g 29g 26g
Added Sugars ** ** **
Protein 1g 2% 2% 2%
Vitamin D 0mcg† 0% 0% 0%
Calcium 10mg† 0mg† 0mg† Less than 1g
Iron 0.3mg† 0.5mg 0.4mg† 120mg
Potassium 160mg 120mg 120mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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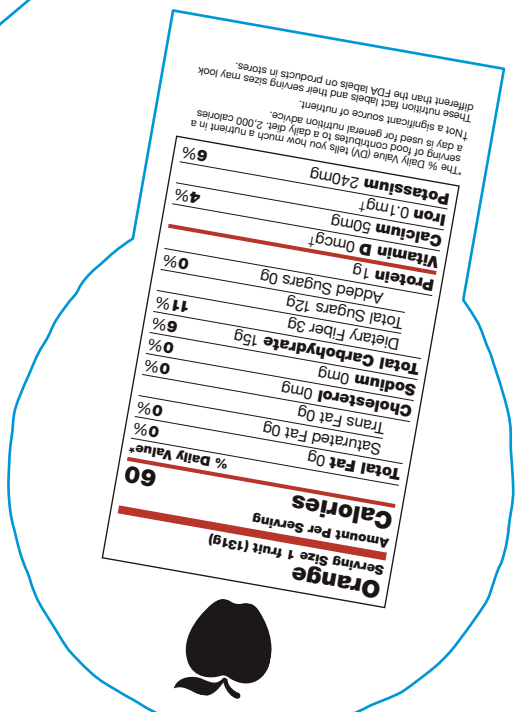
Orange
Serving Size 1 fruit (131g)
Amount Per Serving
Calories 60
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 15g 6%
Dietary Fiber 3g 11%
Total Sugars 12g
Added Sugars 0g 0%
Protein 1g
Vitamin D 0mcg†
Calcium 5mg 4%
Iron 0.1mg† 6%
Potassium 240mg
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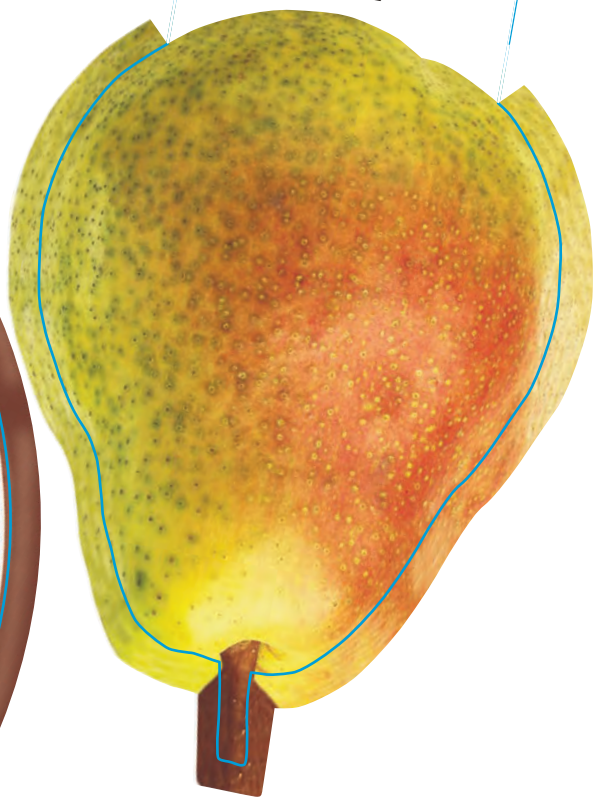
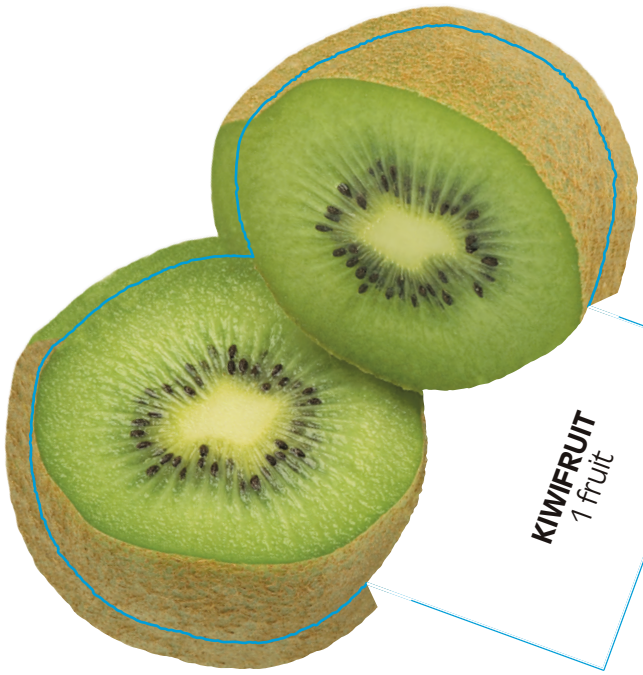
CANNED PEARS
½ cup

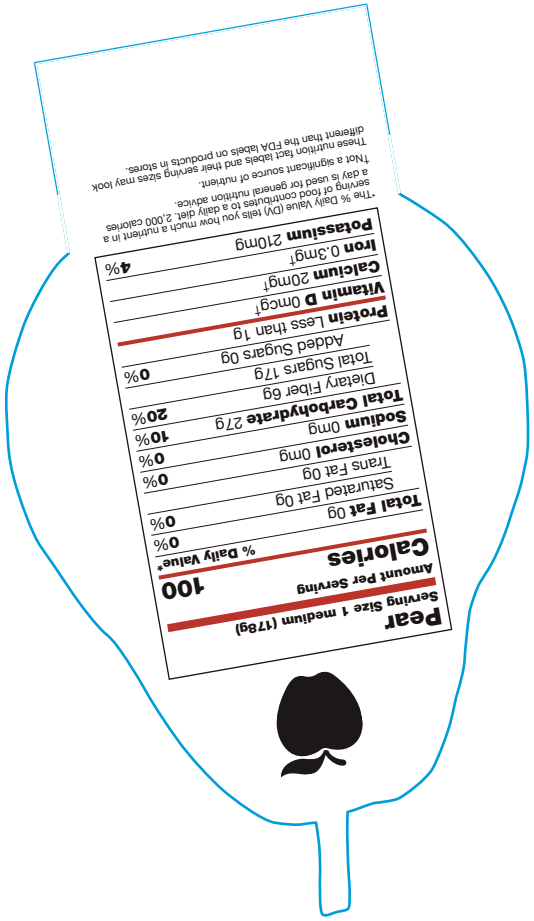
PEAR
1 medium





KIWIFRUIT
1 fruit

PINEAPPLE
½ cup



Pear
Serving Size 1 medium (178g)

Amount Per Serving	
Calories	**100**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 6g	**20%**
Total Sugars 17g	
Added Sugars 0g	**0%**
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.3mg†	**4%**
Potassium 210mg	

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†Not a significant source of nutrient.

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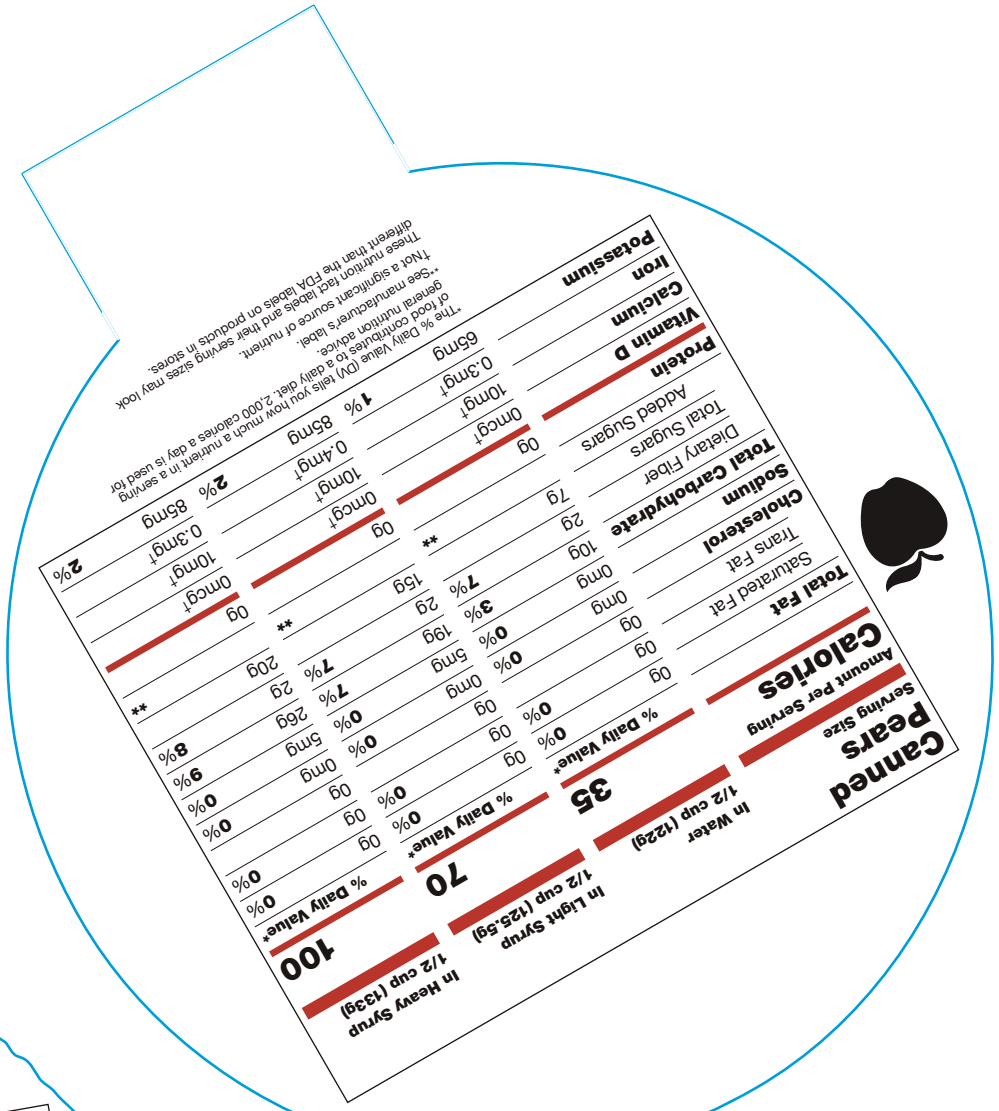

Canned Pears
Serving Size

Amount Per Serving	In Heavy Syrup 1/2 cup (133g)	In Light Syrup 1/2 cup (125.5g)	In Water 1/2 cup (122g)
Calories	**100**	**70**	**35**
	% Daily Value*	**% Daily Value***	**% Daily Value***
Total Fat	0g **0%**	0g **0%**	0g **0%**
Saturated Fat	0g **0%**	0g **0%**	0g **0%**
Trans Fat	0g	0g	0g
Cholesterol	0mg **0%**	0mg **0%**	0mg **0%**
Sodium	10mg **0%**	5mg **0%**	0mg **0%**
Total Carbohydrate	26g **9%**	19g **7%**	10g **3%**
Dietary Fiber	2g **7%**	2g **	2g **
Total Sugars	20g **	15g **	7g **
Added Sugars	0g	0g	0g
Protein	0mcg†	0mcg†	0mcg†
Vitamin D	10mg†	10mg†	10mg†
Calcium	0.3mg†	0.4mg†	0.3mg†
Iron	85mg **2%**	85mg **1%**	85mg **2%**
Potassium			

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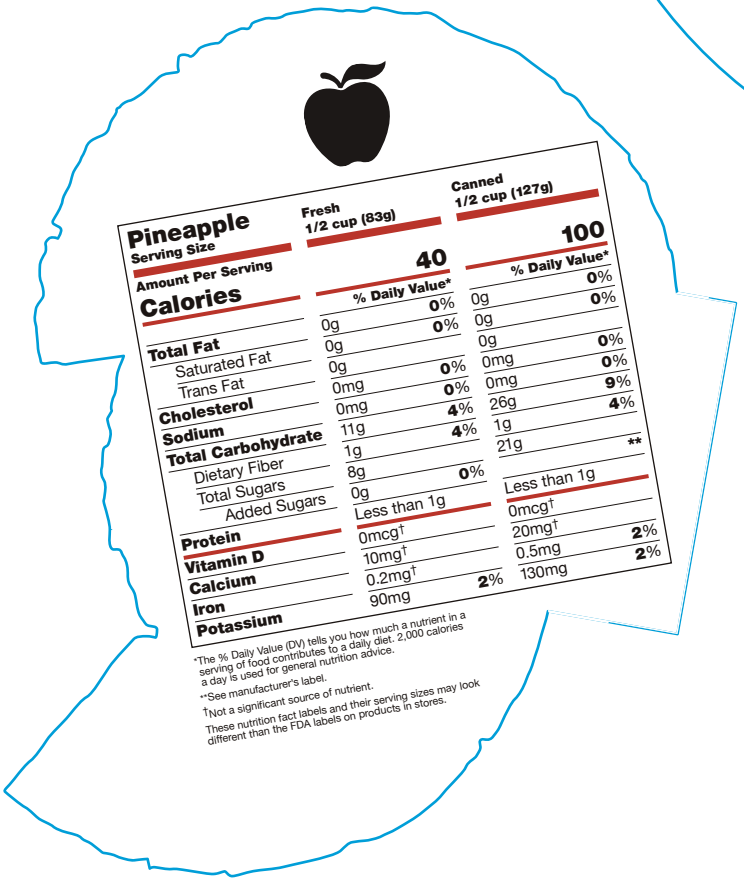

Pineapple
Serving Size

Amount Per Serving	Fresh 1/2 cup (83g)	Canned 1/2 cup (127g)
Calories	**40**	**100**
	% Daily Value*	**% Daily Value***
Total Fat	0g **0%**	0g **0%**
Saturated Fat	0g **0%**	0g
Trans Fat	0g	0g
Cholesterol	0mg **0%**	0mg **0%**
Sodium	0mg **0%**	0mg **0%**
Total Carbohydrate	11g **4%**	26g **9%**
Dietary Fiber	1g **4%**	1g **4%**
Total Sugars	8g	21g
Added Sugars	0g **0%**		****
Protein	Less than 1g	Less than 1g
Vitamin D	0mcg†	0mcg†
Calcium	10mg†	20mg†
Iron	0.2mg†	0.5mg **2%**
Potassium	90mg **2%**	130mg **2%**

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**See manufacturer's label.

†Not a significant source of nutrient.

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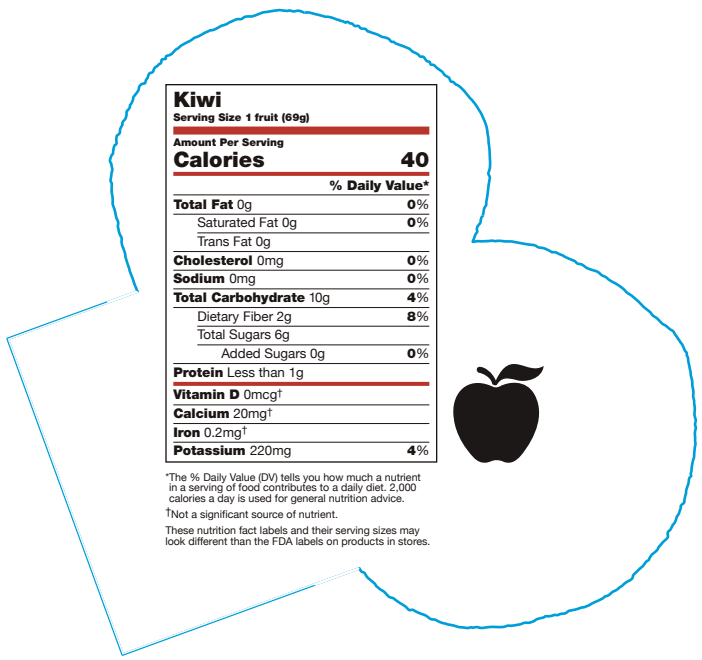

Kiwi
Serving Size 1 fruit (69g)

Amount Per Serving	
Calories	**40**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 2g	**8%**
Total Sugars 6g	
Added Sugars 0g	**0%**
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.2mg†	
Potassium 220mg	**4%**

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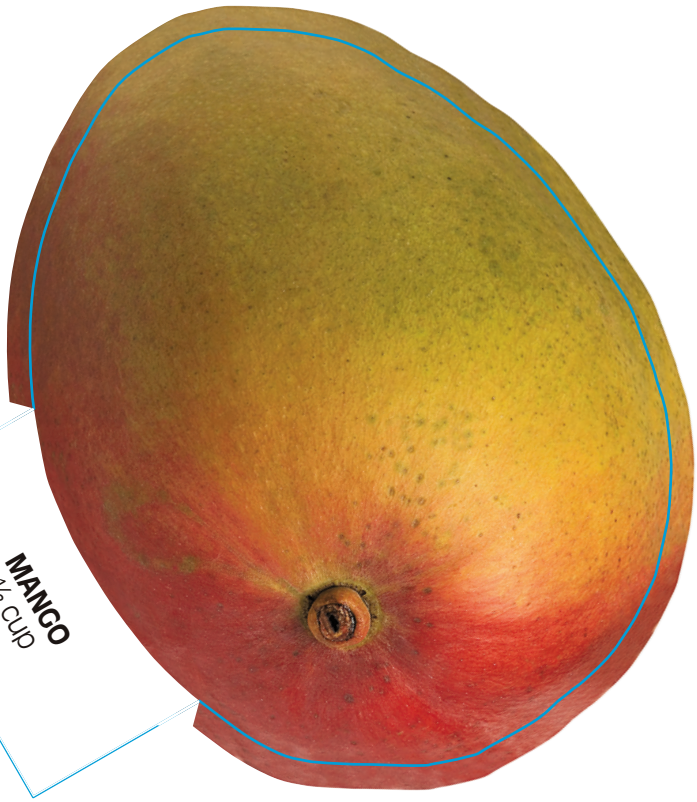
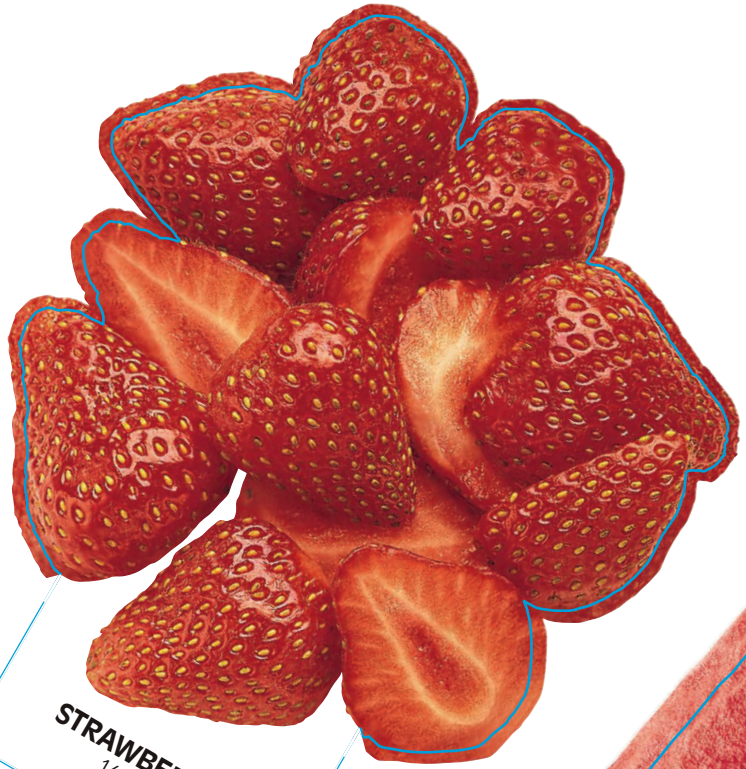
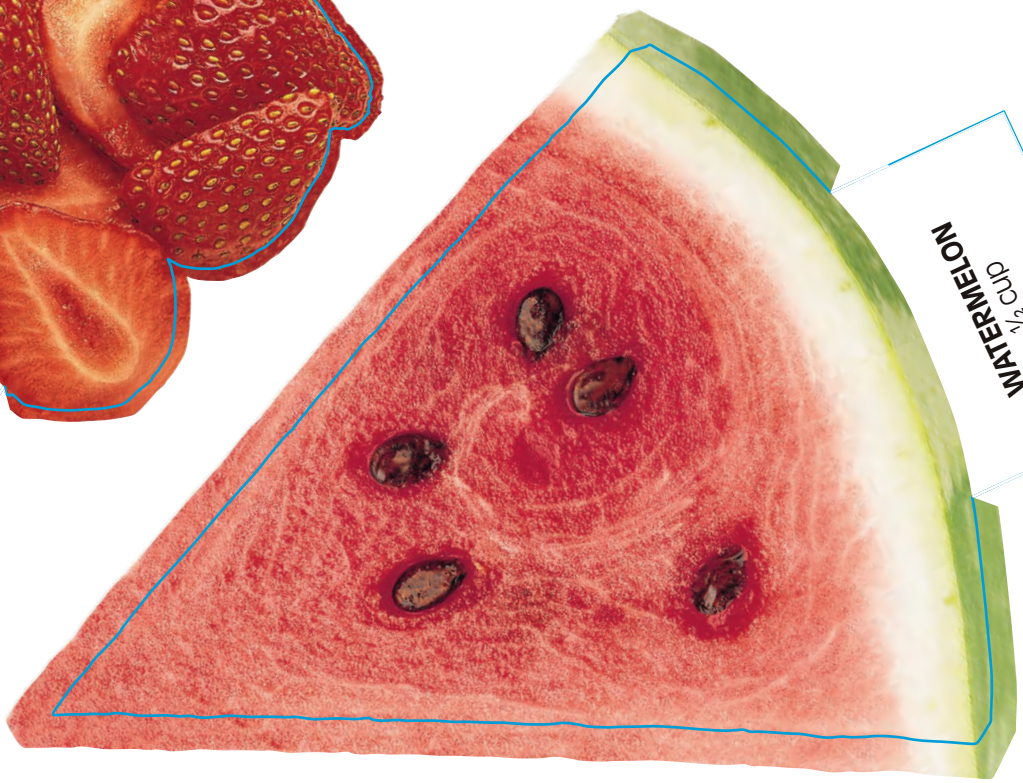
RAISINS
¼ cup



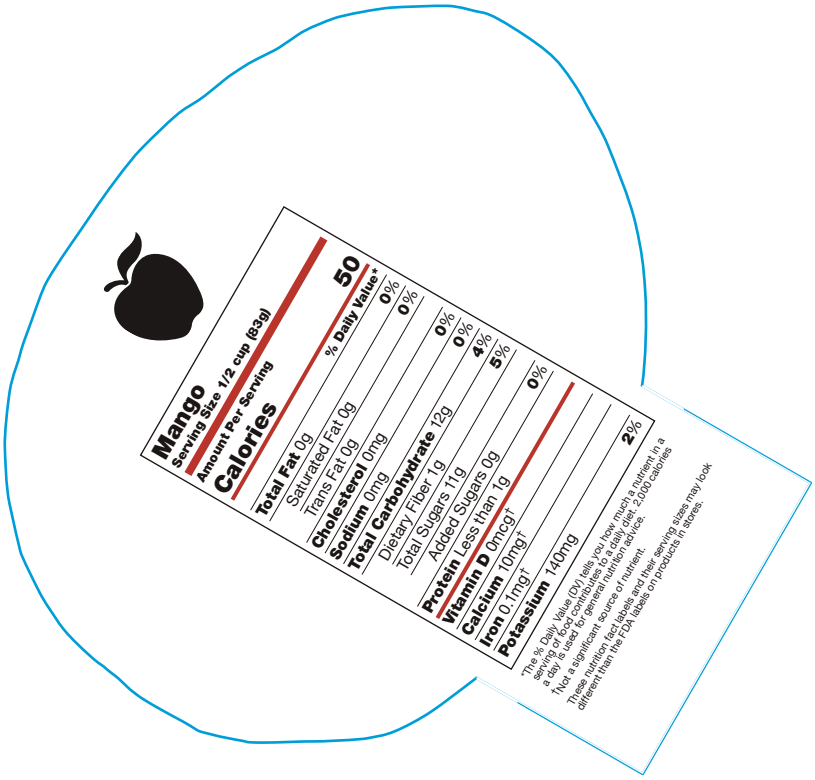
MANGO
½ cup



STRAWBERRIES
½ cup



WATERMELON
½ cup


Mango
Serving Size 1/2 cup (83g)
Amount Per Serving
Calories 50
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 4%
Total Carbohydrate 12g 5%
Dietary Fiber 1g 0%
Total Sugars 11g
Added Sugars 0g
Protein Less than 1g
Vitamin D 0mcg† 0%
Calcium 10mg† 2%
Iron 0.1mg† 0%
Potassium 140mg
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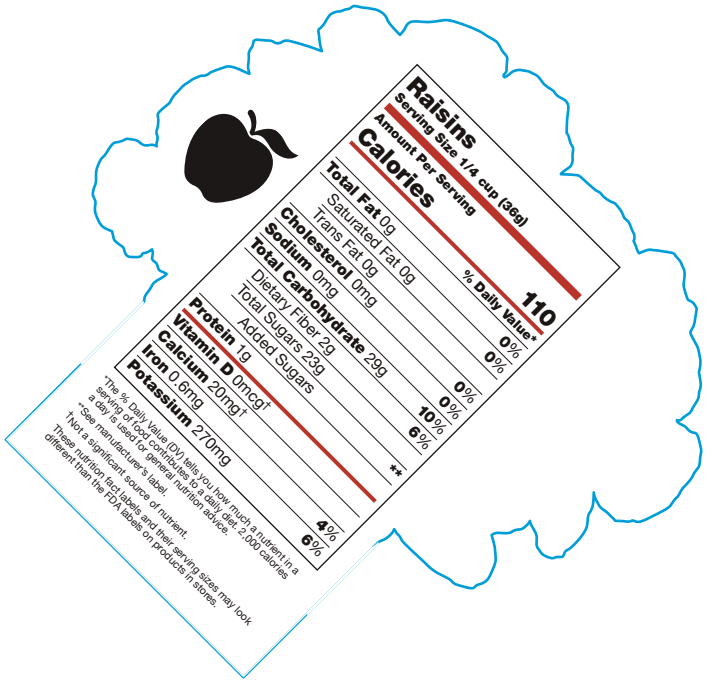
Raisins
Serving Size 1/4 cup (36g)
Amount Per Serving
Calories 110
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 29g 10%
Dietary Fiber 2g 6%
Total Sugars 23g
Added Sugars
Protein 1g **
Vitamin D 0mcg† 4%
Calcium 20mg† 6%
Iron 0.6mg
Potassium 270mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
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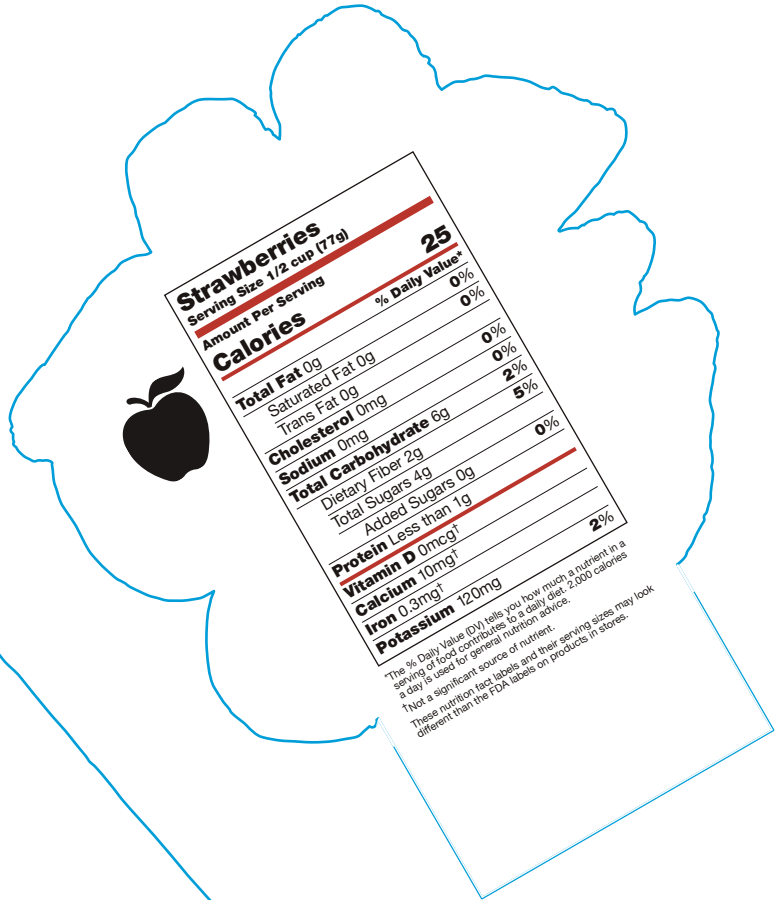
Strawberries
Serving Size 1/2 cup (77g)
Amount Per Serving
Calories 25
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 2%
Sodium 0mg 5%
Total Carbohydrate 6g 0%
Dietary Fiber 2g
Total Sugars 4g
Added Sugars 0g
Protein Less than 1g
Vitamin D 0mcg† 2%
Calcium 10mg†
Iron 0.3mg†
Potassium 120mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
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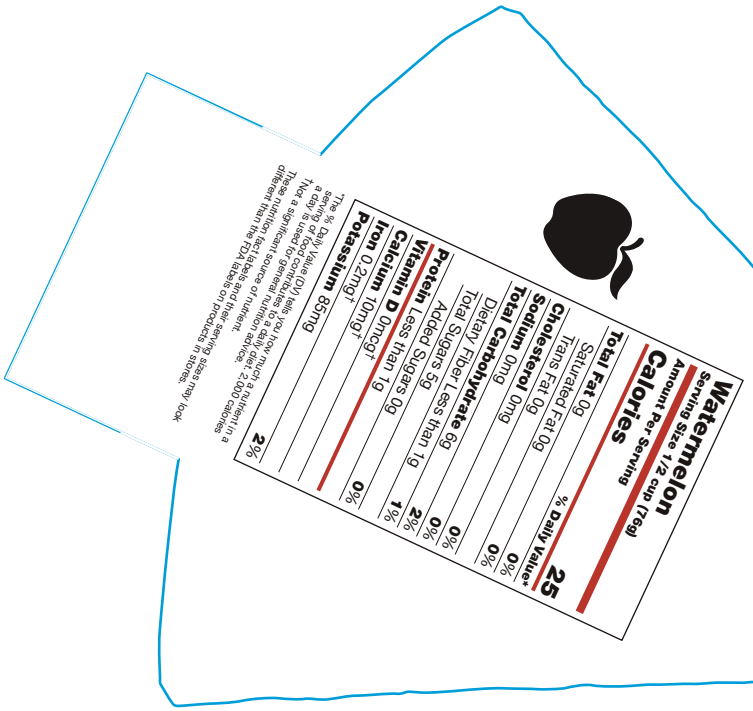
Watermelon
Serving Size 1/2 cup (76g)
Amount Per Serving
Calories 25
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 1%
Total Carbohydrate 6g 2%
Dietary Fiber Less than 1g 0%
Total Sugars 5g
Added Sugars 0g 0%
Protein Less than 1g
Vitamin D 0mcg† 0%
Calcium 10mg† 2%
Iron 0.2mg†
Potassium 85mg
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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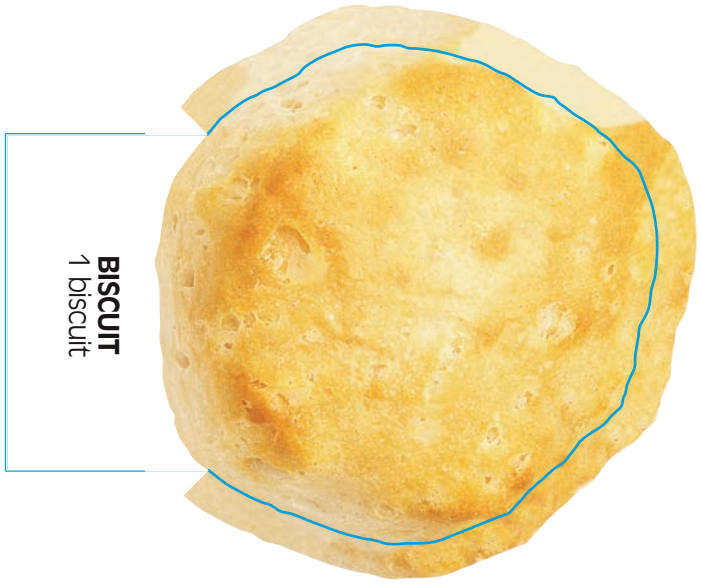
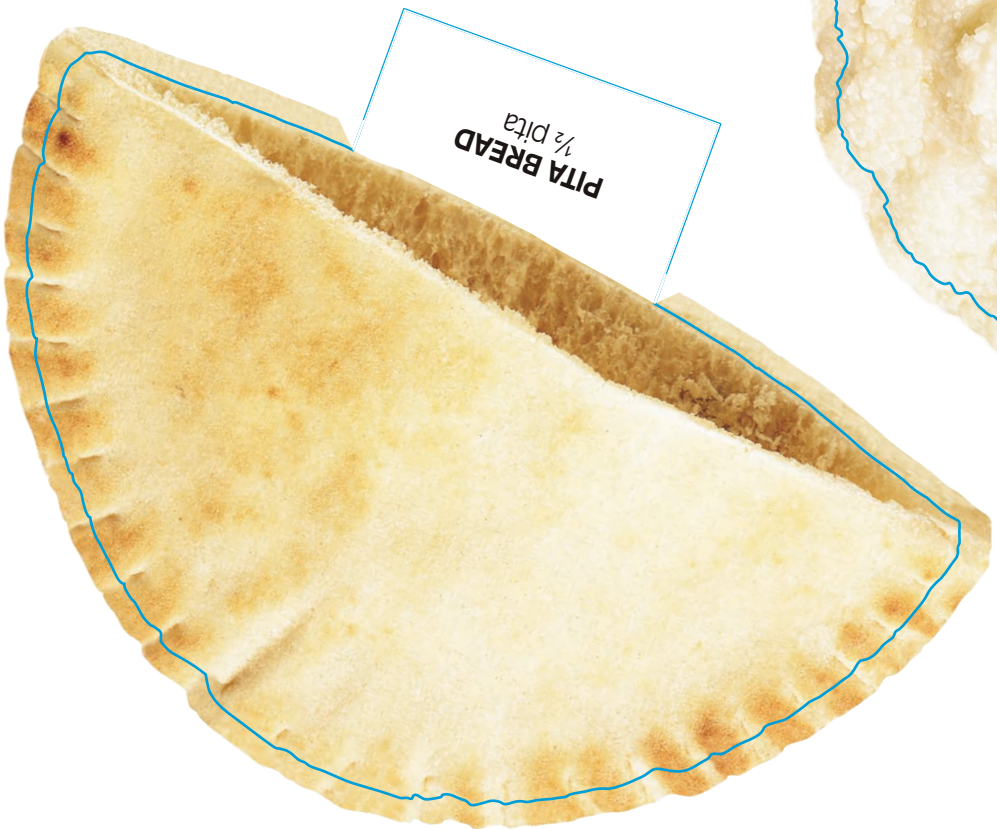
BAGEL
½ bagel

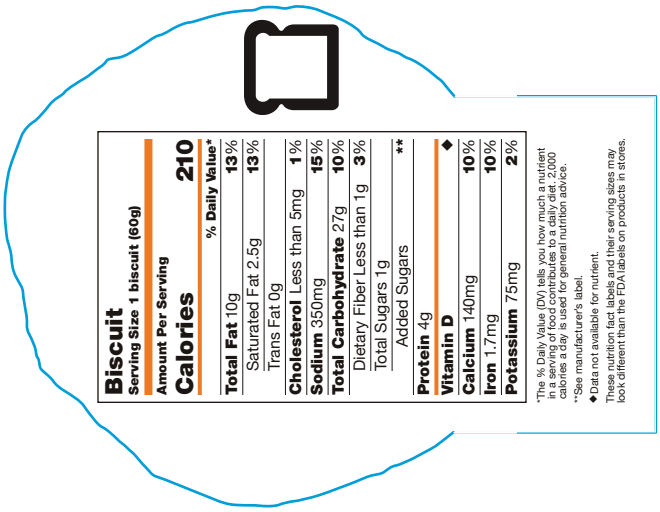


BISCUIT
1 biscuit

GRITS
½ cup



PITA BREAD
½ pita



Biscuit
Serving Size 1 biscuit (60g)

Amount Per Serving
Calories 210

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol Less than 5mg	**1%**
Sodium 350mg	**15%**
Total Carbohydrate 27g	**10%**
Dietary Fiber Less than 1g	**3%**
Total Sugars 1g	
Added Sugars	**
Protein 4g	
Vitamin D	◆
Calcium 140mg	**10%**
Iron 1.7mg	**10%**
Potassium 75mg	**2%**

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**See manufacturer's label.
◆Data not available for nutrient.
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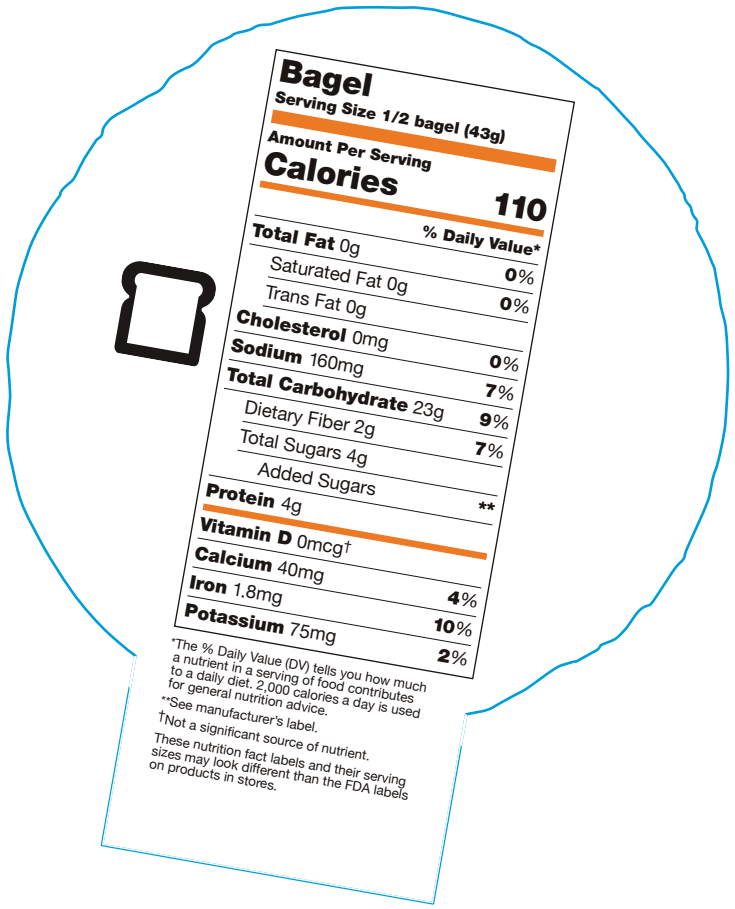

Bagel
Serving Size 1/2 bagel (43g)

Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 0g	
Saturated Fat 0g	**0%**
Trans Fat 0g	**0%**
Cholesterol 0mg	
Sodium 160mg	**0%**
Total Carbohydrate 23g	**7%**
Dietary Fiber 2g	**9%**
Total Sugars 4g	**7%**
Added Sugars	**
Protein 4g	
Vitamin D 0mcg†	
Calcium 40mg	
Iron 1.8mg	**4%**
Potassium 75mg	**10%**
	2%

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**See manufacturer's label.
†Not a significant source of nutrient.
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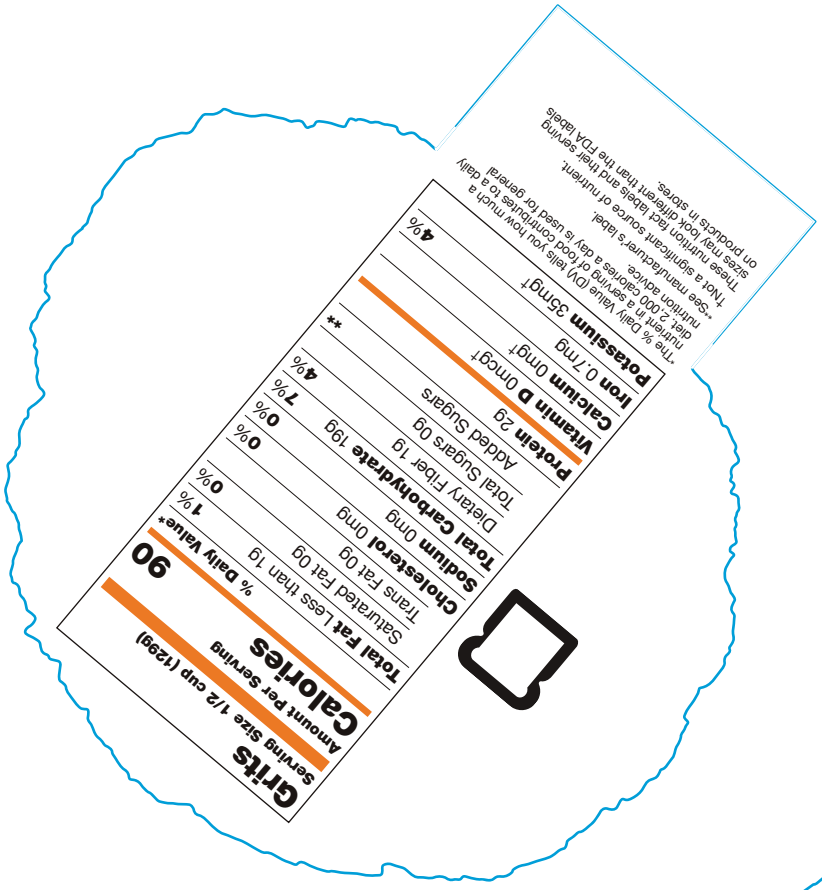

Grits
Serving Size 1/2 cup (129g)
Amount Per Serving
Calories 90

	% Daily Value*
Total Fat less than 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	**0%**
Calcium 0mg†	**0%**
Iron 0.7mg†	**4%**
Potassium 35mg†	

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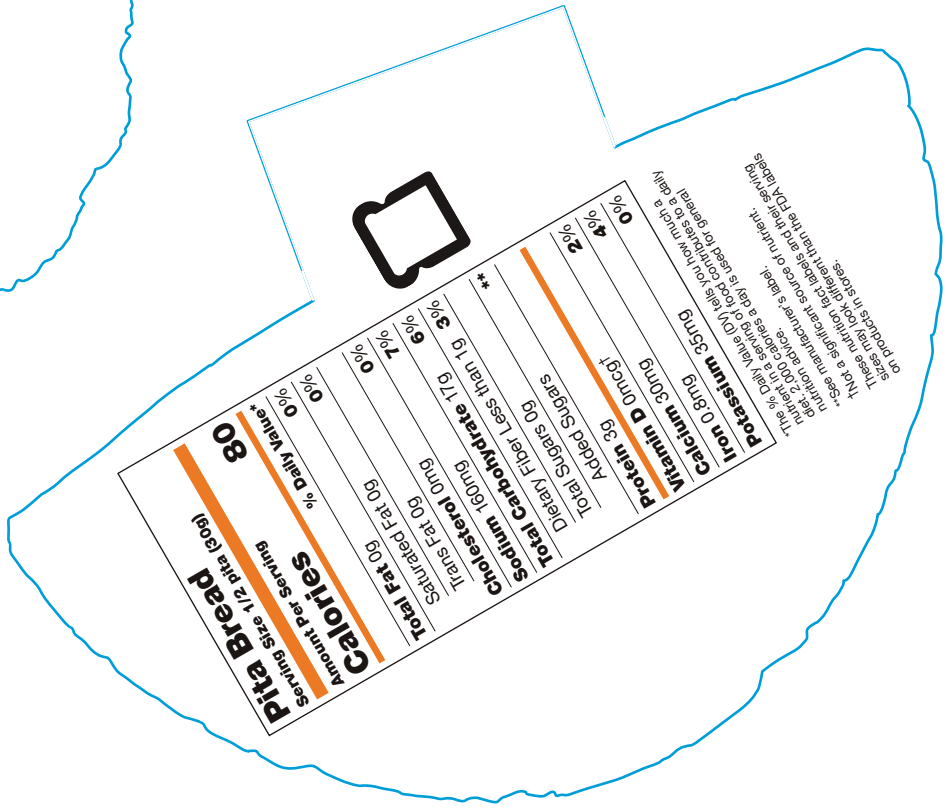

Pita Bread
Serving Size 1/2 pita (60g)
Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 17g	**6%**
Dietary Fiber Less than 1g	**3%**
Total Sugars 0g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	**0%**
Calcium 30mg	**2%**
Iron 0.8mg	**4%**
Potassium 35mg	**0%**

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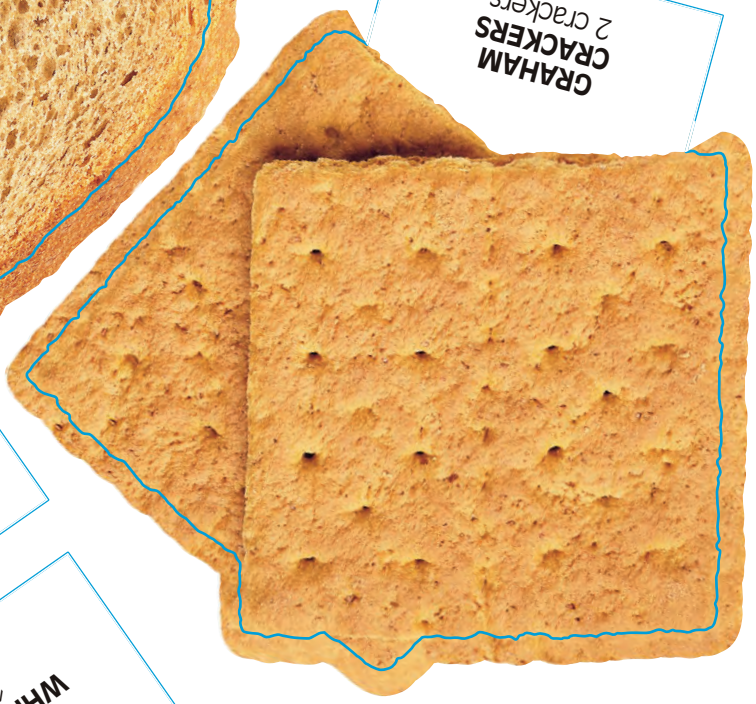
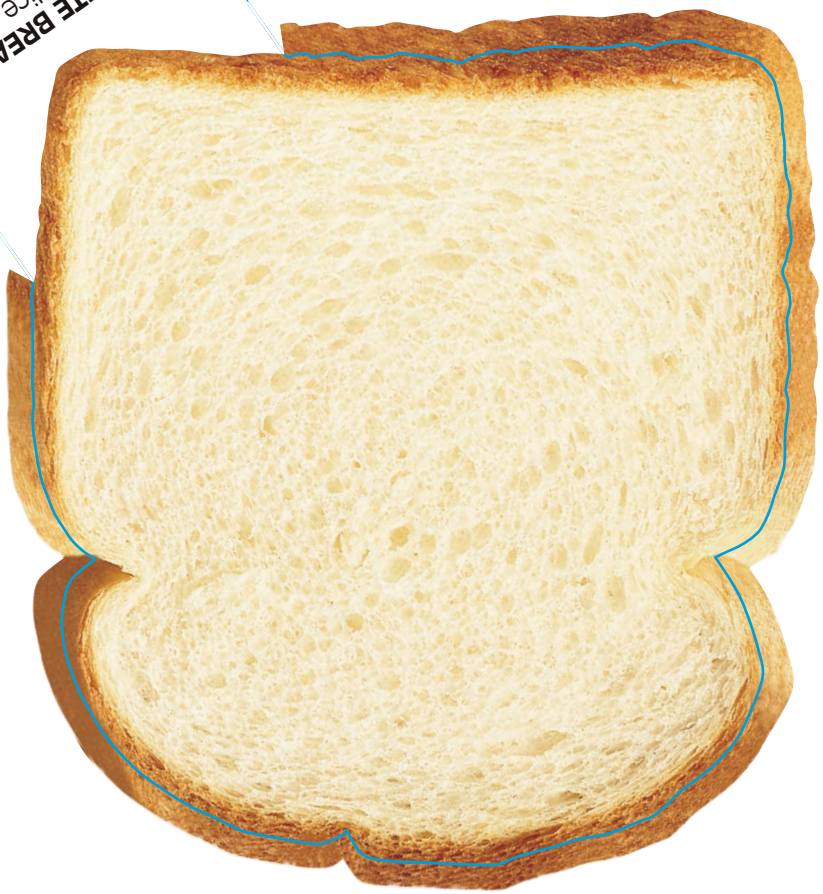
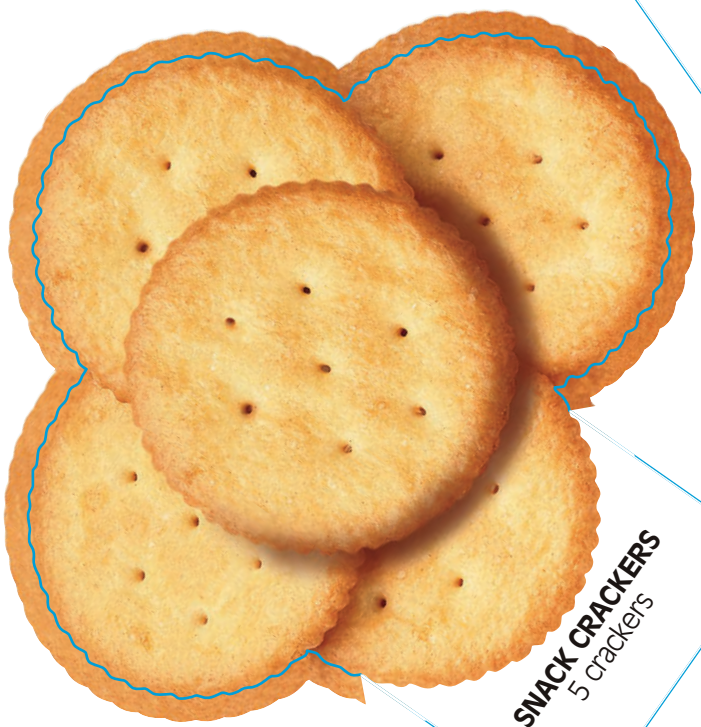
RYE BREAD
1 slice



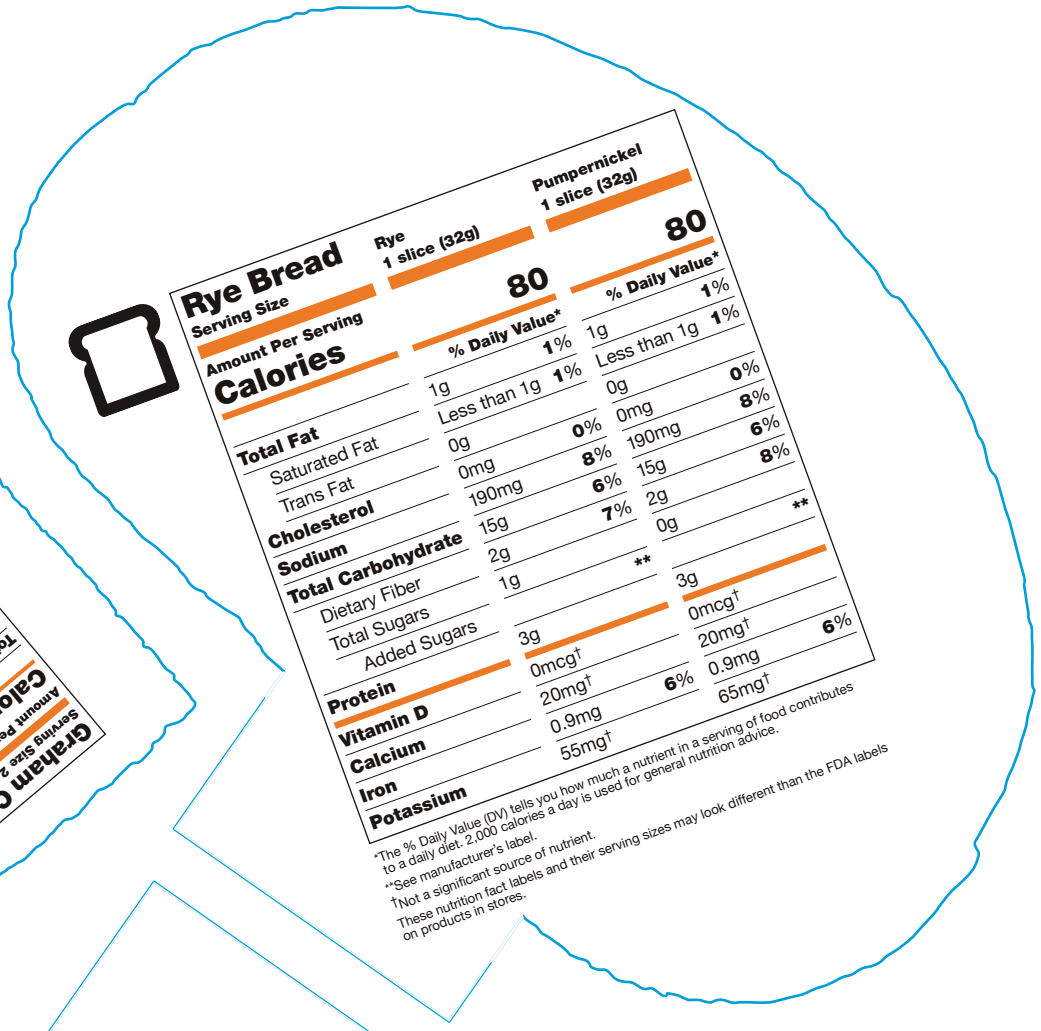
GRAHAM CRACKERS
2 crackers

WHITE BREAD
1 slice





SNACK CRACKERS
5 crackers


Rye Bread
Serving Size
Rye 1 slice (32g)
Pumpernickel 1 slice (32g)
Amount Per Serving
Calories
80
80
% Daily Value*
Total Fat 1g 1% 1g 1%
Saturated Fat Less than 1g 1% Less than 1g 1%
Trans Fat 0g 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 190mg 8% 190mg 8%
Total Carbohydrate 15g 6% 15g 6%
Dietary Fiber 2g 7% 2g 8%
Total Sugars 1g ** 0g **
Added Sugars 3g 3g
Protein 0mcg† 0mcg†
Vitamin D 20mg† 20mg† 6%
Calcium 0.9mg 6% 0.9mg
Iron 55mg† 65mg†
Potassium
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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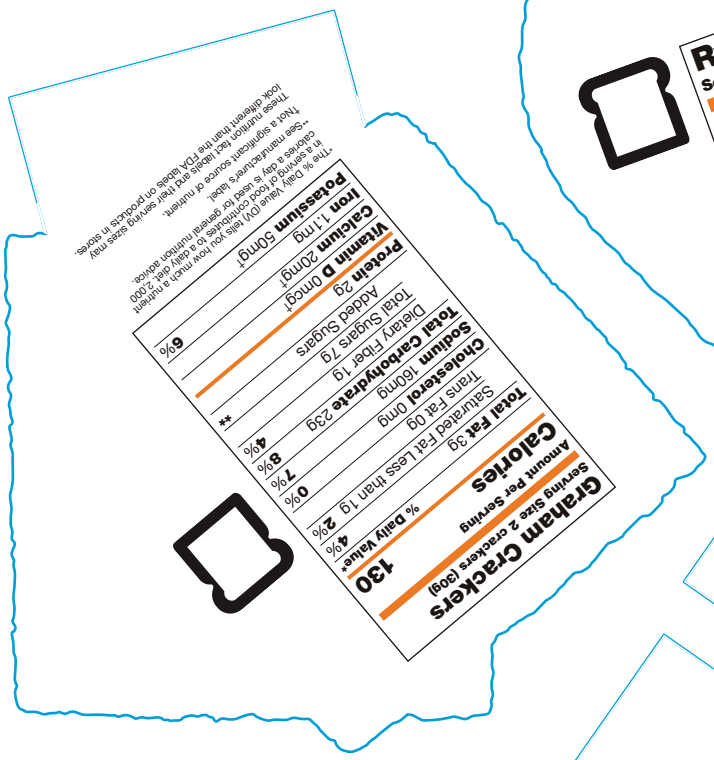
Graham Crackers
Serving Size 2 crackers (30g)
Amount Per Serving
Calories
130
% Daily Value*
Total Fat 3g 4%
Saturated Fat Less than 1g 2%
Trans Fat 0mg
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 23g 8%
Dietary Fiber 1g 4%
Total Sugars 7g **
Added Sugars 2g
Protein 3g
Vitamin D 0mcg† 0%
Calcium 20mg† 2%
Iron 1.1mg 6%
Potassium 50mg†
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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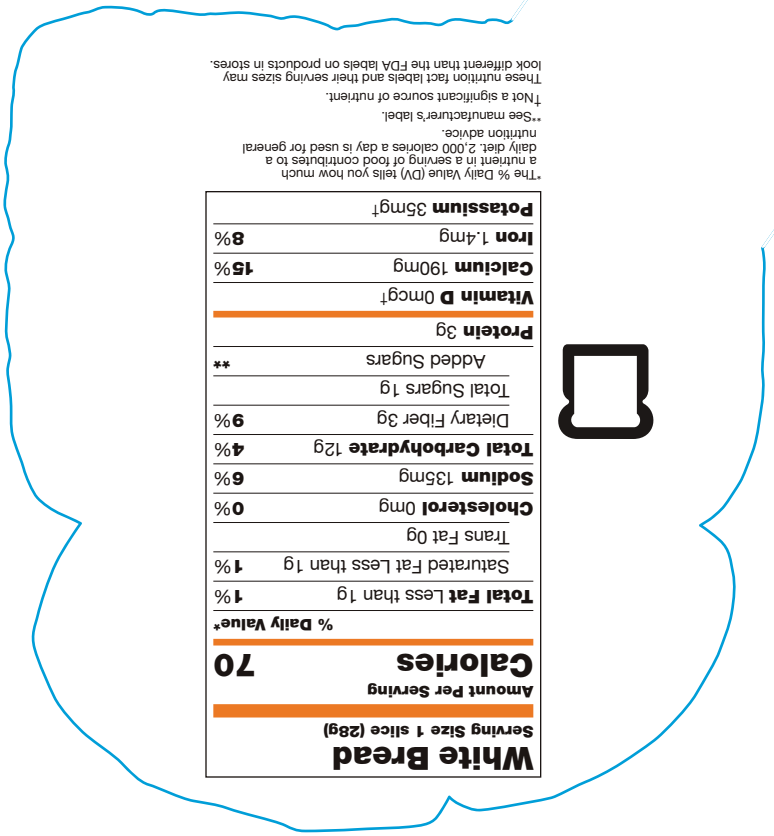
White Bread
Serving Size 1 slice (28g)
Amount Per Serving
Calories
70
% Daily Value*
Total Fat Less than 1g 1%
Saturated Fat Less than 1g 1%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 135mg 6%
Total Carbohydrate 12g 4%
Dietary Fiber 3g 9%
Total Sugars 1g
Added Sugars **
Protein 3g
Vitamin D 0mcg†
Calcium 190mg 15%
Iron 1.4mg 8%
Potassium 35mg†
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
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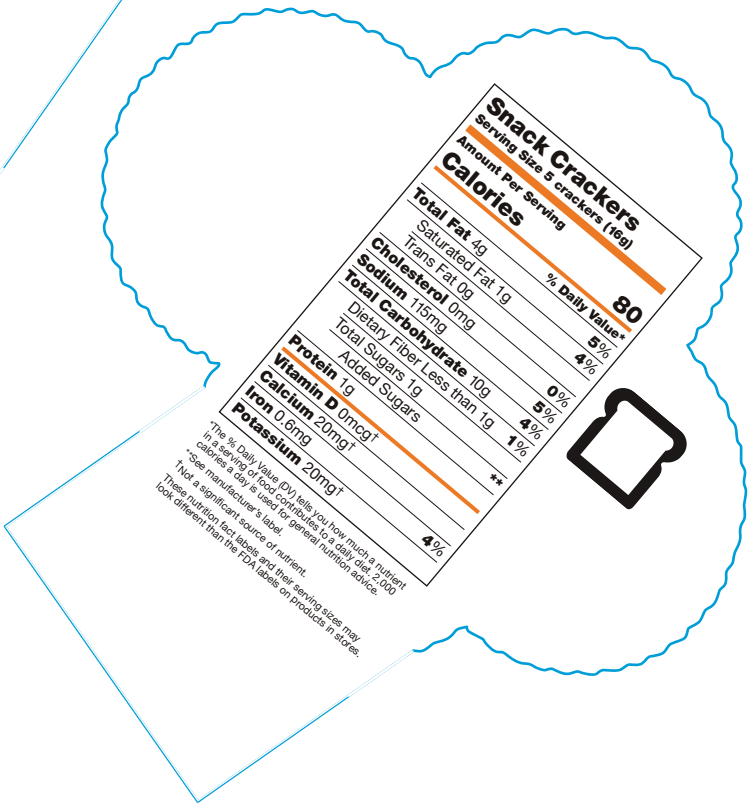
Snack Crackers
Serving Size 5 crackers (16g)
Amount Per Serving
Calories
80
% Daily Value*
Total Fat 4g 5%
Saturated Fat 1g
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 115mg 5%
Total Carbohydrate 10g 4%
Dietary Fiber Less than 1g 1%
Total Sugars 1g
Added Sugars **
Protein 1g
Vitamin D 0mcg†
Calcium 20mg† 4%
Iron 0.6mg
Potassium 20mg† 4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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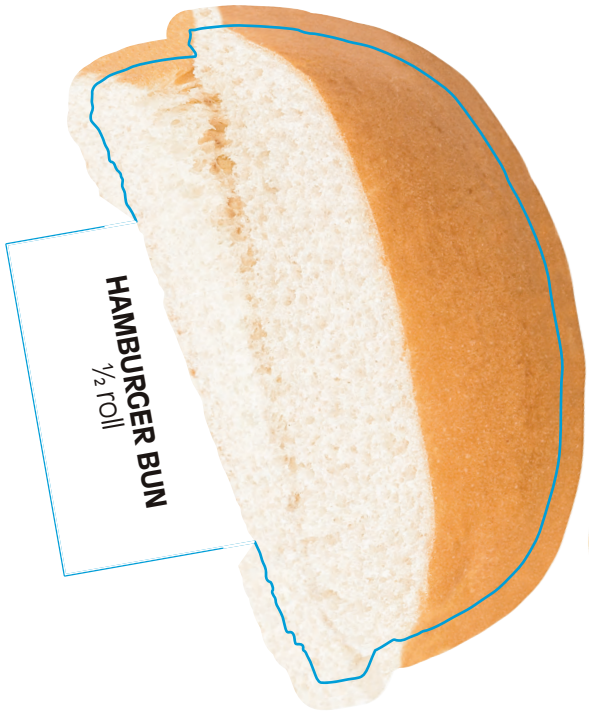
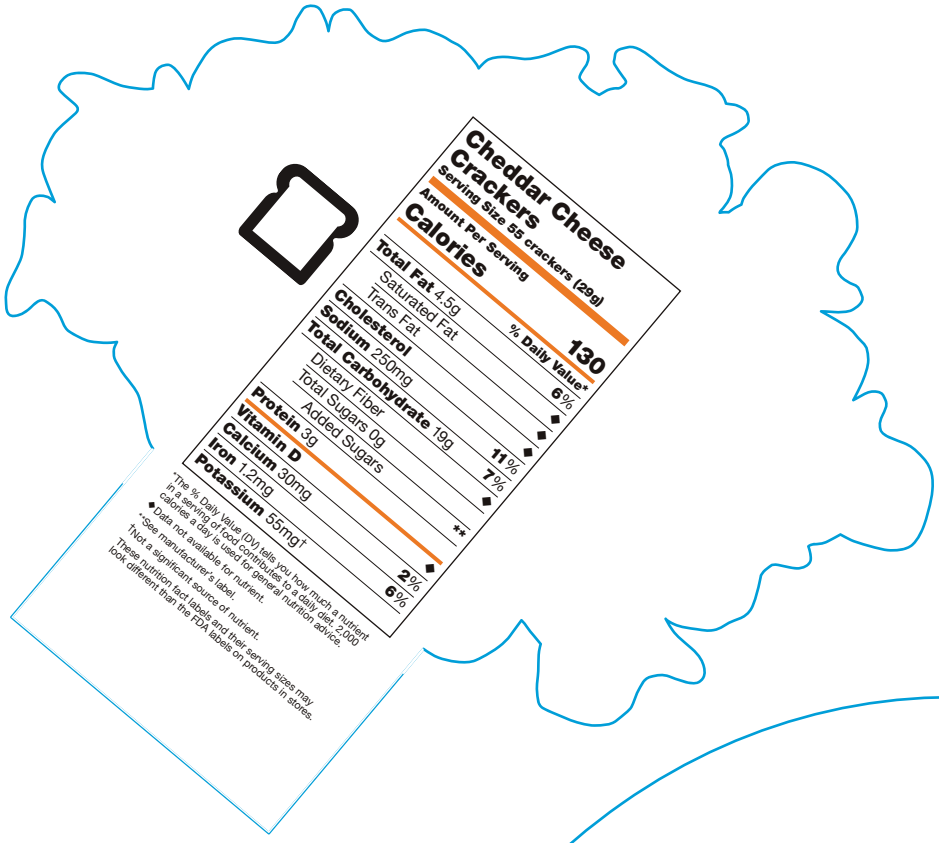


HAMBURGER BUN
½ roll

CHEDDAR CHEESE CRACKERS
55 crackers

BRAN FLAKES
1 cup


Cheddar Cheese Crackers
Serving Size 55 crackers (29g)
Amount Per Serving
Calories 130
% Daily Value*
Total Fat 4.5g 6%
Saturated Fat
Trans Fat
Cholesterol
Sodium 250mg 11%
Total Carbohydrate 19g 7%
Dietary Fiber
Total Sugars 0g
Added Sugars **
Protein 3g
Vitamin D
Calcium 30mg 2%
Iron 1.2mg 6%
Potassium 55mg† ◆
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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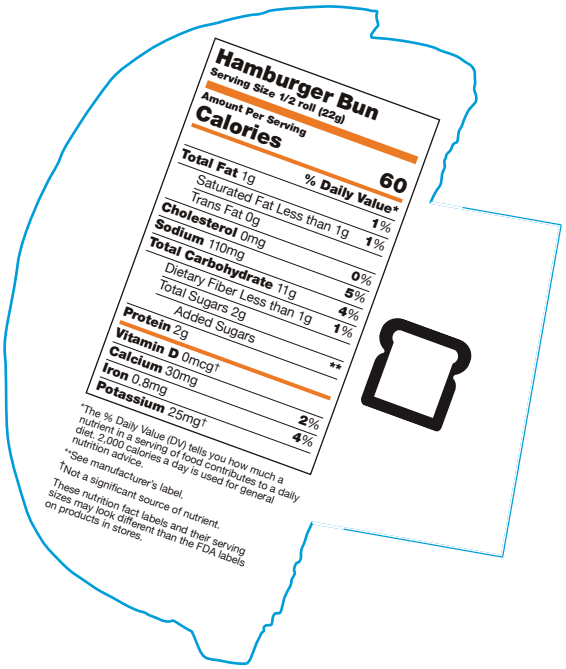
Hamburger Bun
Serving Size 1/2 roll (22g)
Amount Per Serving
Calories 60
% Daily Value*
Total Fat 1g 1%
Saturated Fat Less than 1g
Trans Fat 0g
Cholesterol 0mg 1%
Sodium 110mg 0%
Total Carbohydrate 11g 5%
Dietary Fiber Less than 1g 4%
Total Sugars 2g 1%
Added Sugars
Protein 2g
Vitamin D 0mcg† **
Calcium 30mg 2%
Iron 0.8mg 4%
Potassium 25mg†
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**See manufacturer's label.
†Not a significant source of nutrient.
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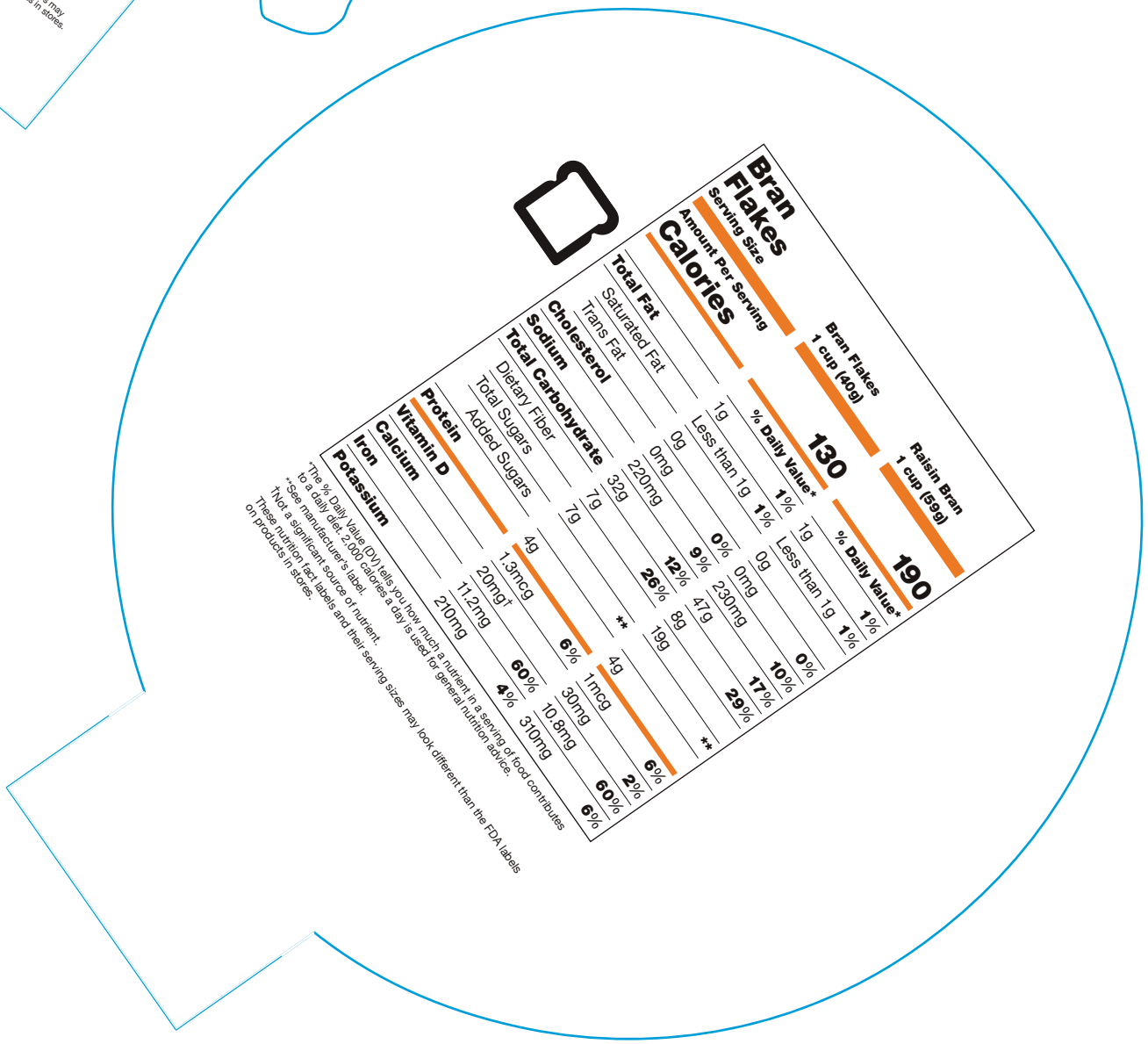
Bran Flakes
Serving Size
Amount Per Serving
Calories
Bran Flakes 1 cup (40g)
% Daily Value*
130
Raisin Bran 1 cup (59g)
190
Total Fat
Saturated Fat 1g 1%
Trans Fat Less than 1g
Cholesterol 0mg 0%
Sodium 220mg 9%
Total Carbohydrate 32g 12%
Dietary Fiber 7g 26%
Total Sugars
Added Sugars 7g **
Protein 4g
Vitamin D 1.3mcg 6%
Calcium 20mg† 2%
Iron 112mg 60%
Potassium 210mg 4%
Total Fat 4g 6%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 230mg 10%
Total Carbohydrate 47g 17%
Dietary Fiber 8g 29%
Total Sugars 19g
Added Sugars **
Protein 4g
Vitamin D 1mcg 6%
Calcium 30mg 2%
Iron 10.8mg 60%
Potassium 310mg 6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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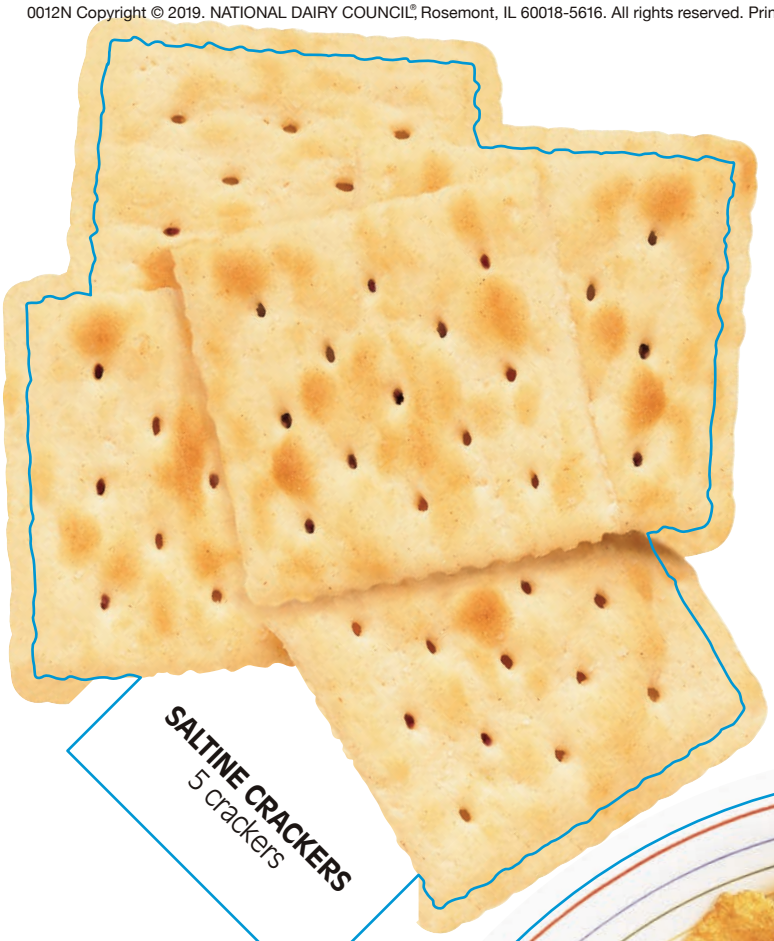
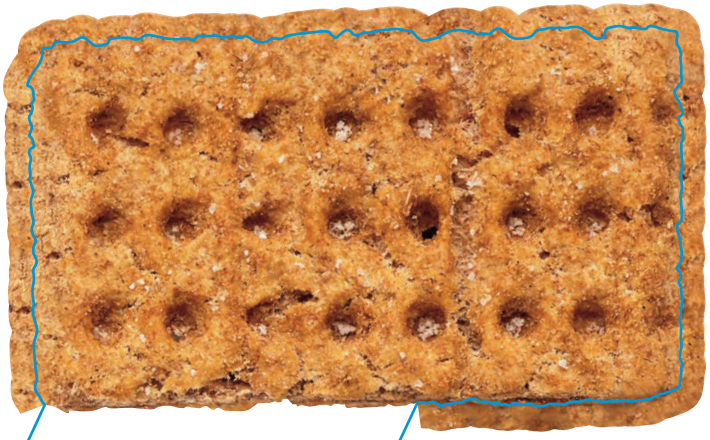
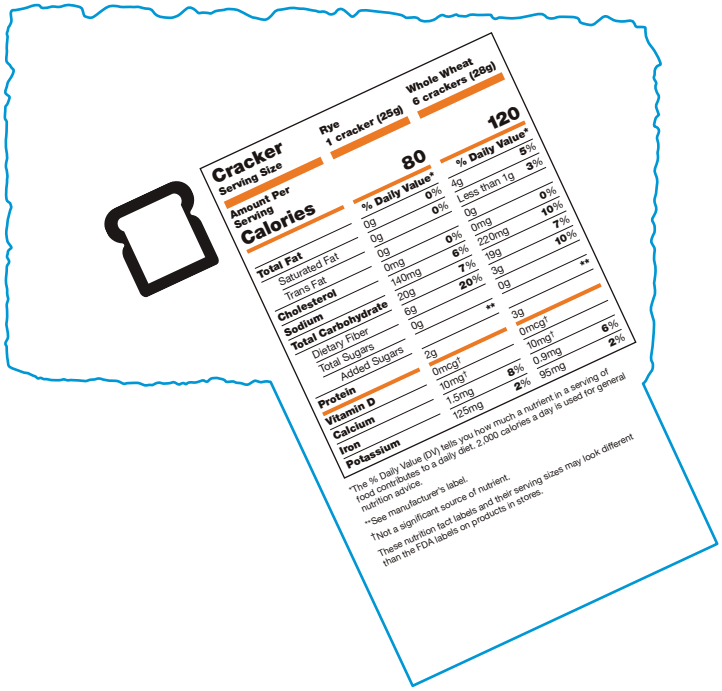


SALTINE CRACKERS
5 crackers



RYE CRACKER
1 cracker

CORN FLAKES
1 cup



Cracker
Serving Size

Amount Per Serving	Rye 1 cracker (25g)	Whole Wheat 6 crackers (28g)
Calories	**80**	**120**
	% Daily Value*	% Daily Value*
Total Fat	0g **0%**	4g **5%**
Saturated Fat	0g **0%**	Less than 1g **3%**
Trans Fat	0g	0g
Cholesterol	0mg **0%**	0mg **0%**
Sodium	140mg **6%**	220mg **10%**
Total Carbohydrate	20g **7%**	19g **7%**
Dietary Fiber	0g **0%**	3g **10%**
Total Sugars	6g	0g
Added Sugars		****
Protein	2g	3g
Vitamin D	0mcg† **0%**	0mcg† **0%**
Calcium	10mg† **0%**	10mg† **6%**
Iron	1.5mg **8%**	0.9mg **2%**
Potassium	125mg **2%**	95mg **2%**

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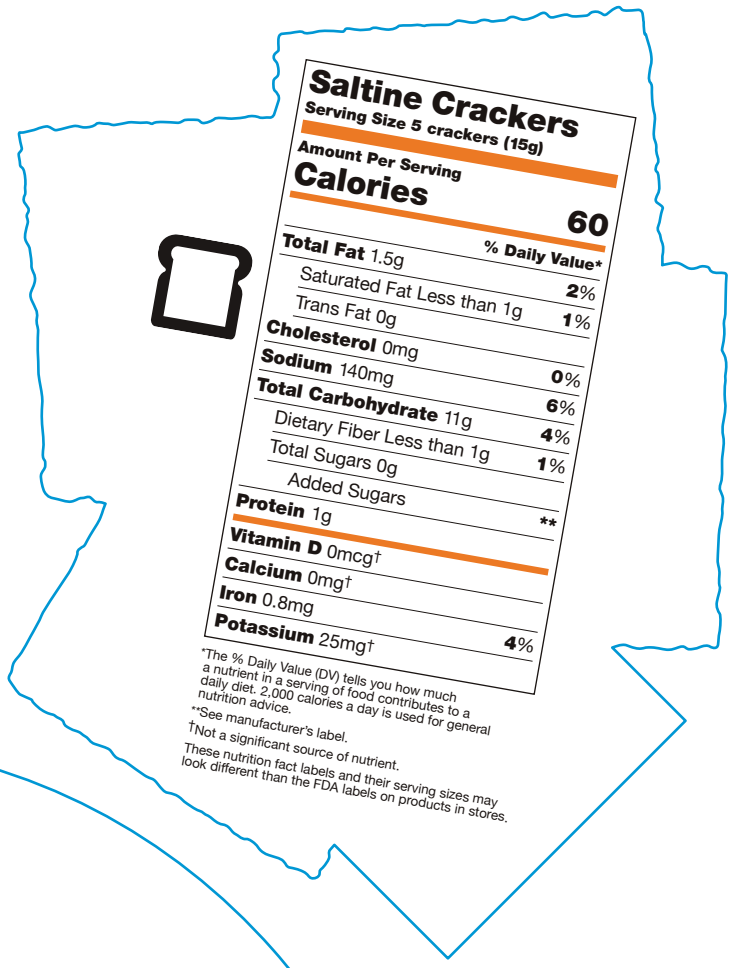

Saltine Crackers
Serving Size 5 crackers (15g)

Amount Per Serving
Calories 60

	% Daily Value*
Total Fat 1.5g	
Saturated Fat Less than 1g	**2%**
Trans Fat 0g	**1%**
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 11g	**4%**
Dietary Fiber Less than 1g	**1%**
Total Sugars 0g	
Added Sugars	**
Protein 1g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.8mg	
Potassium 25mg†	**4%**

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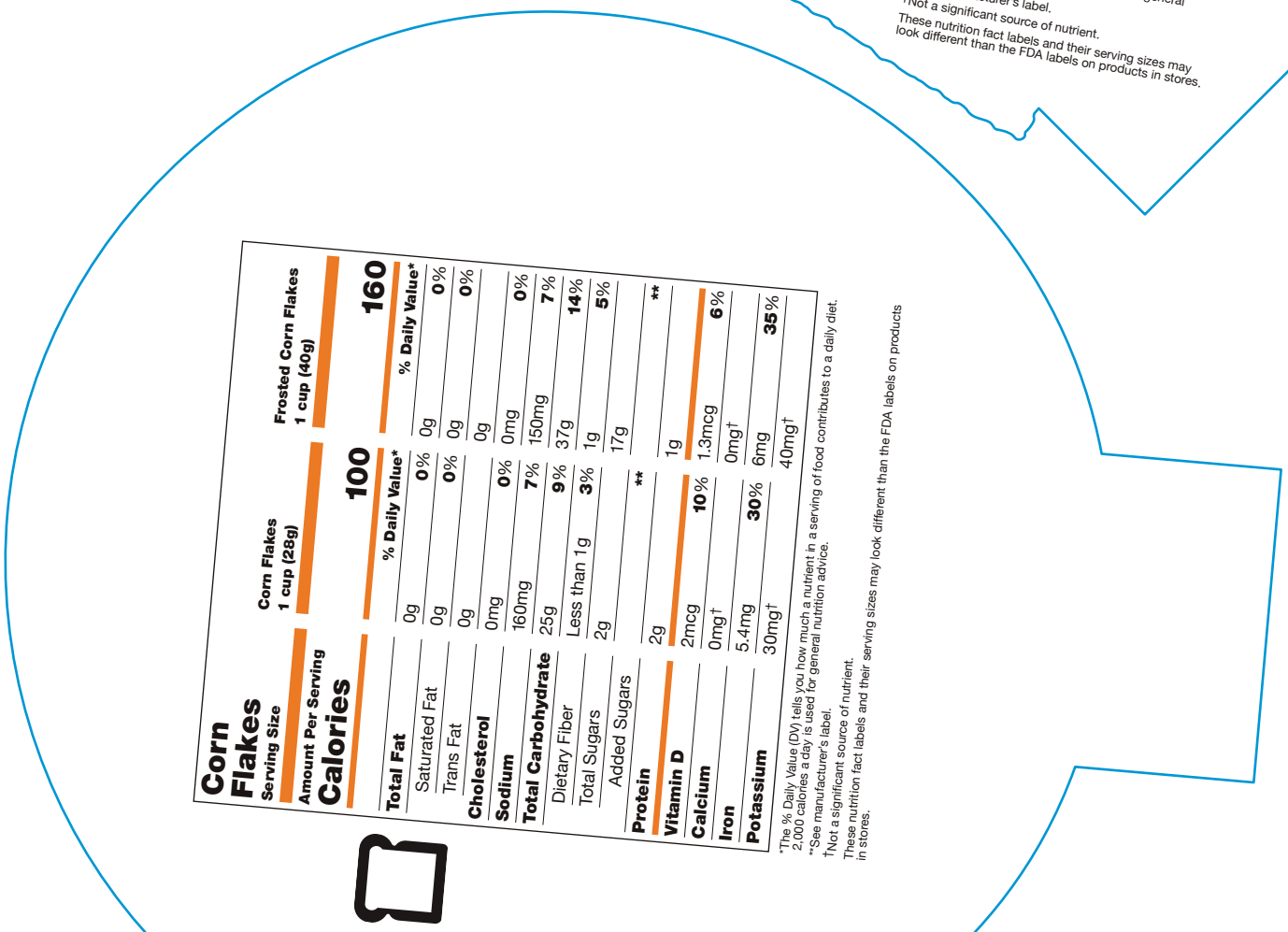

Corn Flakes
Serving Size

Amount Per Serving	Corn Flakes 1 cup (28g)	Frosted Corn Flakes 1 cup (40g)
Calories	**100**	**160**
	% Daily Value*	% Daily Value*
Total Fat	0g **0%**	0g **0%**
Saturated Fat	0g **0%**	0g **0%**
Trans Fat	0g	0g
Cholesterol	0mg **0%**	0mg **0%**
Sodium	160mg **7%**	150mg **7%**
Total Carbohydrate	25g **9%**	37g **14%**
Dietary Fiber	Less than 1g **3%**	1g **5%**
Total Sugars	2g	17g
Added Sugars	**	**
Protein	2g	1g
Vitamin D	2mcg **10%**	1.3mcg **6%**
Calcium	0mg†	0mg†
Iron	5.4mg **30%**	6mg **35%**
Potassium	30mg†	40mg†

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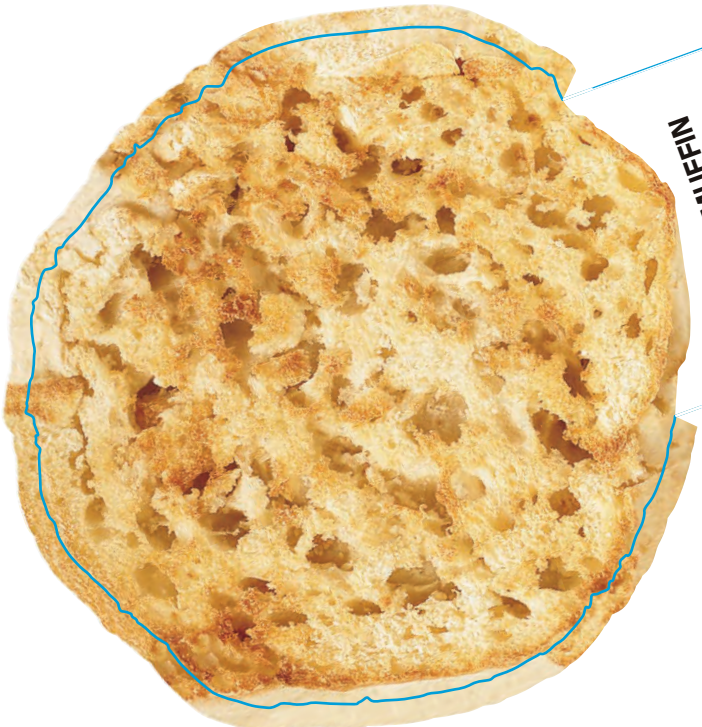
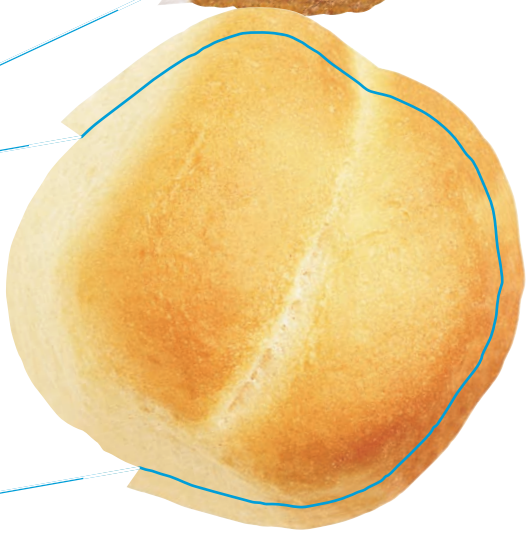
GRANOLA
¼ cup

BRAN MUFFIN
1 small



ENGLISH MUFFIN
½ muffin



DINNER ROLL
1 small

Granola
Serving Size 1/4 cup (1 oz) (28g)
Amount Per Serving
Calories 140

	% Daily Value*
Total Fat 7g	
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 6g	
Added Sugars	12%
Protein 4g	6%
Vitamin D 0mcg†	0%
Calcium 20mg†	2%
Iron 1.1mg	6%
Potassium 150mg	4%

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Bran Muffin
Serving Size 1 small (66g)
Amount Per Serving
Calories 180

	% Daily Value*
Total Fat 5g	
Saturated Fat Less than 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 9g	
Added Sugars	**
Protein 5g	
Vitamin D 0mcg†	4%
Calcium 40mg	15%
Iron 2.8mg	8%
Potassium 340mg	

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English Muffin
Serving Size 1/2 muffin (28g)
Amount Per Serving
Calories 70

	% Daily Value*
Total Fat	
Saturated Fat Less than 1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber Less than 1g	3%
Total Sugars Less than 1g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	4%
Calcium 50mg	6%
Iron 1.2mg	
Potassium 35mg	

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Dinner Roll
Serving Size 1 small (28g)
Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 2g	
Saturated Fat Less than 1g	2%
Trans Fat 0g	
Cholesterol 0mg	2%
Sodium 130mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber Less than 1g	2%
Total Sugars 2g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	4%
Calcium 50mg	6%
Iron 1mg	
Potassium 40mg†	

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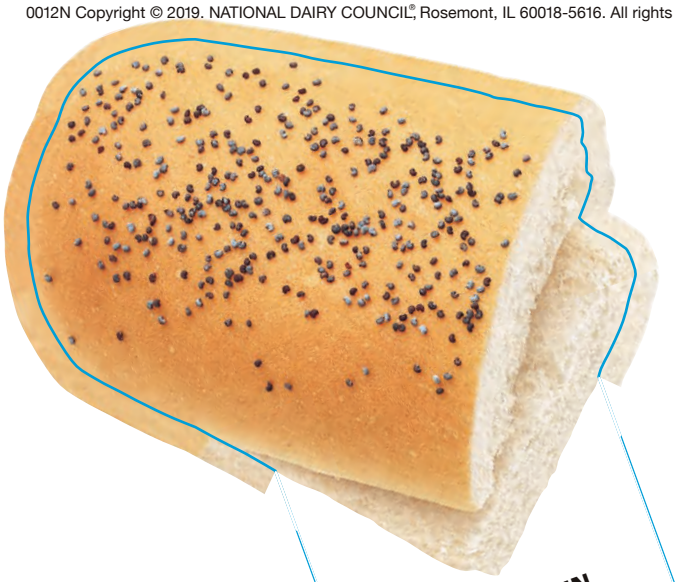
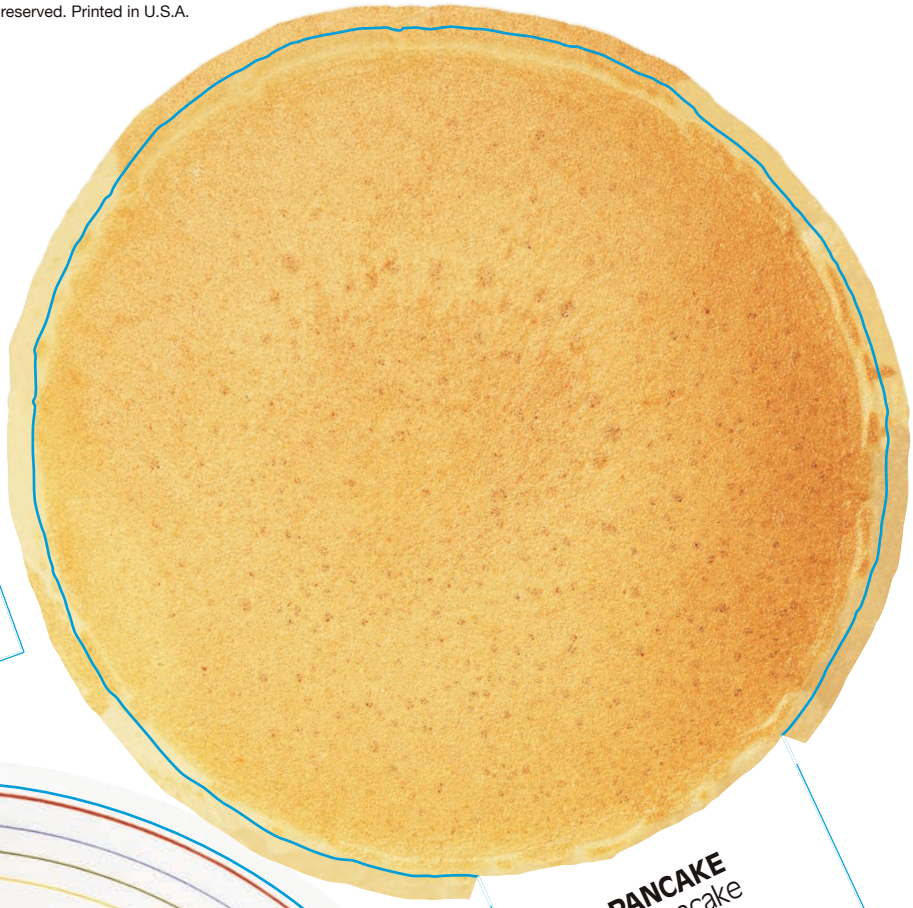
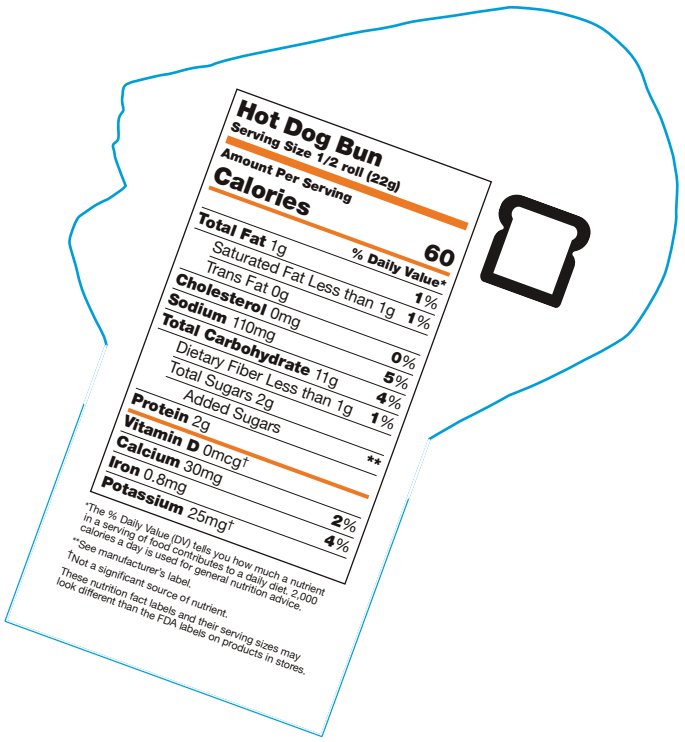


HOT DOG BUN
½ roll



PANCAKE
4" pancake

OATMEAL
½ cup



Hot Dog Bun
Serving Size 1/2 roll (22g)
Amount Per Serving
Calories 60

	% Daily Value*
Total Fat 1g	1%
Saturated Fat Less than 1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber Less than 1g	1%
Total Sugars 2g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	2%
Calcium 30mg	4%
Iron 0.8mg	
Potassium 25mg†	

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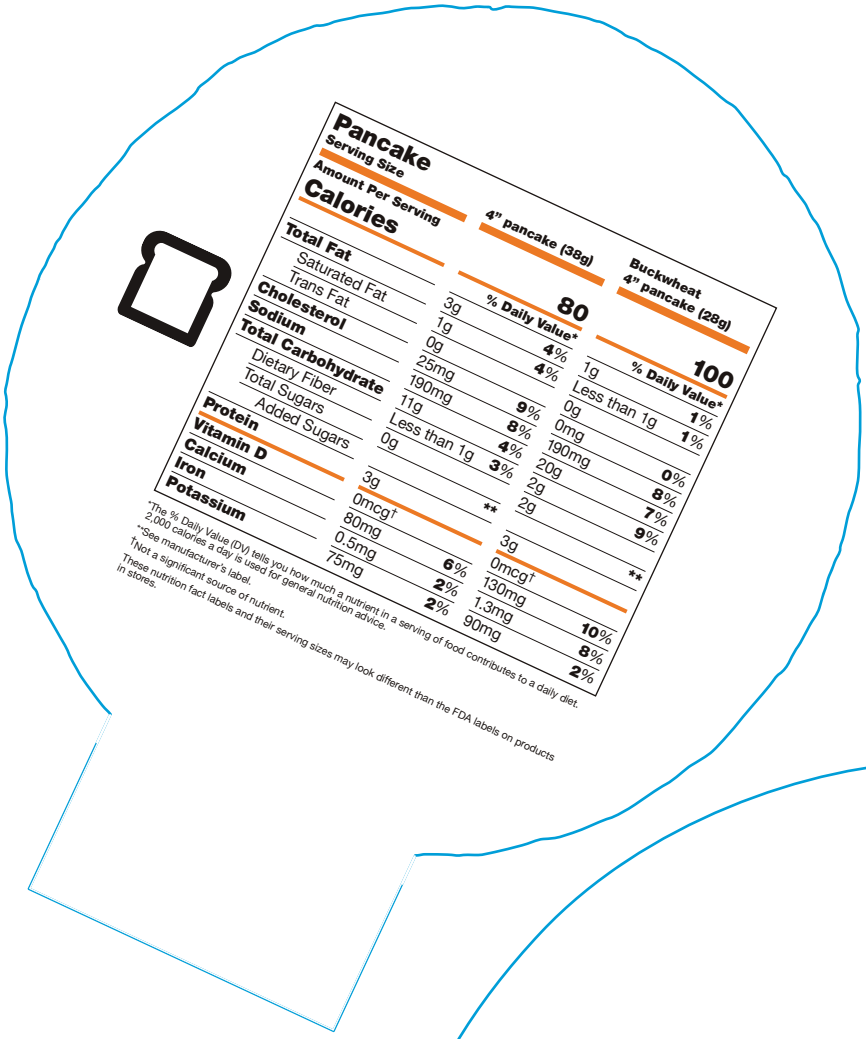

Pancake
Serving Size 4" pancake (38g)
Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 190mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber Less than 1g	3%
Total Sugars 0g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	6%
Calcium 80mg	2%
Iron 0.5mg	2%
Potassium 75mg	

Buckwheat 4" pancake (28g)

	% Daily Value*
1g	1%
Less than 1g	1%
0g	
0mg	0%
190mg	8%
20g	7%
2g	9%
2g	
	**
3g	
0mcg†	10%
130mg	8%
1.3mg	2%
90mg	

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**See manufacturer's label.
†Not a significant source of nutrient.
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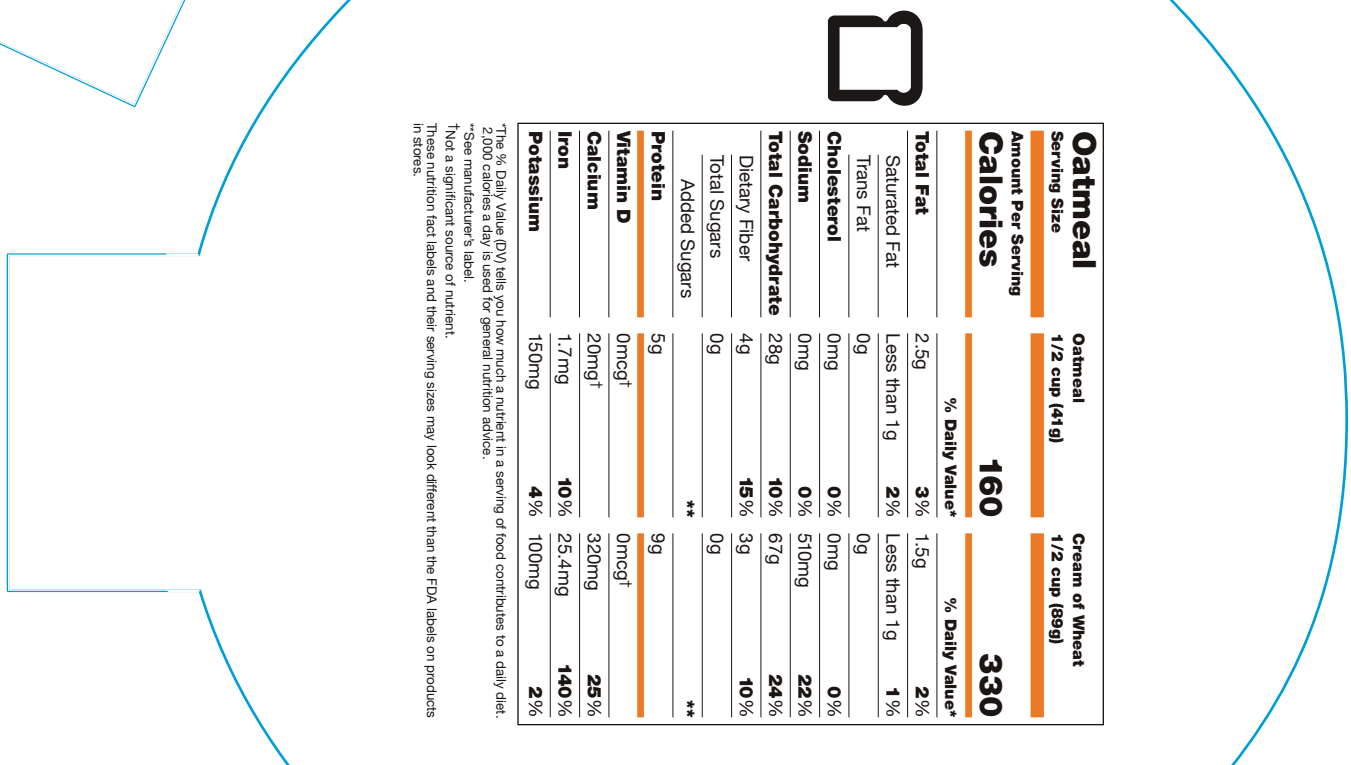

Oatmeal
Serving Size Oatmeal 1/2 cup (41g) | Cream of Wheat 1/2 cup (89g)
Amount Per Serving
Calories 160 | 330

	% Daily Value*		% Daily Value*
Total Fat 2.5g	3%	1.5g	2%
Saturated Fat Less than 1g	2%	Less than 1g	1%
Trans Fat 0g		0g	
Cholesterol 0mg	0%	0mg	0%
Sodium 0mg	0%	510mg	22%
Total Carbohydrate 28g	10%	67g	24%
Dietary Fiber 4g	15%	3g	10%
Total Sugars 0g		0g	
Added Sugars	**		**
Protein 5g		9g	
Vitamin D 0mcg†	0%	0mcg†	0%
Calcium 20mg†	2%	320mg	25%
Iron 1.7mg	10%	25.4mg	140%
Potassium 150mg	4%	100mg	2%

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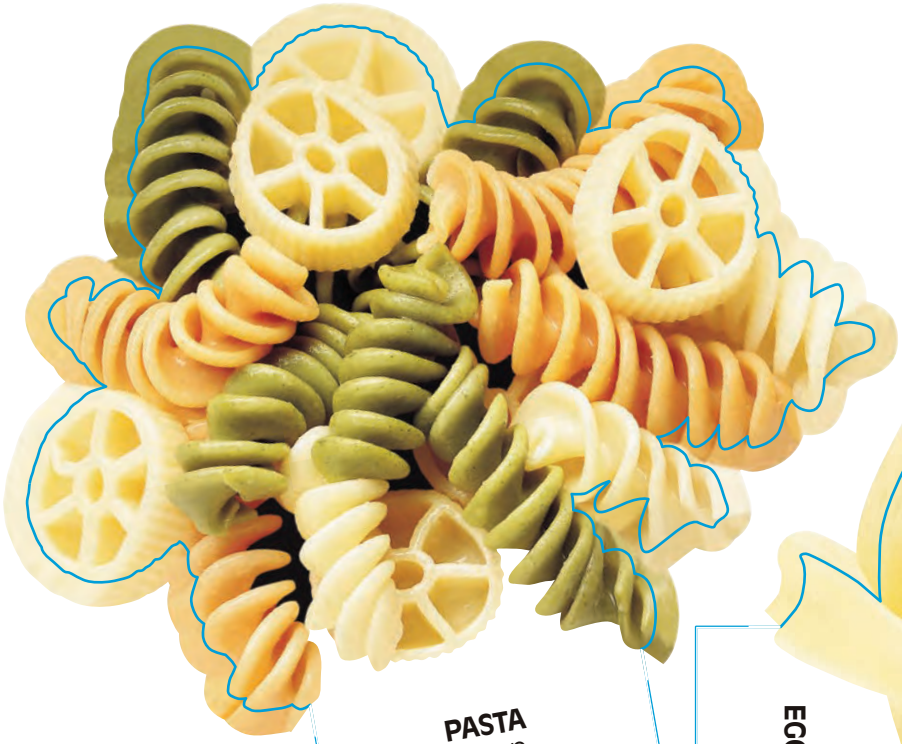
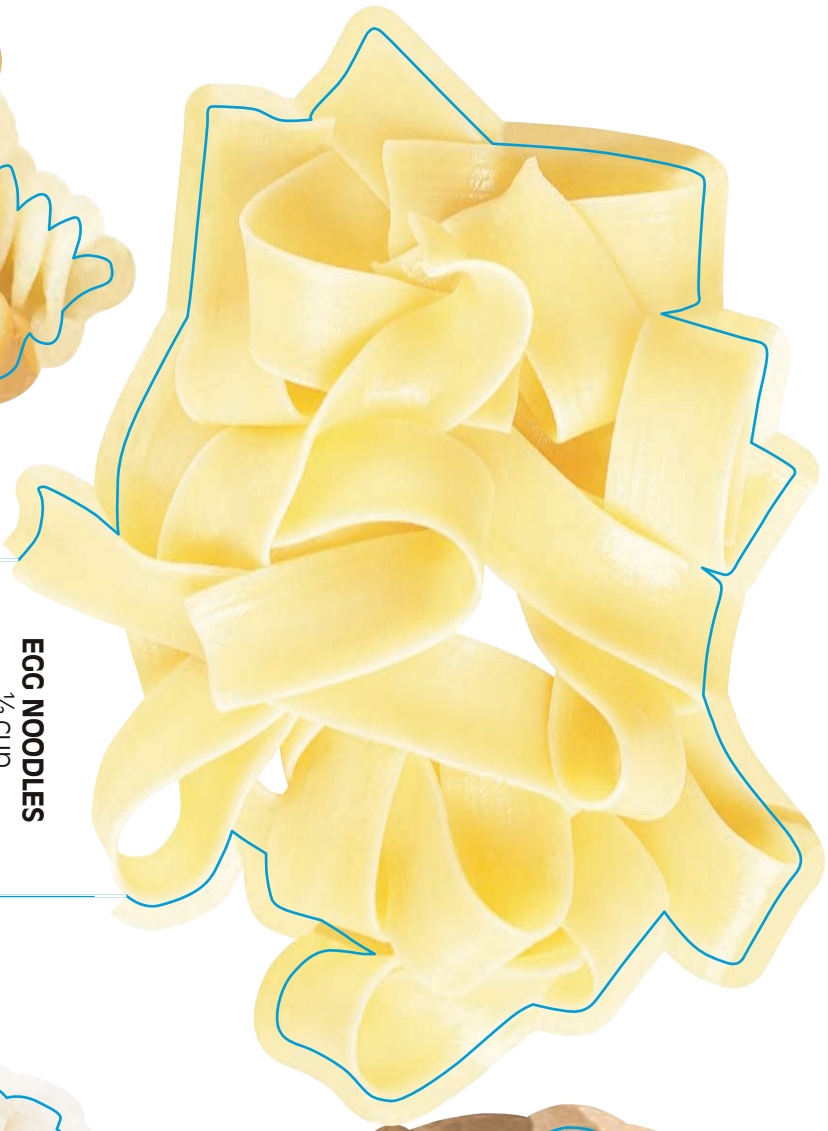


PASTA
½ cup



EGG NOODLES
½ cup

RICE
½ cup

SOBA NOODLES
½ cup

Egg Noodles

Serving Size 1/2 cup (80g)

Amount Per Serving	
Calories	**110**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat Less than 1g	**2%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 0mg	**0%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Added Sugars	**
Protein 4g	
Vitamin D 0.1mcg†	
Calcium 10mg†	**6%**
Iron 1.2mg	
Potassium 30mg†	

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Pasta

Serving Size	Plain 1/2 cup (60g)		Vegetable 1/2 cup (67g)	
Amount Per Serving				
Calories	**100**		**90**	
		% Daily Value*		**% Daily Value***
Total Fat	Less than 1g	**1%**	0g	**0%**
Saturated Fat	Less than 1g	**1%**	0g	**0%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	0mg	**0%**	0mg	**6%**
Total Carbohydrate	19g	**7%**	18g	**10%**
Dietary Fiber	1g	**4%**	3g	
Total Sugars	0g		Less than 1g	**
Added Sugars		**		
Protein	3g		3g	
Vitamin D	0mcg†		0mcg†	
Calcium	0mg†	**4%**	10mg†	
Iron	0.8mg		0.3mg†	
Potassium	25mg†		20mg†	

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Soba Noodles

Serving Size 1/2 cup (57g)

Amount Per Serving	
Calories	**60**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**1%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.3mg†	
Potassium 20mg†	

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Rice

Serving Size	White 1/2 cup (79g)		Long Grain Brown 1/2 cup (101g)		Wild 1/2 cup (82g)	
Amount Per Serving						
Calories	**100**		**120**		**80**	
		% Daily Value*		**% Daily Value***		**% Daily Value***
Total Fat	0g	**0%**	1g	**1%**	0g	**0%**
Saturated Fat	0g	**0%**	Less than 1g	**1%**	0g	**0%**
Trans Fat	0g		0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**	0mg	**0%**
Sodium	0mg	**0%**	0mg	**0%**	0mg	**0%**
Total Carbohydrate	22g	**8%**	26g	**9%**	18g	**6%**
Dietary Fiber	Less than 1g	**1%**	2g	**6%**	2g	**5%**
Total Sugars	0g		Less than 1g		Less than 1g	
Added Sugars	0g	**0%**	0g	**0%**	0g	**0%**
Protein	2g		3g		3g	
Vitamin D	0mcg†		0mcg†		0mcg†	
Calcium	10mg†		0mg†		0mg†	
Iron	1mg	**6%**	0.6mg	**4%**	0.5mg	**2%**
Potassium	30mg†		85mg	**2%**	85mg	**2%**

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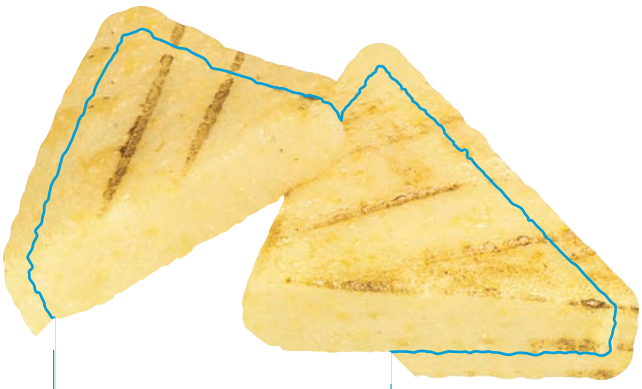
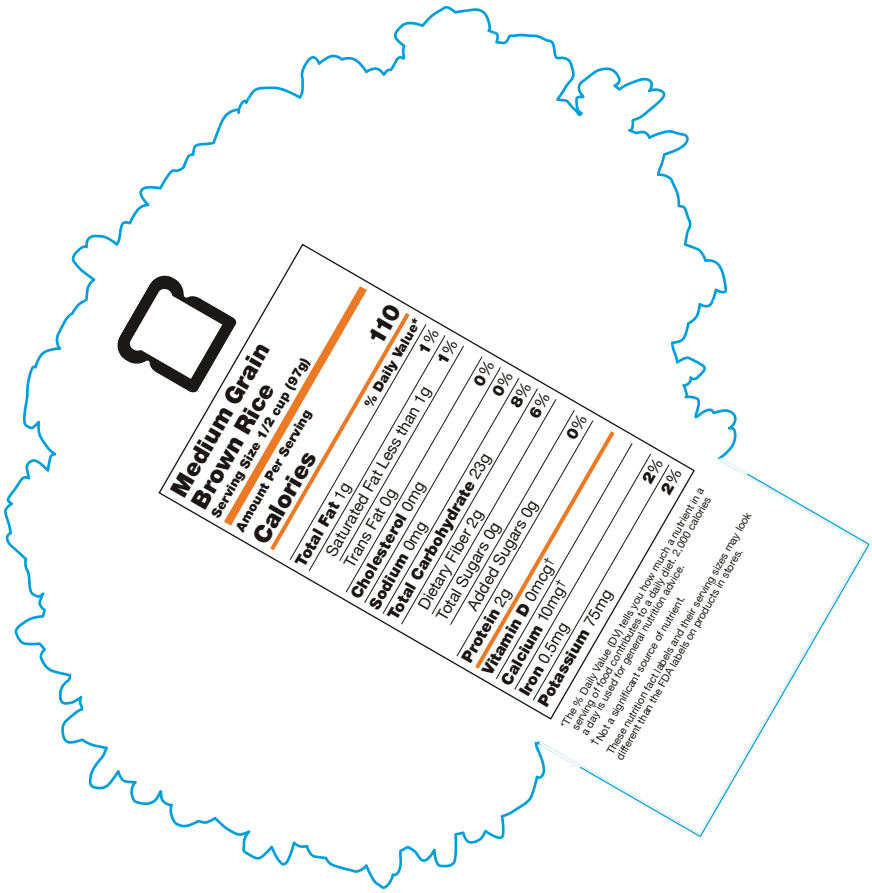


POLENTA
½ cup

BROWN RICE
½ cup

COUSCOUS
½ cup

WHOLE WHEAT DINNER ROLL
1 small



Medium Grain Brown Rice
Serving Size 1/2 cup (97g)
Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 1g	1%
Saturated Fat Less than 1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	6%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 2g	
Vitamin D 0mcg†	0%
Calcium 10mg†	2%
Iron 0.5mg	2%
Potassium 75mg	

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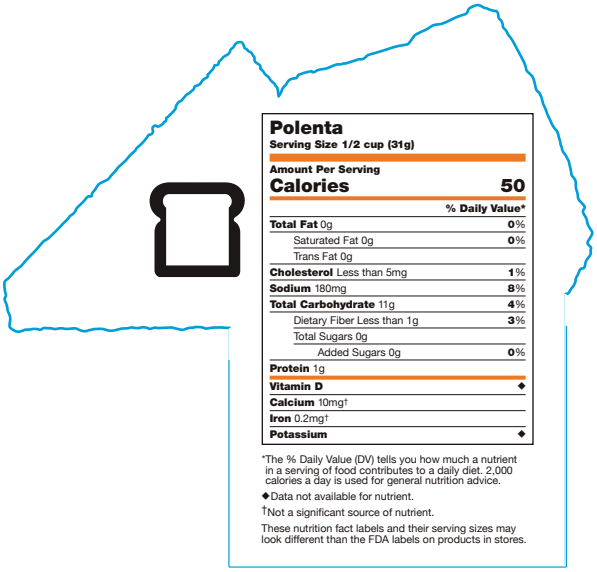

Polenta
Serving Size 1/2 cup (31g)
Amount Per Serving
Calories 50

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	1%
Sodium 180mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber Less than 1g	3%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 1g	
Vitamin D	◆
Calcium 10mg†	
Iron 0.2mg†	
Potassium	◆

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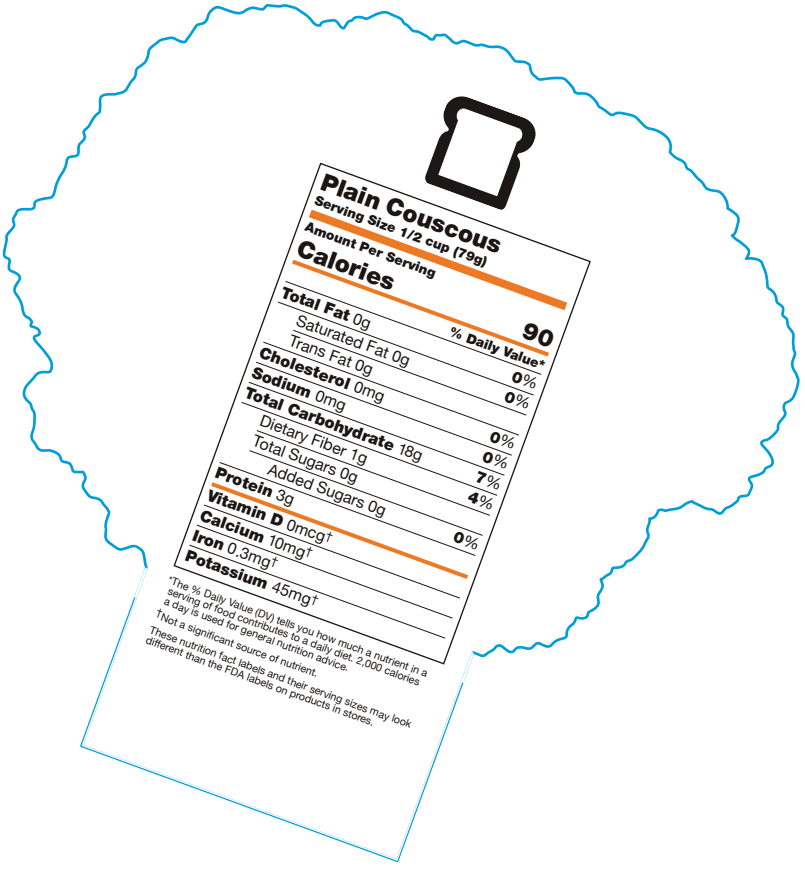

Plain Couscous
Serving Size 1/2 cup (79g)
Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 0g	
Added Sugars 0g	0%
Protein 3g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.3mg†	
Potassium 45mg†	

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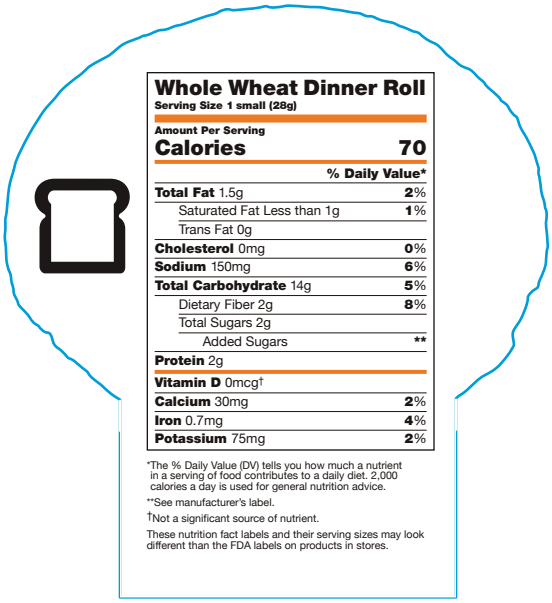

Whole Wheat Dinner Roll
Serving Size 1 small (28g)
Amount Per Serving
Calories 70

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat Less than 1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Total Sugars 2g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 75mg	2%

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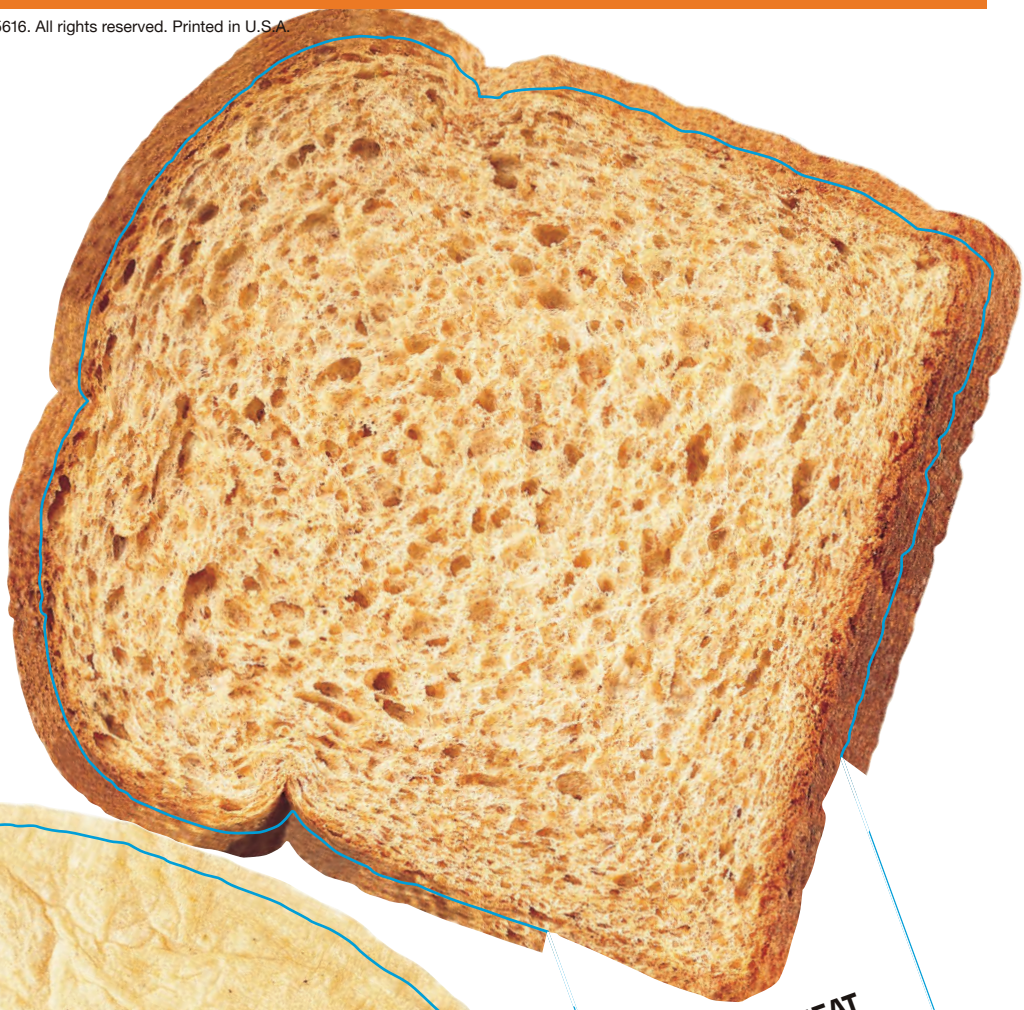
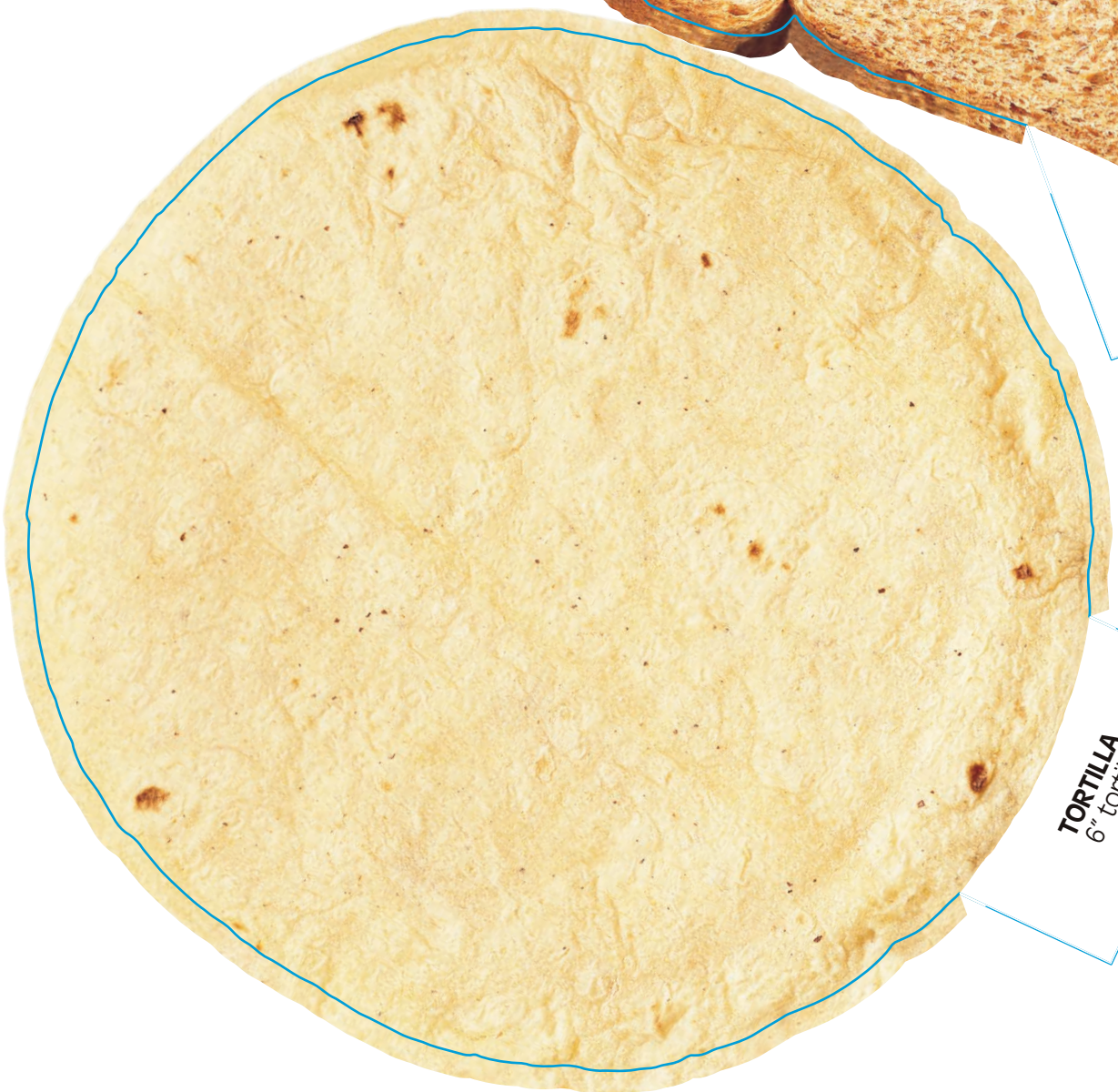
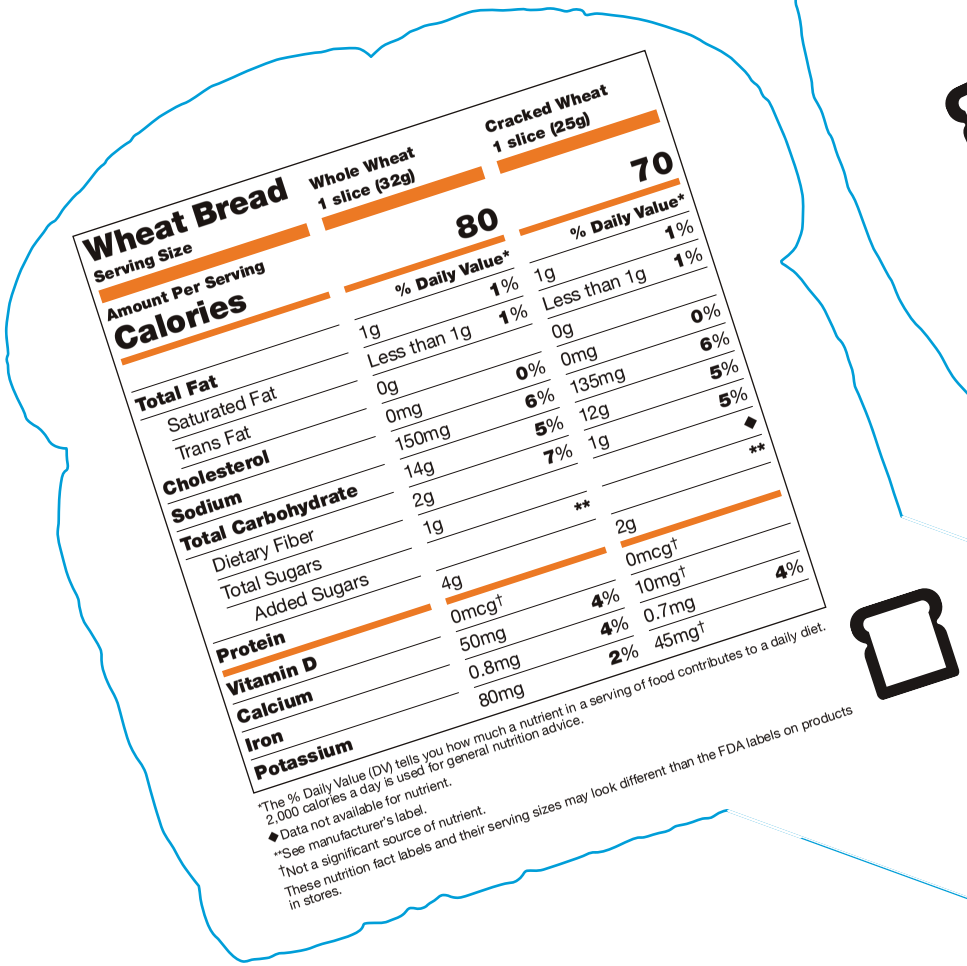


WHOLE WHEAT BREAD
1 slice



TORTILLA
6" tortilla

CARD 35



Wheat Bread	Whole Wheat 1 slice (32g)		Cracked Wheat 1 slice (25g)	
Serving Size				
Amount Per Serving				
Calories	80		70	
		% Daily Value*		% Daily Value*
Total Fat	1g	1%	1g	1%
Saturated Fat	Less than 1g	1%	Less than 1g	1%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	150mg	6%	135mg	6%
Total Carbohydrate	14g	5%	12g	5%
Dietary Fiber	2g	7%	1g	◆
Total Sugars	1g	**		**
Added Sugars	4g		2g	
Protein	0mcg†		0mcg†	
Vitamin D	50mg	4%	10mg†	4%
Calcium	0.8mg	4%	0.7mg	
Iron	80mg	2%	45mg†	
Potassium				

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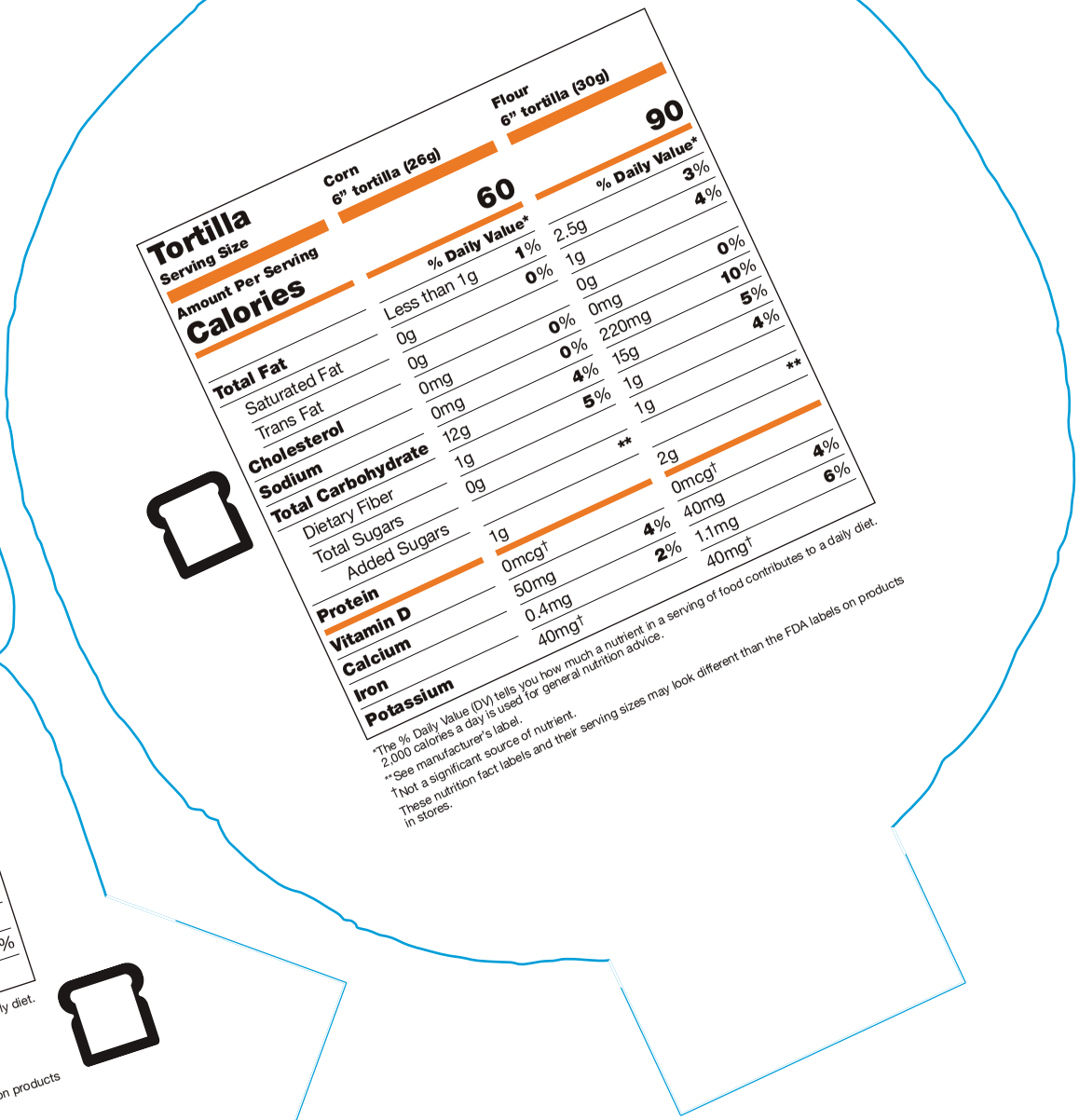

Tortilla	Corn 6" tortilla (26g)		Flour 6" tortilla (30g)	
Serving Size				
Amount Per Serving				
Calories	60		90	
		% Daily Value*		% Daily Value*
Total Fat	Less than 1g	1%	2.5g	3%
Saturated Fat	0g	0%	1g	4%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	12g	4%	220mg	10%
Total Carbohydrate	1g	5%	15g	5%
Dietary Fiber	0g	**	1g	4%
Total Sugars	1g		1g	**
Added Sugars	0mcg†		2g	
Protein	50mg	4%	0mcg†	
Vitamin D	0.4mg	2%	40mg	4%
Calcium	40mg†		1.1mg	6%
Iron			40mg†	
Potassium				

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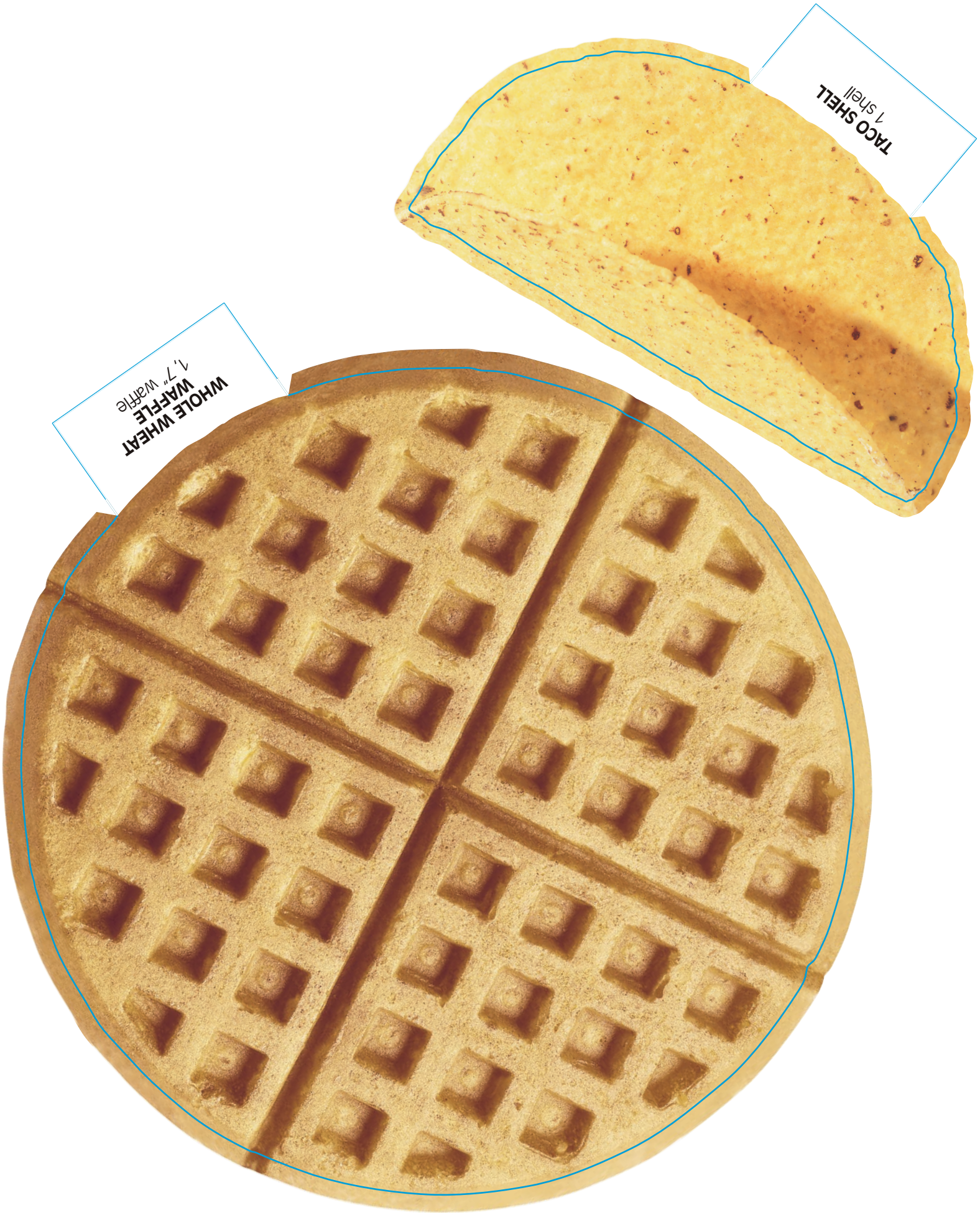

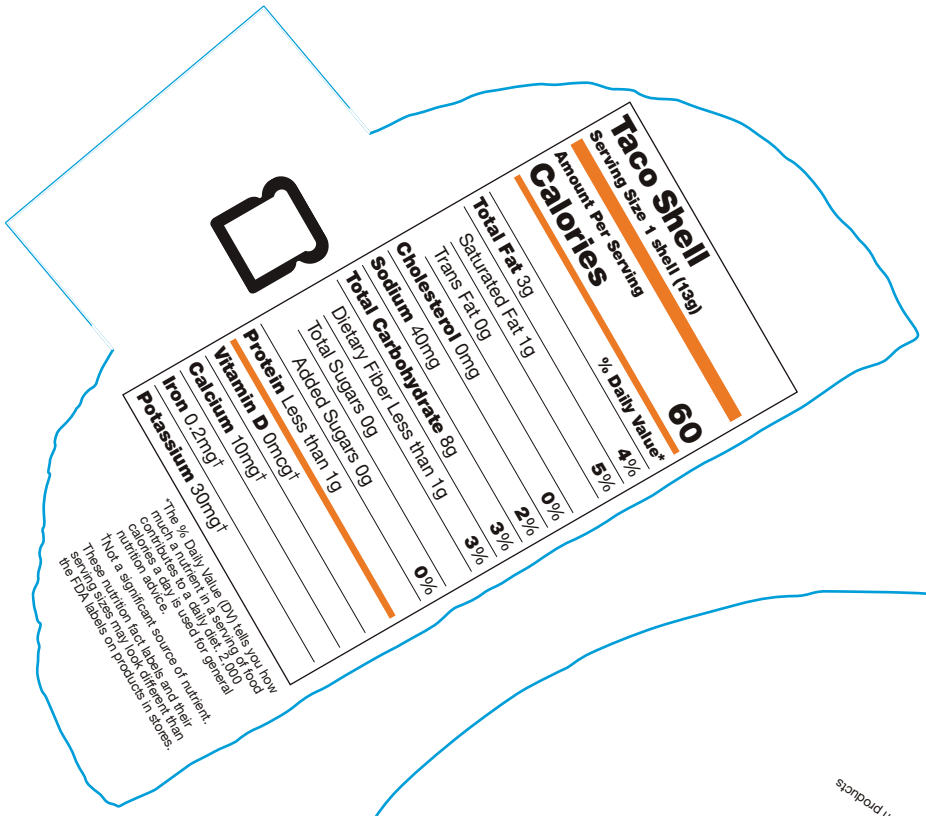

Taco Shell

Serving Size 1 shell (13g)

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber Less than 1g	3%
Total Sugars 0g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.2mg†	
Potassium 30mg†	

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†Not a significant source of nutrient.

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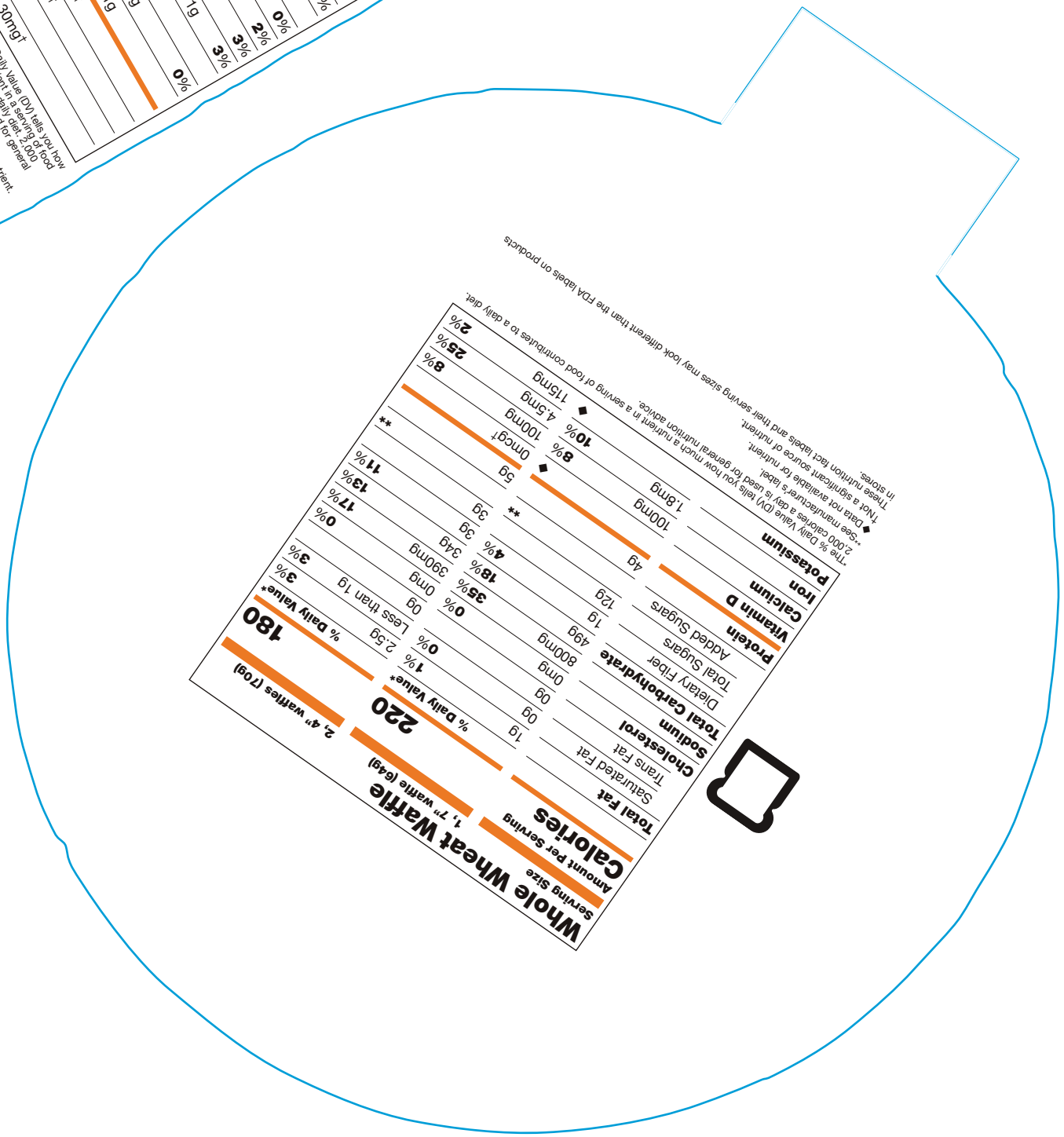

Whole Wheat Waffle

Serving Size 1, 7" waffle (64g)

Amount Per Serving

Calories 220

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	35%
Total Carbohydrate 49g	18%
Dietary Fiber 1g	4%
Total Sugars 12g	
Added Sugars 0g	0%
Protein 4g	
Vitamin D 0mcg†	0%
Calcium 100mg	8%
Iron 1.8mg	10%
Potassium 100mg	2%

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†Not a significant source of nutrient.

‡Data not available for this nutrient.

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180 2, 4" waffles (76g)

	% Daily Value*
2.5g	3%
Less than 1g	
0mg	0%
390mg	17%
34g	13%
3g	11%
3g	
0g	
5g	
0mcg†	0%
90mg	8%
4.3mg	25%
115mg	2%

CHICKEN CHOW MEIN
1 cup

VEGETABLE SPRING ROLL
1 roll

VEGETABLE FRIED RICE
1 cup

Chicken Chow Mein
Serving Size 1 cup (250g)
Amount Per Serving
Calories 210

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	9%
Total Sugars 4g	
Added Sugars 1g	2%
Protein 17g	◆
Vitamin D	4%
Calcium 50mg	10%
Iron 1.7mg	6%
Potassium 310mg	

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◆Data not available for nutrient.
†Not a significant source of nutrient.
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Vegetable Spring Roll
Serving Size 1 roll (68g)
Amount Per Serving
Calories 150

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	6%
Total Sugars 4g	
Added Sugars	**
Protein 4g	
Vitamin D 0mcg†	2%
Calcium 30mg	8%
Iron 1.3mg	4%
Potassium 150mg	

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Vegetable Fried Rice
Serving Size 1 cup (129g)
Amount Per Serving
Calories 150

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	8%
Total Sugars 2g	
Added Sugars	**
Protein 4g	
Vitamin D	◆
Calcium 20mg†	4%
Iron 0.7mg	
Potassium 20mg†	

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◆Data not available for nutrient.
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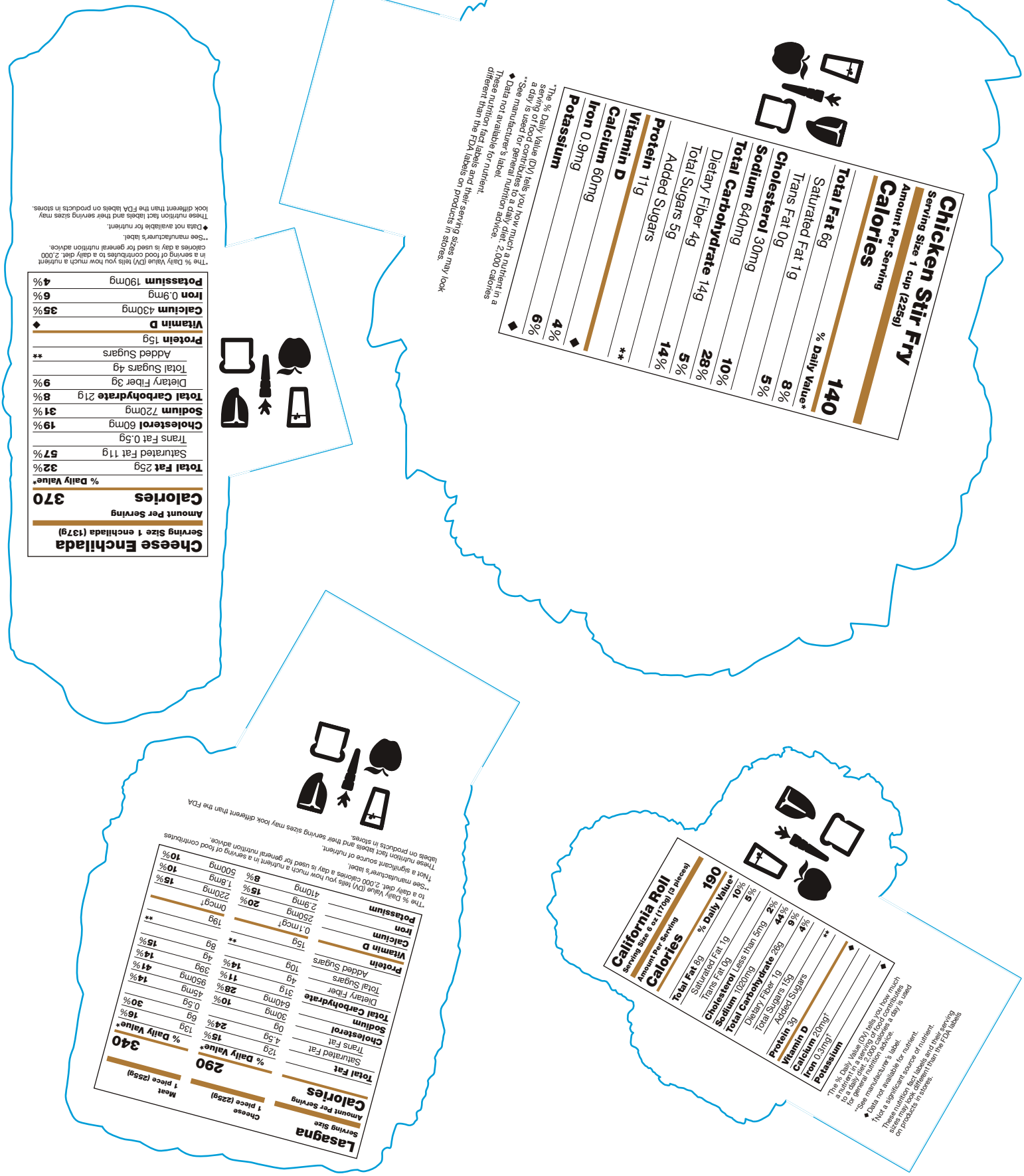
CHICKEN STIR-FRY
1 cup

CHEESE ENCHILADA
1 enchilada

LASAGNA
1 piece

CALIFORNIA ROLL
3 pieces

CARD 38



Chicken Stir Fry
Serving Size 1 cup (225g)
Amount Per Serving
Calories 140

	% Daily Value*
Total Fat 6g	
Saturated Fat 1g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 640mg	28%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Added Sugars	**
Protein 11g	
Vitamin D	◆
Calcium 60mg	4%
Iron 0.9mg	6%
Potassium	◆

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**See manufacturer's label.
◆ Data not available for nutrient.
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Cheese Enchilada
Serving Size 1 enchilada (137g)
Amount Per Serving
Calories 370

	% Daily Value*
Total Fat 25g	32%
Saturated Fat 11g	57%
Trans Fat 0.5g	
Cholesterol 60mg	19%
Sodium 720mg	31%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	9%
Total Sugars 4g	
Added Sugars	**
Protein 15g	
Vitamin D	◆
Calcium 430mg	35%
Iron 0.9mg	6%
Potassium 190mg	4%

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**See manufacturer's label.
◆ Data not available for nutrient.
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Lasagna
Serving Size

Amount Per Serving	Cheese 1 piece (225g)	% Daily Value*	Meat 1 piece (255g)	% Daily Value*
Calories	290		340	
Total Fat	12g	15%	19g	24%
Saturated Fat	4.5g	24%	6g	30%
Trans Fat	0g		0.5g	
Cholesterol	30mg	10%	45mg	14%
Sodium	640mg	28%	950mg	41%
Total Carbohydrate	31g	11%	39g	14%
Dietary Fiber	4g	14%	4g	15%
Total Sugars	10g		8g	
Added Sugars	**		**	
Protein	15g		19g	
Vitamin D	0.1mcg†	0%	0mcg†	0%
Calcium	250mg	20%	220mg	15%
Iron	2.9mg	15%	1.8mg	10%
Potassium	410mg	8%	500mg	10%

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California Roll
Serving Size 6 oz (170g) (8 pieces)
Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Less than 5mg	2%
Sodium 1020mg	44%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 15g	
Added Sugars	**
Protein 5g	
Vitamin D	◆
Calcium 20mg†	
Iron 0.3mg†	
Potassium	◆

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**See manufacturer's label.
◆ Data not available for nutrient.
†Not a significant source of nutrient.
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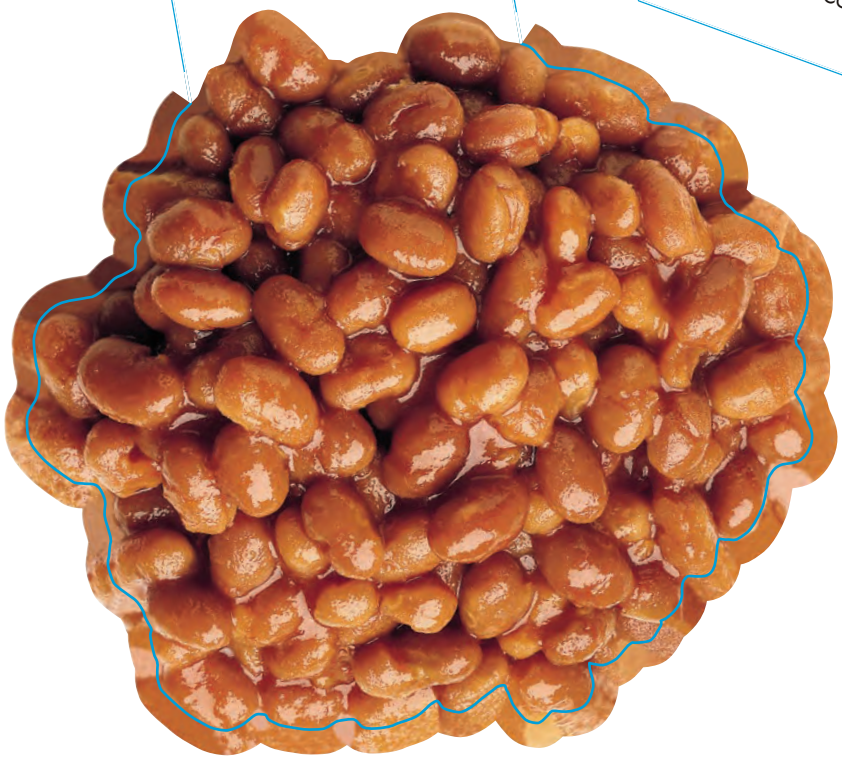
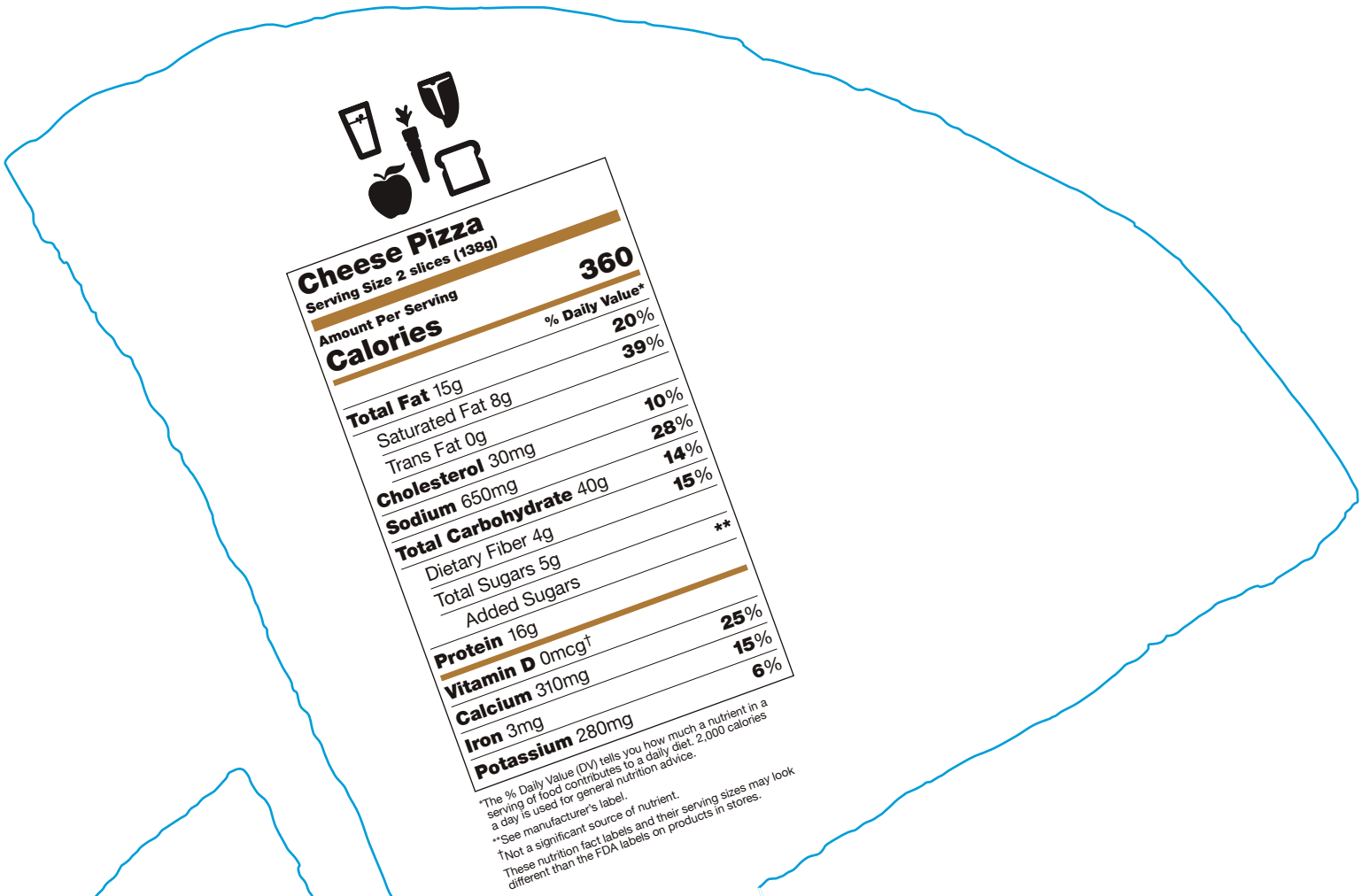
PIZZA
2 slices



BAKED BEANS
½ cups

TACO
1 taco



Cheese Pizza
Serving Size 2 slices (138g)

Amount Per Serving	
Calories	**360**
	% Daily Value*
Total Fat 15g	**20**%
Saturated Fat 8g	**39**%
Trans Fat 0g	
Cholesterol 30mg	**10**%
Sodium 650mg	**28**%
Total Carbohydrate 40g	**14**%
Dietary Fiber 4g	**15**%
Total Sugars 5g	
Added Sugars	**
Protein 16g	
Vitamin D 0mcg†	**25**%
Calcium 310mg	**15**%
Iron 3mg	**6**%
Potassium 280mg	

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Taco
Serving Size 1 taco (134g)

Amount Per Serving	
Calories	**290**
	% Daily Value*
Total Fat 14g	**19**%
Saturated Fat 6g	**30**%
Trans Fat 1g	
Cholesterol 45mg	**15**%
Sodium 680mg	**30**%
Total Carbohydrate 24g	**9**%
Dietary Fiber 2g	**7**%
Total Sugars 3g	
Added Sugars	**
Protein 17g	◆
Vitamin D	**10**%
Calcium 160mg	**15**%
Iron 2.5mg	**6**%
Potassium 330mg	

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◆Data not available for nutrient.
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Baked Beans

Amount per Serving	Canned with Pork 1/2 cup (127g)
Serving Size	
Calories	**120**
	% Daily Value*
Total Fat 1g	**1**%
Saturated Fat	0g **0**%
Trans Fat	
Cholesterol	0mg **0**%
Sodium	280mg **12**%
Total Carbohydrate	22g **8**%
Dietary Fiber	7g **25**%
Total Sugars	9g
Added Sugars	0g **0**%
Protein	6g
Vitamin D	0mcg **0**%
Calcium	70mg **6**%
Iron	2.2mg **10**%
Potassium	360mg **8**%

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SPAGHETTI WITH MEAT BALLS
1 cup

BURRITO
1 burrito

Spaghetti and Meatballs

Serving Size

Amount Per Serving

	Canned 1 cup (248g)	% Daily Value*	Homemade 1 cup (134g)	% Daily Value*
Calories	**250**		**230**	
Total Fat	11g	**18%**	10g	**15%**
Saturated Fat	4g	**24%**	3.5g	**21%**
Trans Fat	0g		0g	
Cholesterol	25mg	**8%**	15mg	**5%**
Sodium	470mg	**20%**	690mg	**30%**
Total Carbohydrate	21g	**8%**	28g	**10%**
Dietary Fiber	2g	**7%**	7g	**24%**
Total Sugars	3g	**	7g	**
Added Sugars	0g		0g	
Protein	11g		11g	
Vitamin D	0.5mcg	**4%**	0.5mcg	**2%**
Calcium	70mg	**6%**	70mg	**6%**
Iron	2.5mg	**15%**	2.5mg	**15%**
Potassium	530mg	**10%**	530mg	**10%**

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**See manufacturer's label.

◆Data not available for nutrient.

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Burrito

Serving Size

Amount Per Serving

	Bean 1 burrito (109g)	% Daily Value*	Beef 1 burrito (116g)	% Daily Value*
Calories	**220**		**350**	
Total Fat	7g	**9%**	14g	**18%**
Saturated Fat	3.5g	**17%** ◆	4.5g	**24%** ◆
Trans Fat	Less than 5mg	**1%**	10mg	**3%**
Cholesterol	490mg	**22%**	760mg	**33%**
Sodium	36g	**13%** ◆	45g	**16%**
Total Carbohydrate			8g	**29%**
Dietary Fiber			2g	
Total Sugars				
Added Sugars	7g	**	10g	**
Protein				
Vitamin D	60mg	**4%** ◆	50mg	**4%** ◆
Calcium	2.3mg	**15%**	3.6mg	**20%**
Iron	330mg	**6%**	310mg	**6%**
Potassium				

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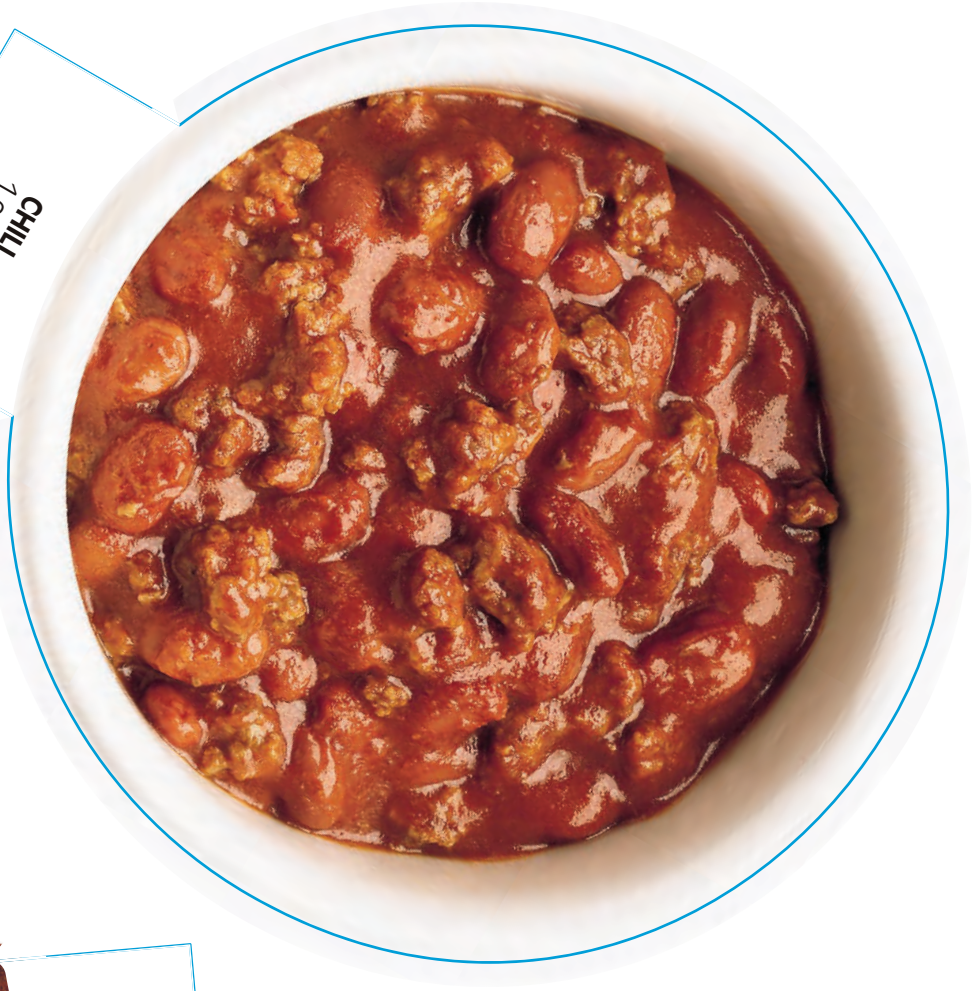
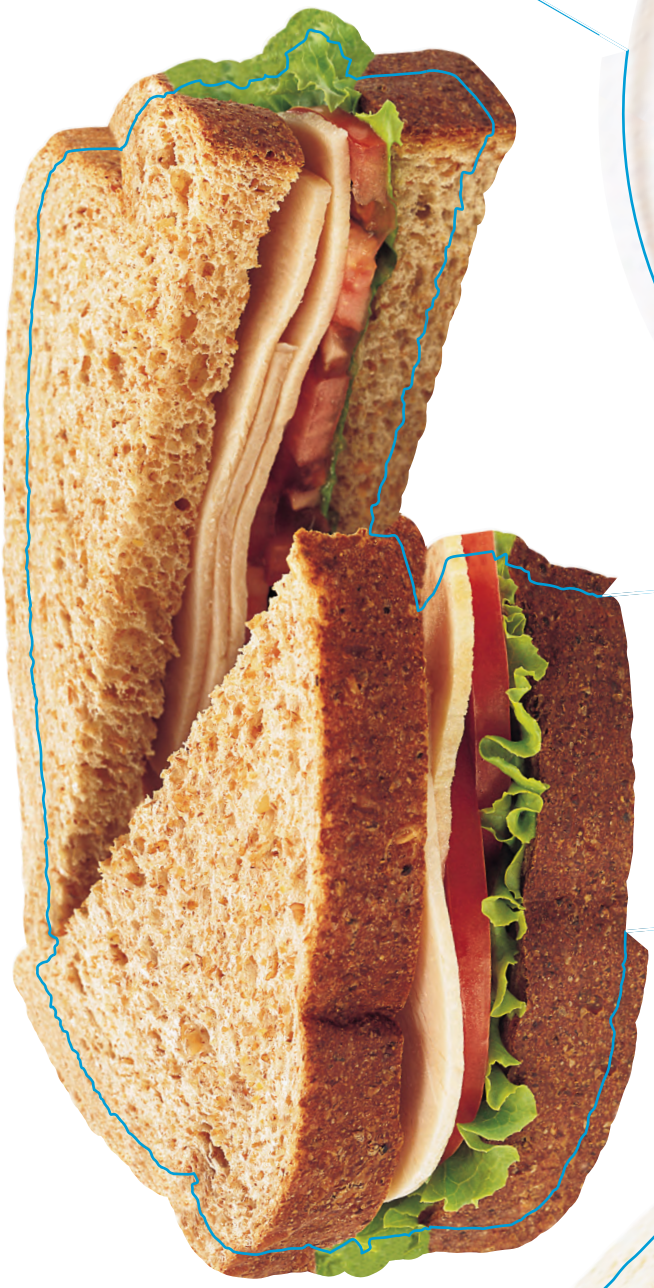
CHILI
1 cup

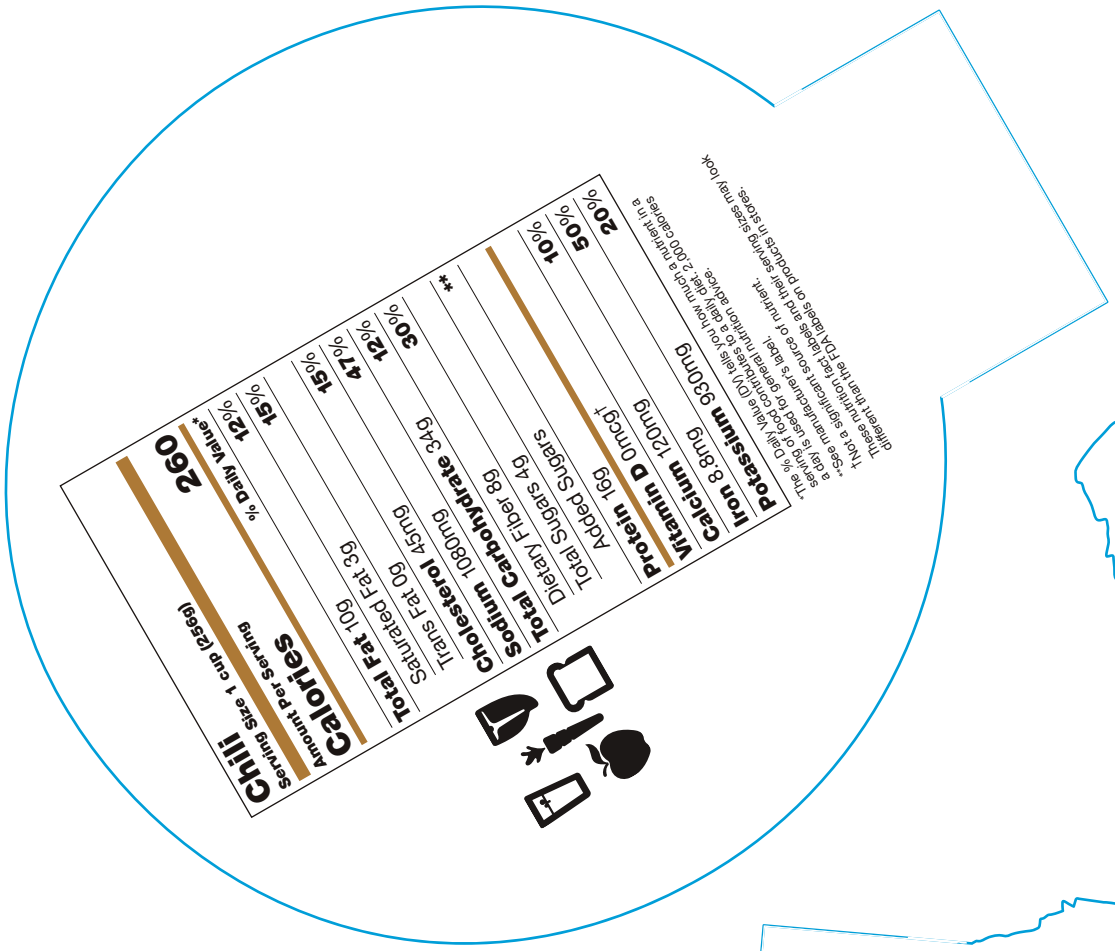




TURKEY SANDWICH
1 sandwich

PEANUT BUTTER AND JELLY SANDWICH
1 sandwich

CARD 41



Chili
Serving Size 1 cup (256g)
Amount Per Serving
Calories 260
% Daily Value*
Total Fat 10g 15%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 45mg 15%
Sodium 1080mg 47%
Total Carbohydrate 34g 12%
Dietary Fiber 8g 30%
Total Sugars 4g
Added Sugars **
Protein 16g
Vitamin D 0mcg† 0%
Calcium 120mg 10%
Iron 8.8mg 50%
Potassium 930mg 20%
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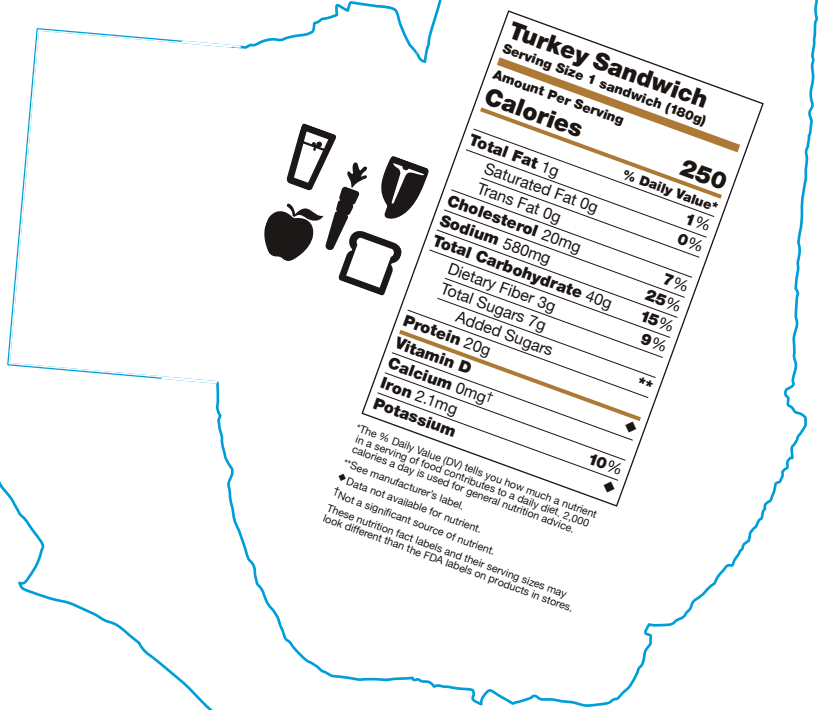

Turkey Sandwich
Serving Size 1 sandwich (180g)
Amount Per Serving
Calories 250
% Daily Value*
Total Fat 1g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 20mg 7%
Sodium 580mg 25%
Total Carbohydrate 40g 15%
Dietary Fiber 3g 9%
Total Sugars 7g
Added Sugars **
Protein 20g
Vitamin D 0mcg† 0%
Calcium 0mg† 10%
Iron 2.1mg ◆
Potassium ◆
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**See manufacturer's label.
◆Data not available for nutrient.
†Not a significant source of nutrient.
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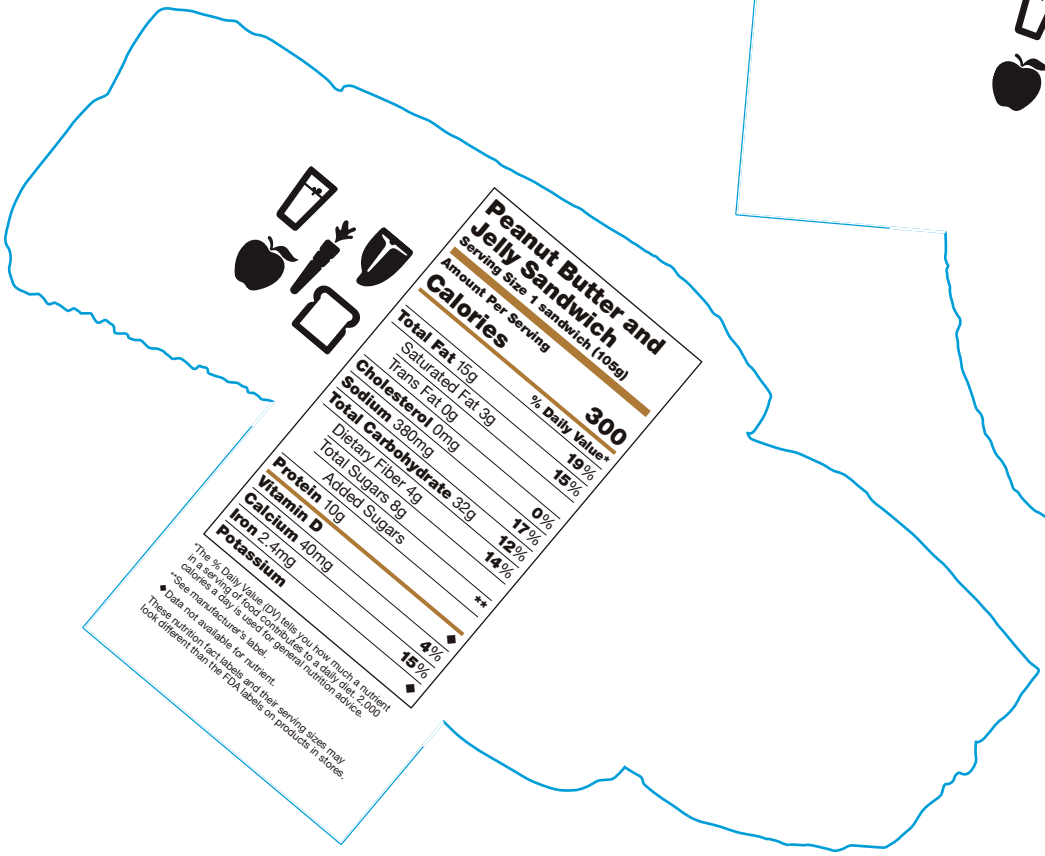

Peanut Butter and Jelly Sandwich
Serving Size 1 sandwich (105g)
Amount Per Serving
Calories 300
% Daily Value*
Total Fat 15g 19%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 380mg 17%
Total Carbohydrate 32g 12%
Dietary Fiber 4g 14%
Total Sugars 8g
Added Sugars **
Protein 10g
Vitamin D ◆
Calcium 40mg 4%
Iron 2.4mg 15%
Potassium ◆
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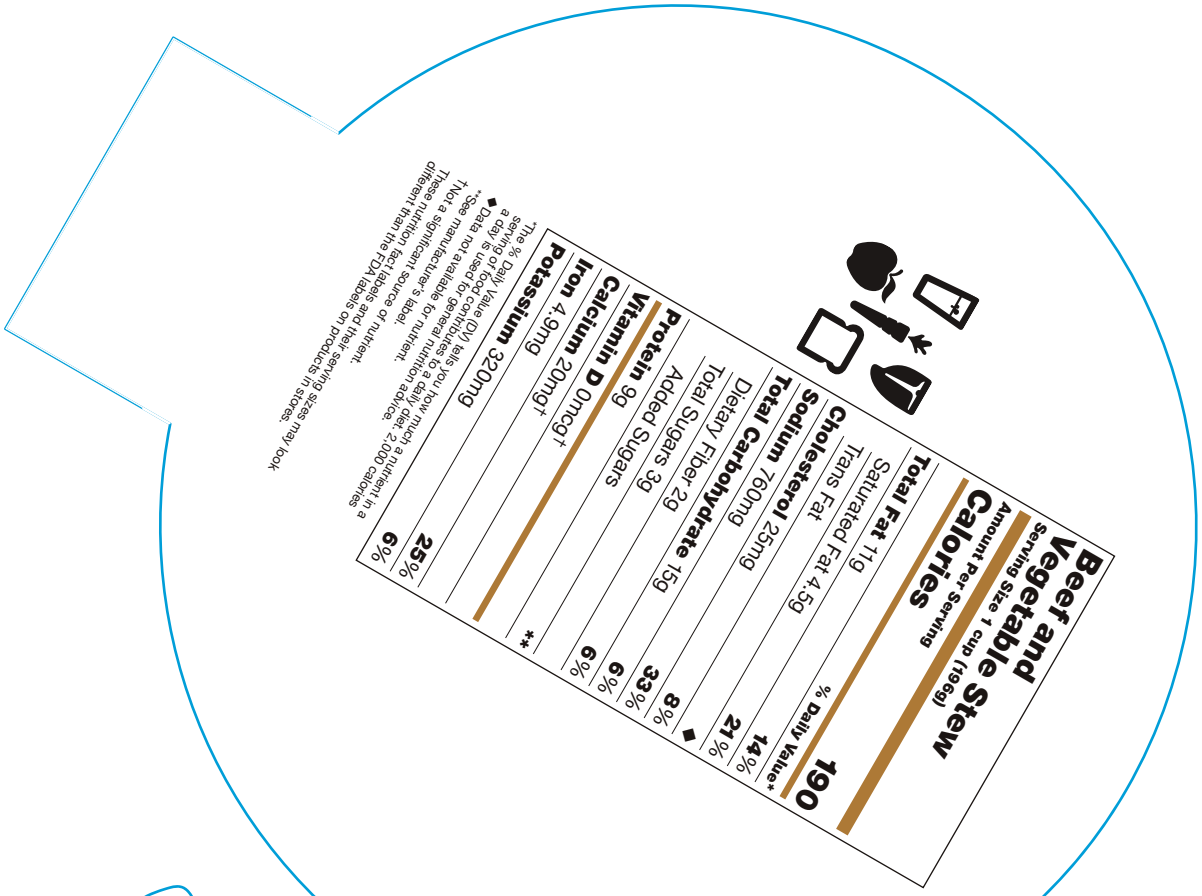
BEEF AND VEGETABLE STEW
1 cup

ROAST BEEF SANDWICH
1 sandwich

TUNA SALAD
½ cup



Beef and Vegetable Stew
Serving Size 1 cup (196g)
Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4.5g	21%
Trans Fat	
Cholesterol 25mg	8%
Sodium 760mg	33%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	6%
Total Sugars 3g	**
Added Sugars	
Protein 9g	
Vitamin D 0mcg†	
Calcium 20mg	
Iron 4.9mg	
Potassium 320mg	25%

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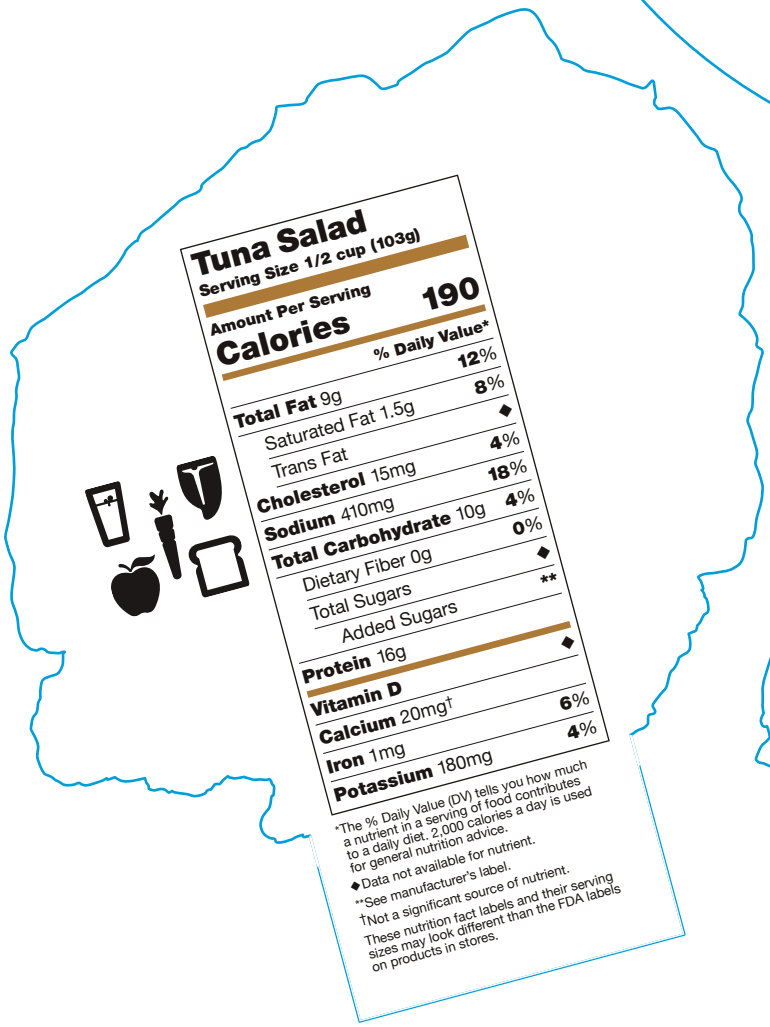

Tuna Salad
Serving Size 1/2 cup (103g)
Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat	◆
Cholesterol 15mg	4%
Sodium 410mg	18%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars	◆
Added Sugars	**
Protein 16g	
Vitamin D	
Calcium 20mg†	6%
Iron 1mg	4%
Potassium 180mg	4%

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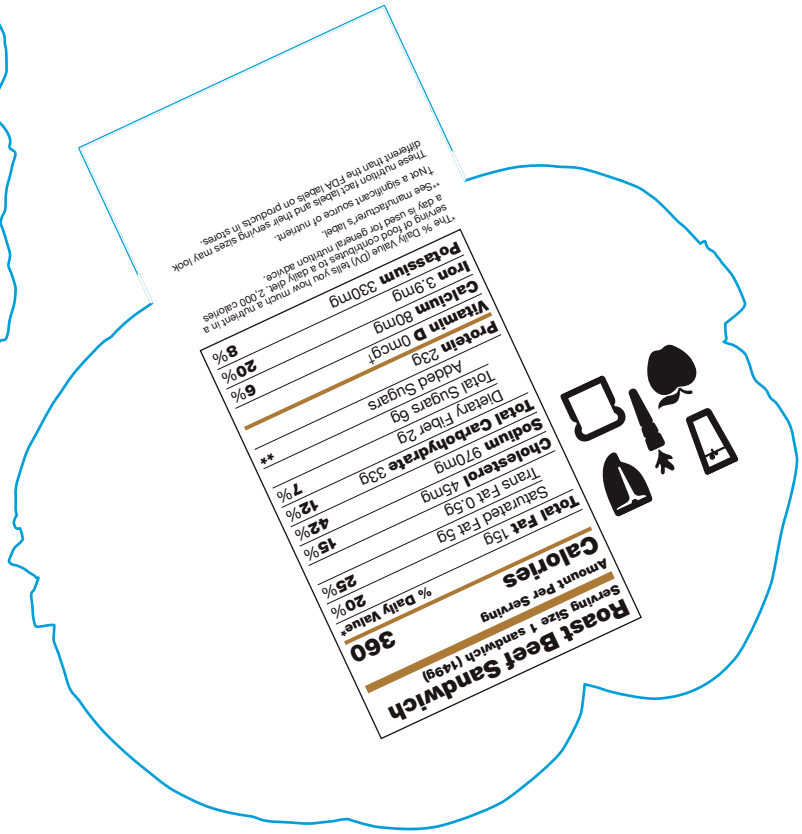

Roast Beef Sandwich
Serving Size 1 sandwich (149g)
Amount Per Serving
Calories 360

	% Daily Value*
Total Fat 15g	20%
Saturated Fat 5g	25%
Trans Fat 0.5g	
Cholesterol 45mg	15%
Sodium 970mg	42%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 6g	**
Added Sugars	
Protein 23g	
Vitamin D 0mcg†	6%
Calcium 80mg	20%
Iron 3.9mg	8%
Potassium 330mg	

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◆Data not available for nutrient.
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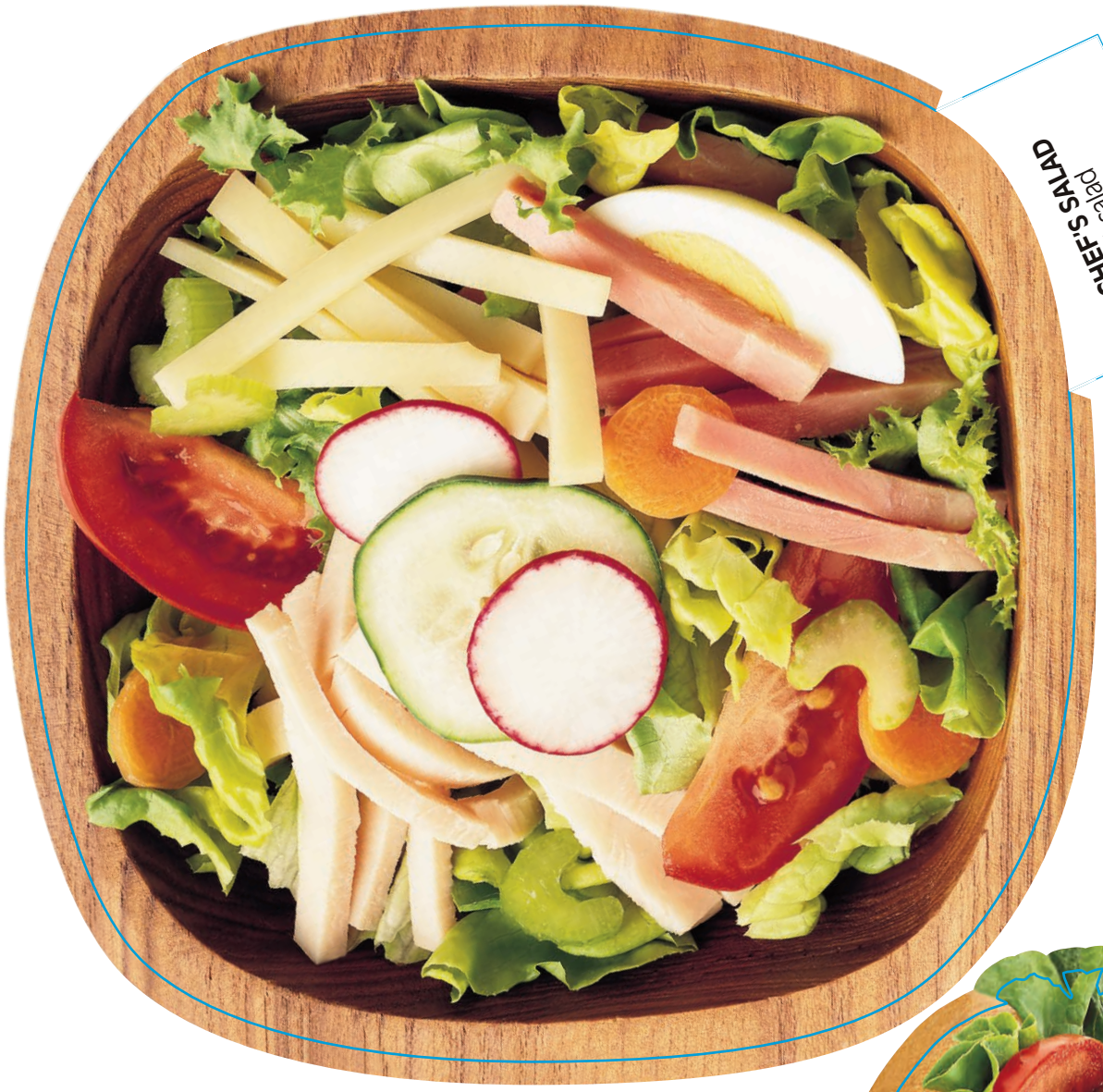
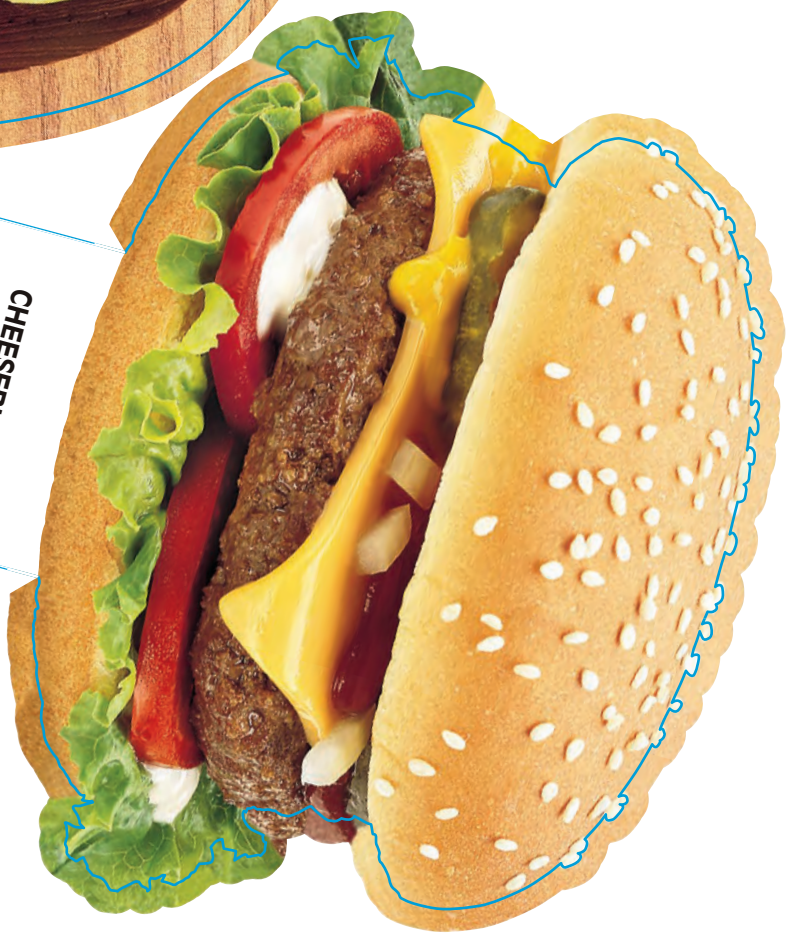


CHEF'S SALAD
1 salad



CHEESEBURGER
1 sandwich

Chef's Salad
Serving Size 1 salad (326g)
Amount per serving
Calories
270
% Daily Value*
Total Fat 13g 17%
Saturated Fat 7g 37%
Trans Fat
Cholesterol 295mg 99%
Sodium 680mg 30%
Total Carbohydrate 10g 4%
Dietary Fiber 3g 10%
Total Sugars 4g
Added Sugars 27g
Protein
Vitamin D
Calcium 220mg 15%
Iron 1.7mg 10%
Potassium
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◆Data not available for nutrient.
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Cheesesburger
Serving Size
Amount per serving
Calories
540
% Daily Value*
Total Fat 29g 37%
Saturated Fat 14g 70%
Trans Fat 1g
Cholesterol 180mg 60%
Sodium 960mg 42%
Total Carbohydrate 39g 14%
Dietary Fiber 2g 7%
Total Sugars 7g
Added Sugars 0g 0%
Protein 28g 56%
Vitamin D 2mcg 10%
Calcium 360mg 25%
Iron 4.4mg 25%
Potassium 470mg 10%
1 sandwich (193g)
280
% Daily Value*
Total Fat 13g 17%
Saturated Fat 6g 29%
Trans Fat 0.5g
Cholesterol 95mg 32%
Sodium 480mg 20%
Total Carbohydrate 26g 9%
Dietary Fiber 2g 7%
Total Sugars 4g
Added Sugars 2g 4%
Protein 14g 28%
Vitamin D 0.2mcg 1%
Calcium 180mg 15%
Iron 2.5mg 15%
Potassium 170mg 4%
1 large sandwich (193g)
540
% Daily Value*
Total Fat 29g 37%
Saturated Fat 14g 70%
Trans Fat 1g
Cholesterol 180mg 60%
Sodium 960mg 42%
Total Carbohydrate 39g 14%
Dietary Fiber 2g 7%
Total Sugars 7g
Added Sugars 0g 0%
Protein 28g 56%
Vitamin D 2mcg 10%
Calcium 360mg 25%
Iron 4.4mg 25%
Potassium
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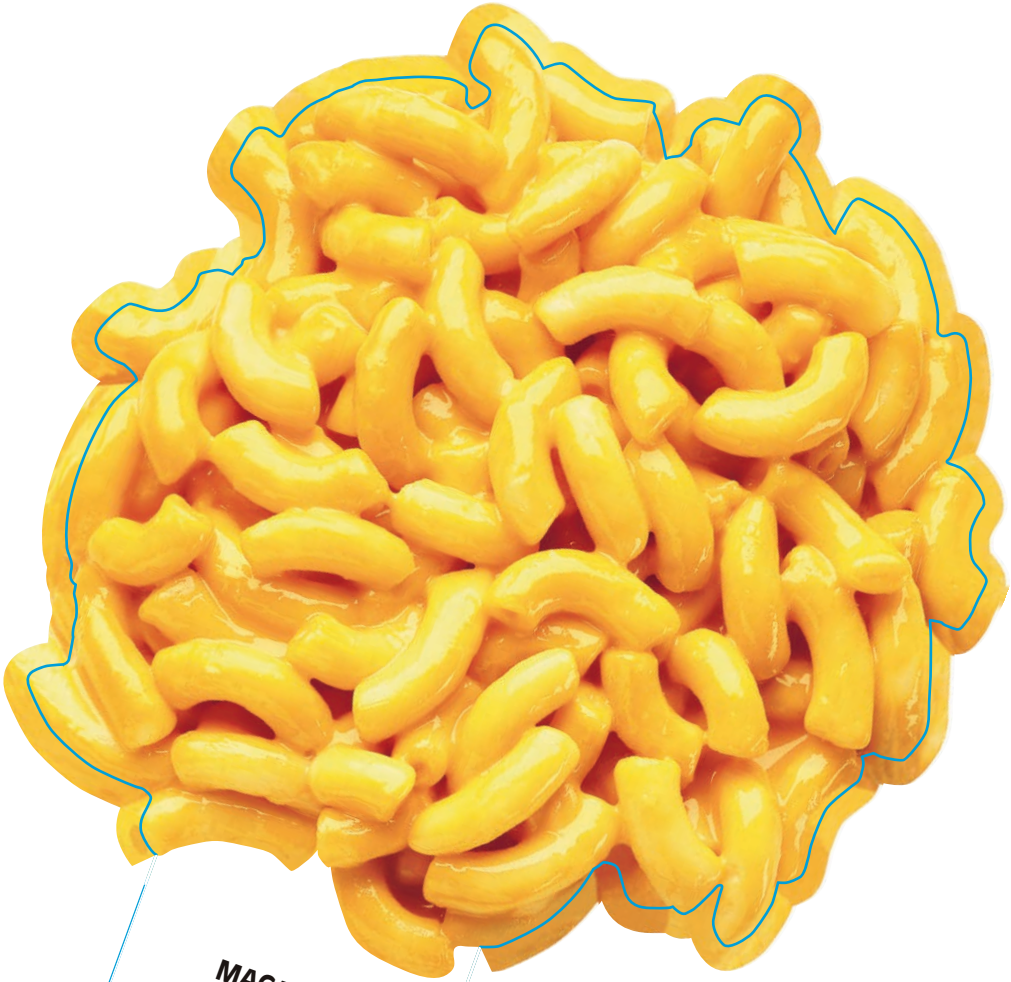
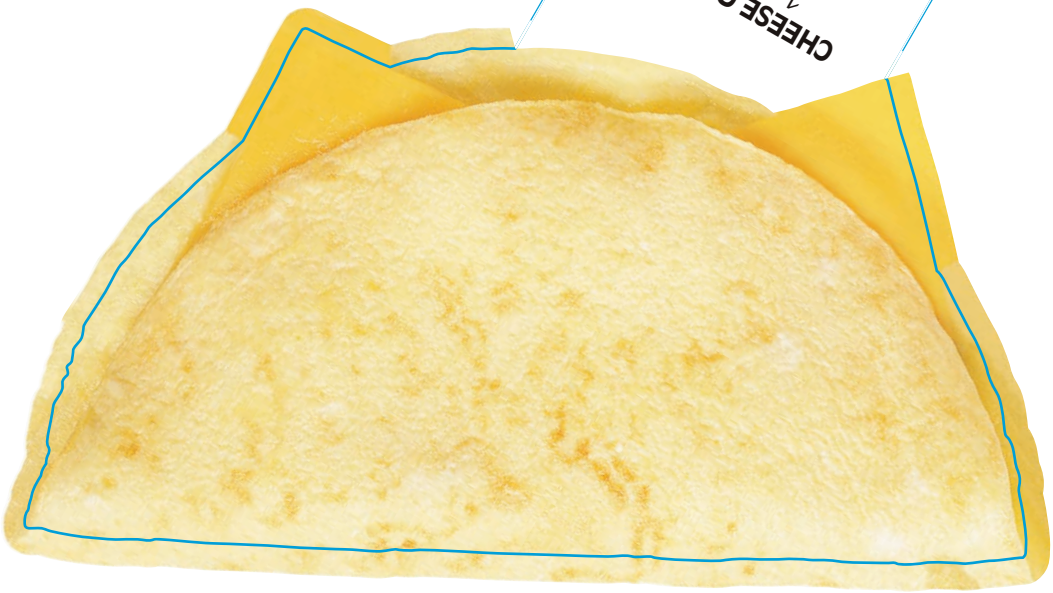
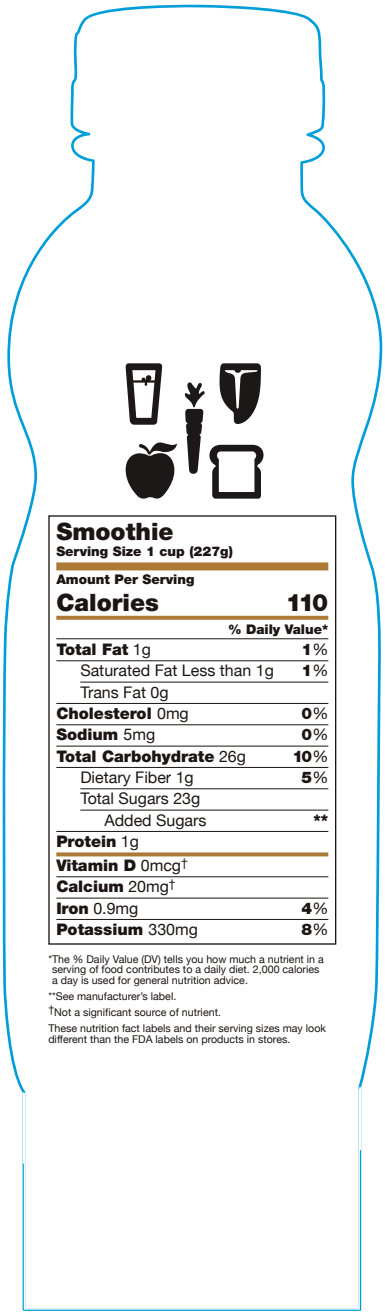


MACARONI AND CHEESE
1 cup

SMOOTHIE
1 cup



CHEESE OMELET
1 omelet



Smoothie
Serving Size 1 cup (227g)

Amount Per Serving

Calories	**110**
	% Daily Value*
Total Fat 1g	**1**%
Saturated Fat Less than 1g	**1**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 5mg	**0**%
Total Carbohydrate 26g	**10**%
Dietary Fiber 1g	**5**%
Total Sugars 23g	
Added Sugars	**
Protein 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.9mg	**4**%
Potassium 330mg	**8**%

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**See manufacturer's label.

†Not a significant source of nutrient.

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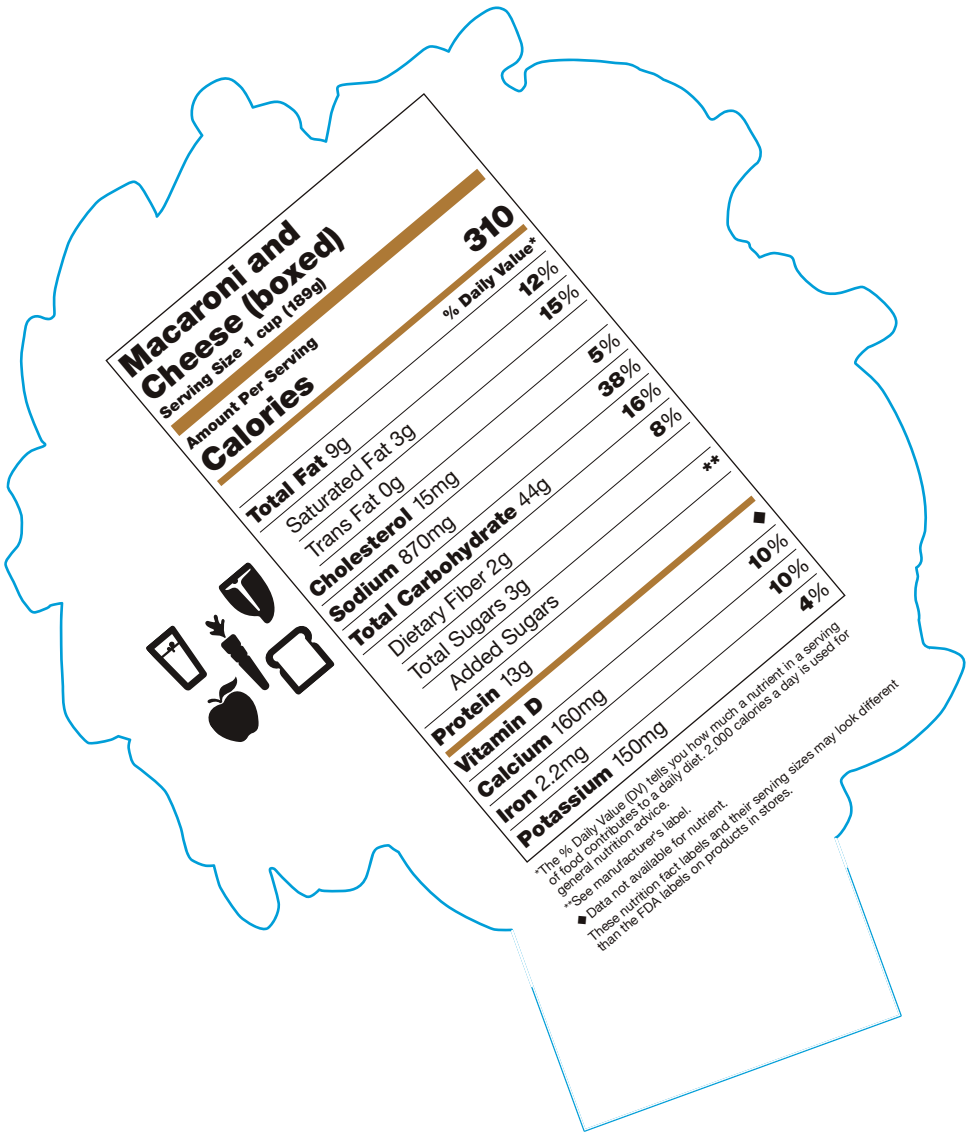

Macaroni and Cheese (boxed)
Serving Size 1 cup (189g)

Amount Per Serving

Calories	**310**
	% Daily Value*
Total Fat 9g	**12**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 870mg	**38**%
Total Carbohydrate 44g	**16**%
Dietary Fiber 2g	**8**%
Total Sugars 3g	
Added Sugars	**
Protein 13g	■
Vitamin D	
Calcium 160mg	**10**%
Iron 2.2mg	**10**%
Potassium 150mg	**4**%

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**See manufacturer's label.
■ Data not available for nutrient.
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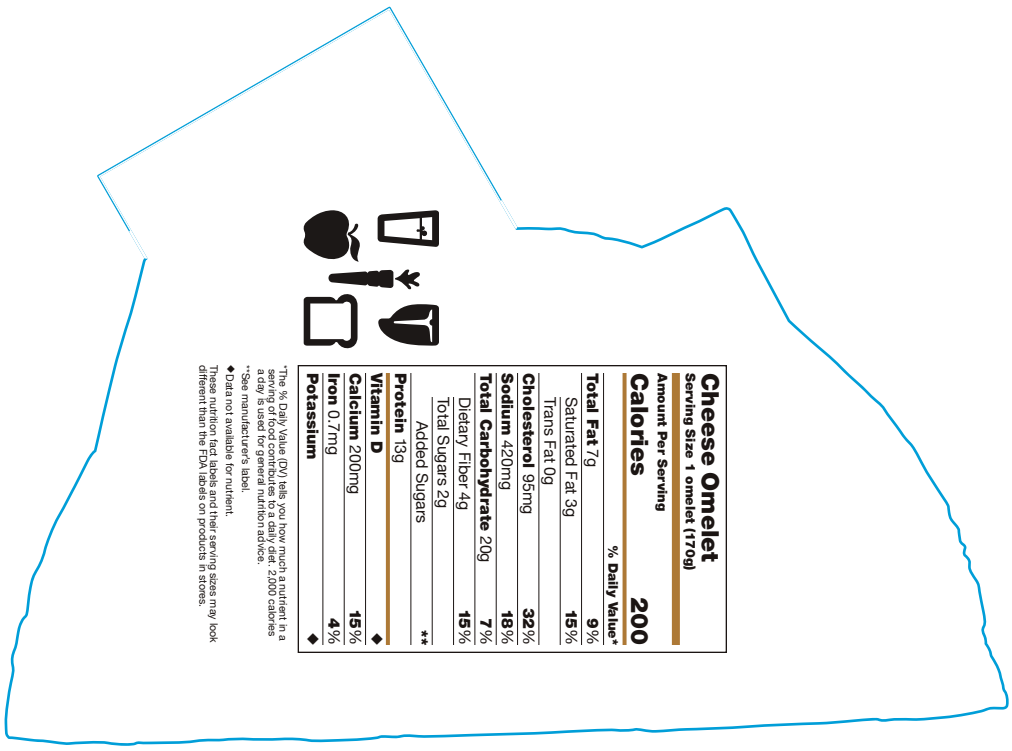

Cheese Omelet
Serving Size 1 omelet (170g)

Amount Per Serving

Calories	**200**
	% Daily Value*
Total Fat 7g	**9**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 95mg	**32**%
Sodium 420mg	**18**%
Total Carbohydrate 20g	**7**%
Dietary Fiber 4g	**15**%
Total Sugars 2g	
Added Sugars	**
Protein 13g	◆
Vitamin D	
Calcium 200mg	**15**%
Iron 0.7mg	**4**%
Potassium	◆

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SUBMARINE SANDWICH
6" sandwich

FISH SANDWICH
1 sandwich

CHICKEN CAESAR WRAP
1 wrap

CARD 45

Submarine Sandwich

Serving Size 6” sandwich (148g)

Amount Per Serving

Calories 300

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 3g	**14%**
Trans Fat 0g	
Cholesterol 20mg	**6%**
Sodium 520mg	**23%**
Total Carbohydrate 39g	**14%**
Dietary Fiber 2g	**9%**
Total Sugars 5g	
Added Sugars	**
Protein 15g	
Vitamin D 0mcg†	
Calcium 310mg	**25%**
Iron 3.2mg	**20%**
Potassium 280mg	**6%**

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**See manufacturer’s label.

†Not a significant source of nutrient.

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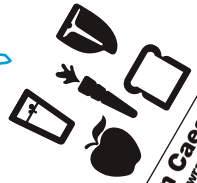

Chicken Caeser Wrap

Serving Size 1 wrap (255g)

Amount Per Serving

Calories 660

	% Daily Value*
Total Fat 36g	**46%**
Saturated Fat 11g	**55%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 1640mg	**71%**
Total Carbohydrate 54g	**20%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Added Sugars	**
Protein 29g	■
Vitamin D	**25%**
Calcium 350mg	**15%**
Iron 3mg	■
Potassium	■

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**See manufacturer’s label.

■Data not available for nutrient.

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Fish Sandwich

Serving Size

Amount Per Serving

	Without Cheese 1 sandwich (220g)		With Cheese 1 sandwich (134g)	
Calories	**570**		**370**	
		% Daily Value*		% Daily Value*
Total Fat	27g	**35%**	20g	**25%**
Saturated Fat	4.5g	**21%**	4g	**19%**
Trans Fat	0g		0g	
Cholesterol	75mg	**26%**	50mg	**17%**
Sodium	1320mg	**58%**	580mg	**25%**
Total Carbohydrate	59g	**21%**	35g	**13%**
Dietary Fiber	2g	**8%**	1g	**4%**
Total Sugars	8g		5g	
Added Sugars		**		**
Protein	23g		15g	**6%**
Vitamin D	0.4mcg	**2%**	1.2mcg	**10%**
Calcium	80mg	**6%**	160mg	**10%**
Iron	3.3mg	**20%**	2.1mg	**6%**
Potassium	450mg	**10%**	300mg	**6%**

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**See manufacturer’s label.

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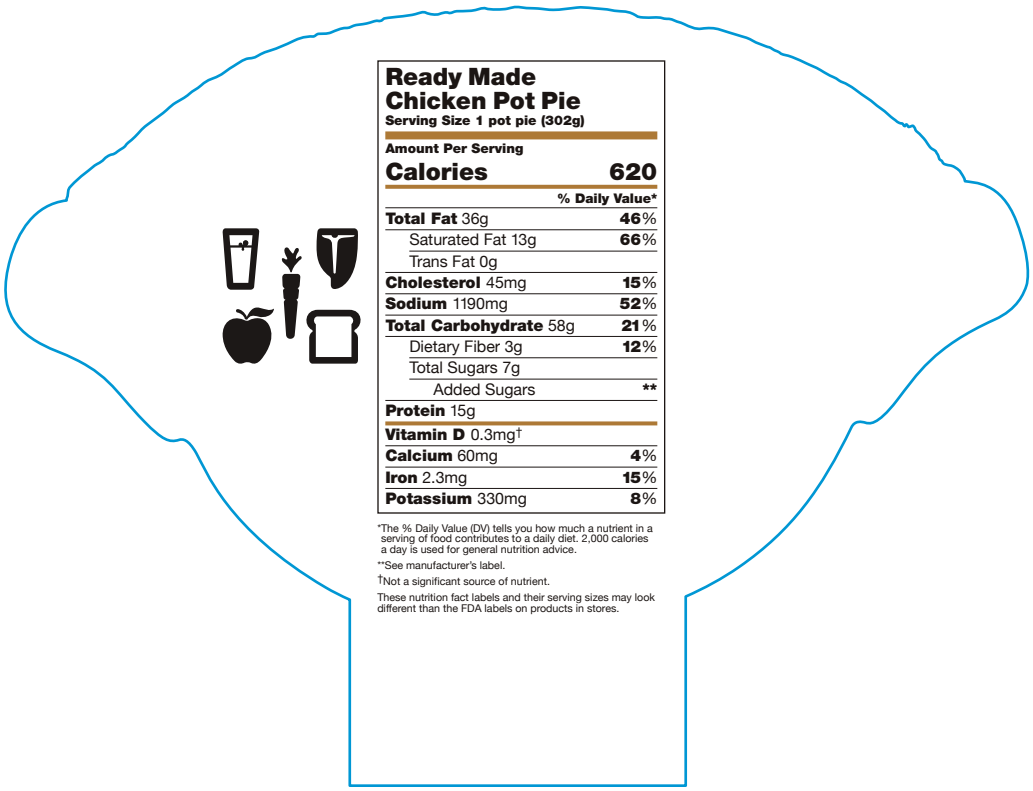
CHICKEN POT PIE
1 pot pie

CHICKEN NOODLE SOUP
1 cup

CARD 46



Ready Made Chicken Pot Pie

Serving Size 1 pot pie (302g)

Amount Per Serving

Calories	**620**
	% Daily Value*
Total Fat 36g	**46**%
Saturated Fat 13g	**66**%
Trans Fat 0g	
Cholesterol 45mg	**15**%
Sodium 1190mg	**52**%
Total Carbohydrate 58g	**21**%
Dietary Fiber 3g	**12**%
Total Sugars 7g	
Added Sugars	**
Protein 15g	
Vitamin D 0.3mg†	
Calcium 60mg	**4**%
Iron 2.3mg	**15**%
Potassium 330mg	**8**%

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**See manufacturer's label.

†Not a significant source of nutrient.

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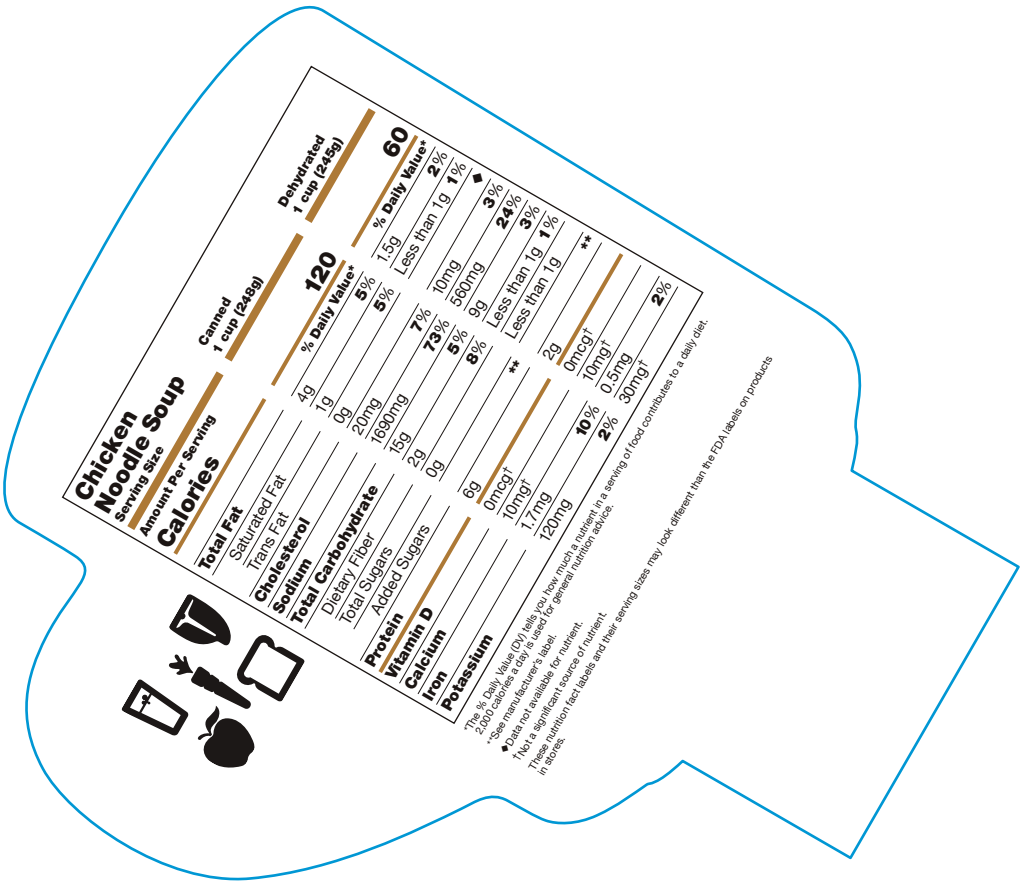

Chicken Noodle Soup

Serving Size | **Canned 1 cup (248g)** | **Dehydrated 1 cup (245g)**

Amount Per Serving

Calories	**120**	**60**
	% Daily Value*	**% Daily Value***
Total Fat 4g	**5**%	1.5g **2**%
Saturated Fat 1g	**5**%	Less than 1g **1**%
Trans Fat 0g		♦
Cholesterol 20mg	**7**%	10mg **3**%
Sodium 1690mg	**73**%	560mg **24**%
Total Carbohydrate 15g	**5**%	9g **3**%
Dietary Fiber 2g	**8**%	Less than 1g **1**%
Total Sugars 0g		Less than 1g
Added Sugars 6g	**	2g **
Protein 0mcg†		0mcg†
Vitamin D 10mg†		10mg†
Calcium 1.7mg	**10**%	0.5mg
Iron 120mg	**2**%	30mg† **2**%
Potassium		

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**See manufacturer's label.

♦Data not available for nutrient.

†Not a significant source of nutrient.

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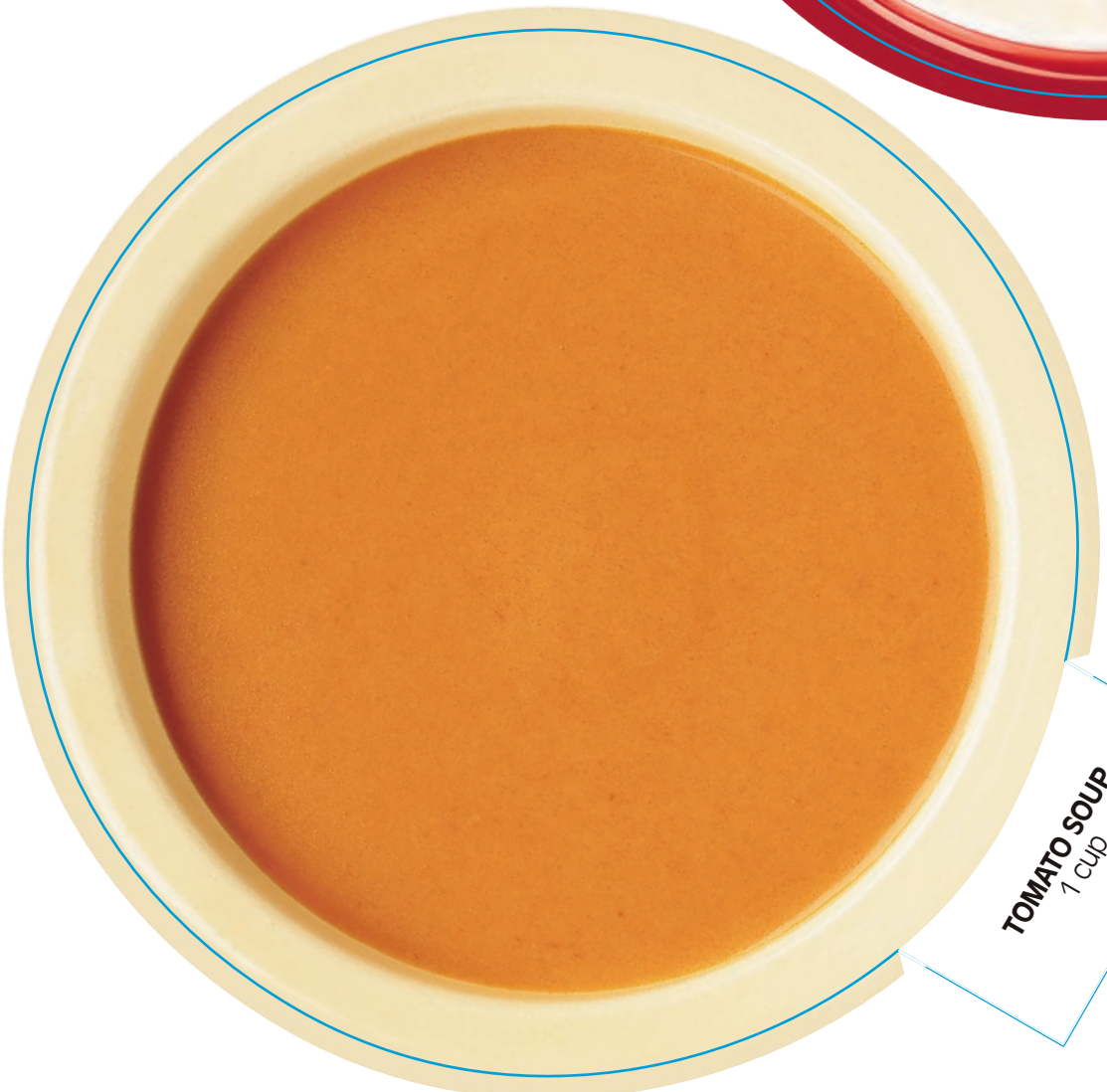
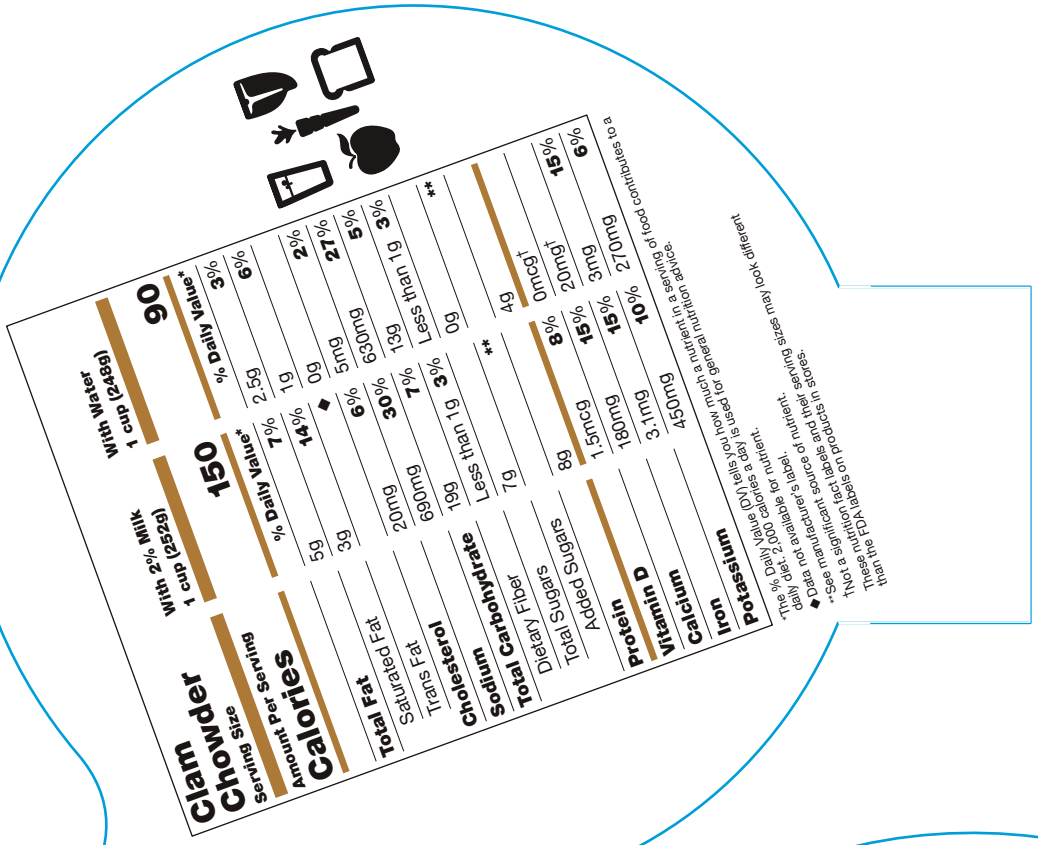
CLAM CHOWDER
1 cup



TOMATO SOUP
1 cup



Clam Chowder
Serving Size

Amount Per Serving	With Water 1 cup (248g)		With 2% Milk 1 cup (252g)	
Calories	**90**		**150**	
		% Daily Value*		% Daily Value*
Total Fat	3g	6%	7g	14% ◆
Saturated Fat	2.5g		4g	
Trans Fat	1g		0g	
Cholesterol	0mg	2%	20mg	6%
Sodium	530mg	27%	690mg	30%
Total Carbohydrate	9g	5%	19g	7%
Dietary Fiber	1g	3%	1g	3%
Total Sugars	1g	**	7g	**
Added Sugars	0g		0g	
Protein	4g		8g	
Vitamin D	0mcg†	0%	1.5mcg	8%
Calcium	20mg†	2%	180mg	15%
Iron	3mg	15%	3.1mg	15%
Potassium	270mg	6%	450mg	10%

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◆Data not available for nutrient.
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Tomato Soup
Serving Size

Amount Per Serving	With 2% Milk 1 cup (252g)		With Water 1 cup (248g)	
Calories	**140**		**80**	
		% Daily Value*		% Daily Value*
Total Fat	3g	4%	0.5g	1%
Saturated Fat	2g	9%	Less than 1g	1%
Trans Fat	0g	◆	0mg	◆
Cholesterol	10mg	3%	460mg	0%
Sodium	520mg	23%	19g	20%
Total Carbohydrate	25g	9%	1g	7%
Dietary Fiber	1g	5%	10g	4%
Total Sugars	17g	**	2g	**
Added Sugars	6g		0mcg†	
Protein	1.5mcg	8%	20mg†	
Vitamin D	170mg	15%	0.7mg	4%
Calcium	0.8mg	4%	680mg	15%
Iron	860mg	20%		
Potassium				

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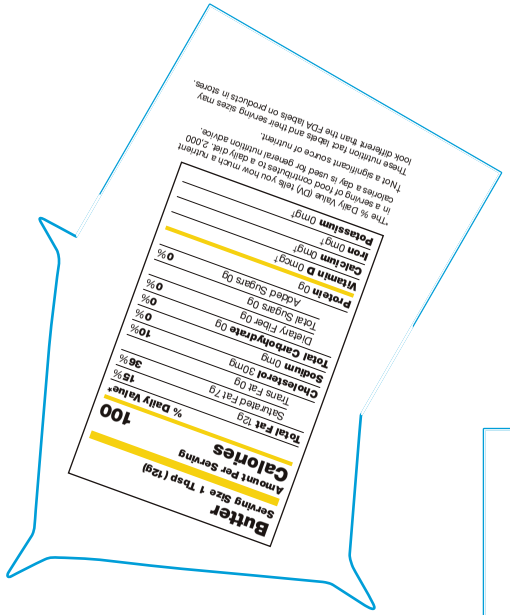
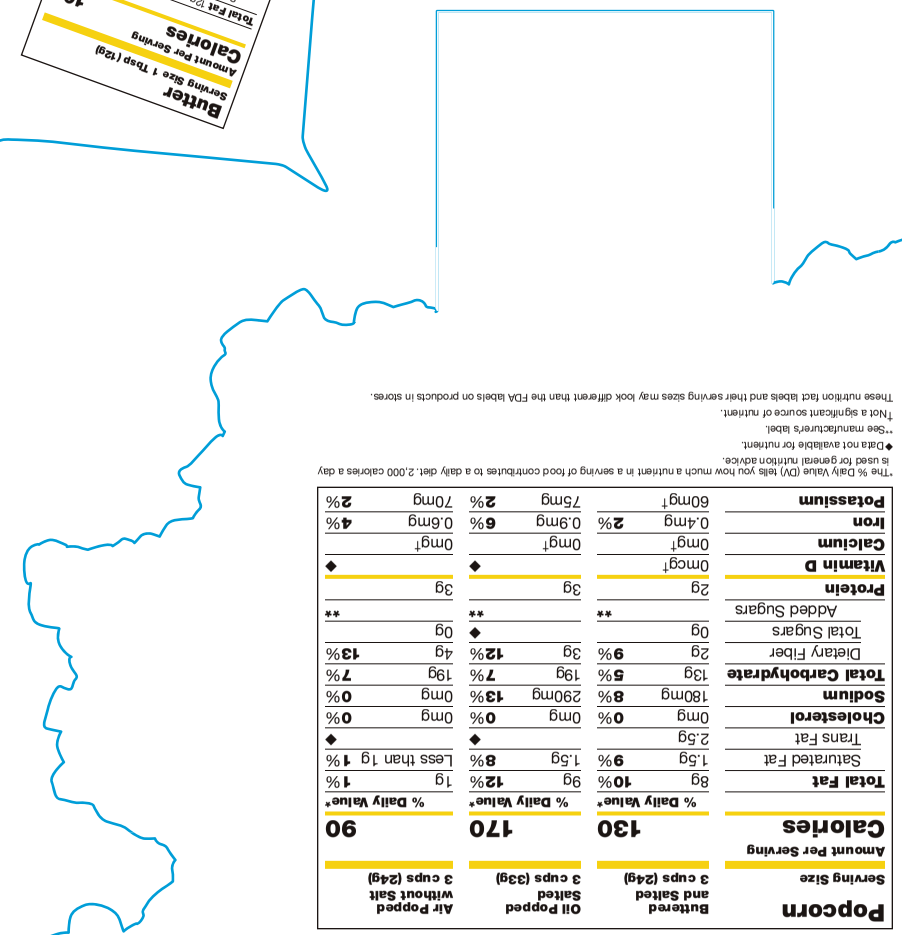
BUTTER
1 tablespoon

POPCORN
3 cups*
*1 cup of popcorn is shown, a full serving is 3 cups

ICED TEA
12 fluid ounces

CARD 48





Popcorn	Buttered and Salted	Oil Popped Salted	Air Popped without Salt
Serving Size	3 cups (24g)	3 cups (33g)	3 cups (24g)
Amount Per Serving			
Calories	**130**	**170**	**90**
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	8g 10%	9g 12%	1g 1%
Saturated Fat	1.5g 9%	1.5g 8%	Less than 1g 1%
Trans Fat	2.5g	◆	◆
Cholesterol	0mg 0%	0mg 0%	0mg 0%
Sodium	180mg 8%	290mg 13%	0mg 0%
Total Carbohydrate	13g 5%	19g 7%	19g 7%
Dietary Fiber	2g 9%	3g 12%	4g 13%
Total Sugars	0g	◆	0g
Added Sugars	**	**	**
Protein	2g	3g	3g
Vitamin D	0mcg†	◆	◆
Calcium	0mg†	0mg†	0mg†
Iron	0.4mg 2%	0.9mg 6%	0.6mg 4%
Potassium	60mg†	75mg 2%	70mg 2%

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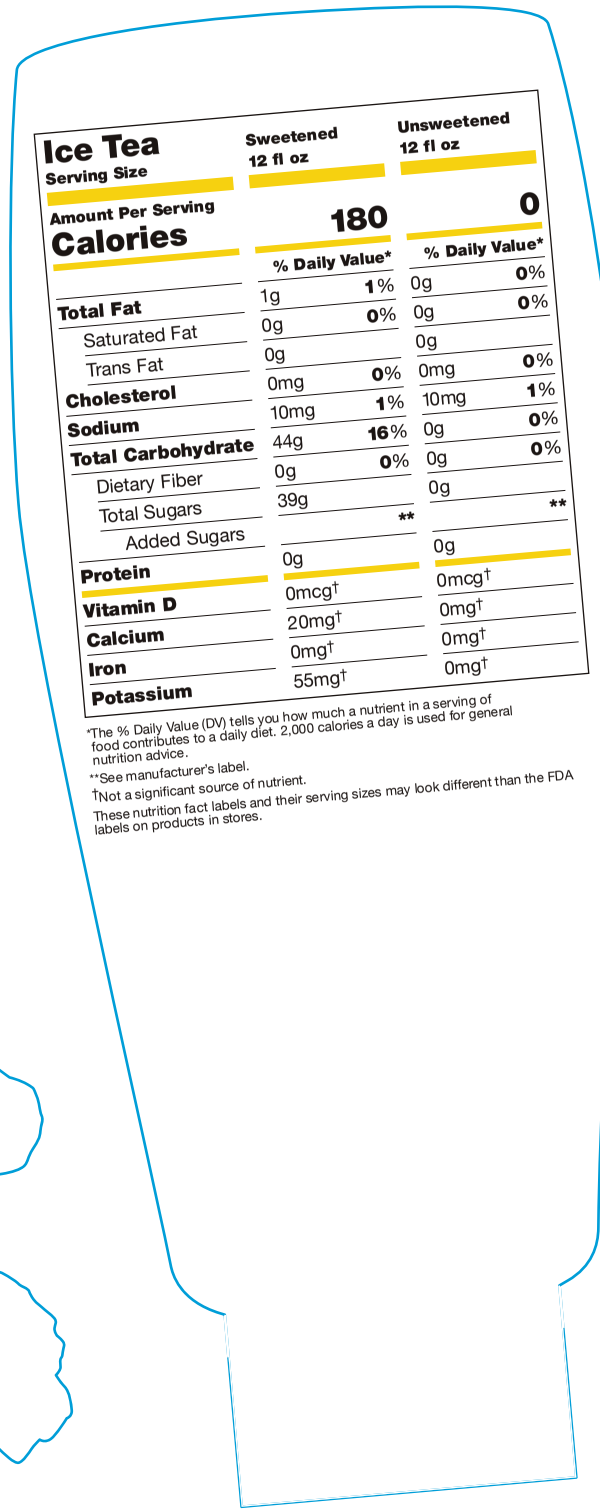

Ice Tea	Sweetened	Unsweetened
Serving Size	12 fl oz	12 fl oz
Amount Per Serving		
Calories	**180**	**0**
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	0g 0%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	10mg 1%	10mg 1%
Total Carbohydrate	44g 16%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	39g	0g
Added Sugars	**	**
Protein	0g	0g
Vitamin D	0mcg†	0mcg†
Calcium	20mg†	0mg†
Iron	0mg†	0mg†
Potassium	55mg†	0mg†

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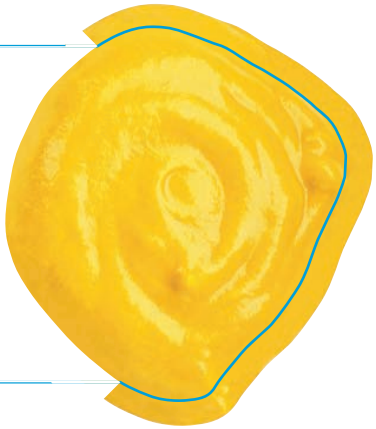
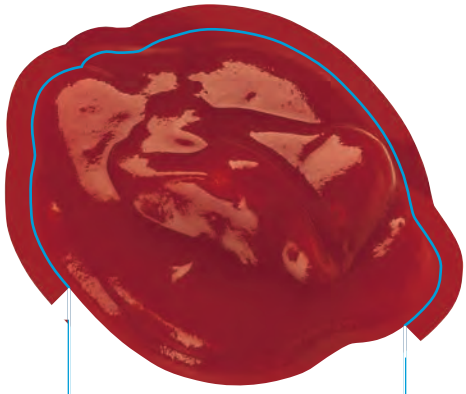
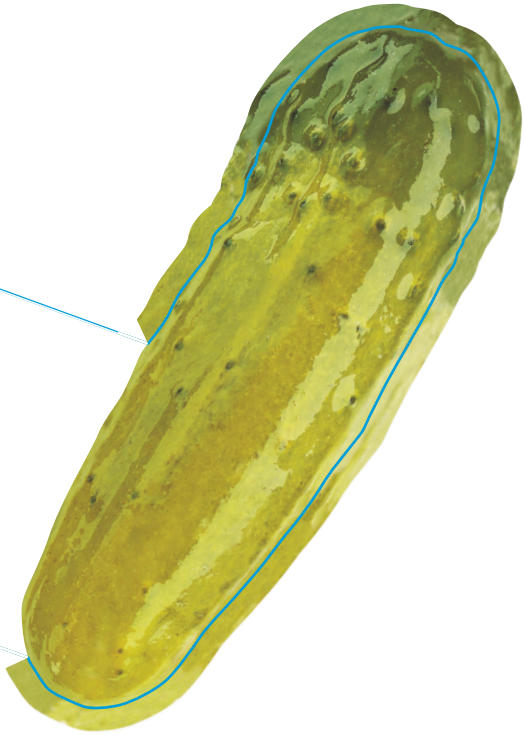


MUSTARD
1 tablespoon

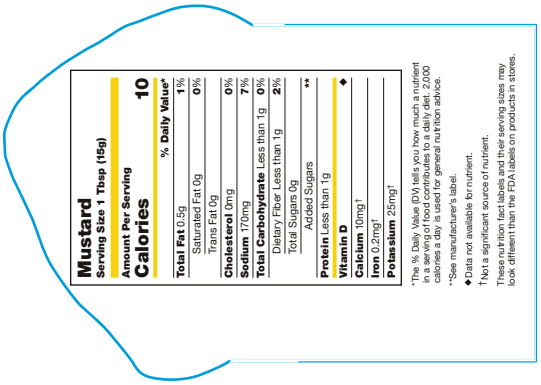
TORTILLA CHIPS
1 ounce



KETCHUP
1 tablespoon



DILL PICKLE
1 pickle



Mustard
Serving Size 1 Tbsp (15g)

Amount Per Serving
Calories 10

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate Less than 1g	0%
Dietary Fiber Less than 1g	2%
Total Sugars 0g	
Added Sugars	**
Protein Less than 1g	
Vitamin D	◆
Calcium 10mg†	
Iron 0.2mg†	
Potassium 25mg†	

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Tortilla Chips
Serving Size

Amount Per Serving
Calories

	Flour 1 oz (28g)	Corn 1 oz (28g)
	140	130
	% Daily Value*	% Daily Value*
Total Fat	6g 8%	6g 8%
Saturated Fat	1g 4%	1g 4%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	100mg 4%	95mg 4%
Total Carbohydrate	19g 7%	19g 7%
Dietary Fiber	1g 5%	2g 7%
Total Sugars	0g	0g
Added Sugars	2g 0%	2g 0%
Protein	0mcg†	0mcg†
Vitamin D	30mg	30mg
Calcium	0.4mg 2%	0.4mg 2%
Iron	60mg† 2%	50mg† 2%
Potassium		

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†Not a significant source of nutrient.
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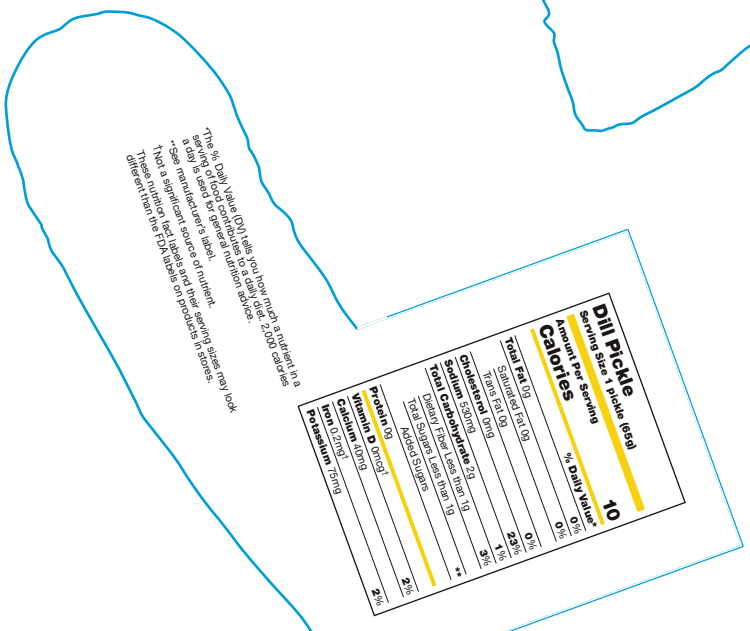

Dill Pickle
Serving Size 1 pickle (65g)

Amount Per Serving
Calories 10

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	23%
Total Carbohydrate 2g	1%
Dietary Fiber Less than 1g	3%
Total Sugars Less than 1g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 40mg	2%
Iron 0.2mg†	
Potassium 75mg	2%

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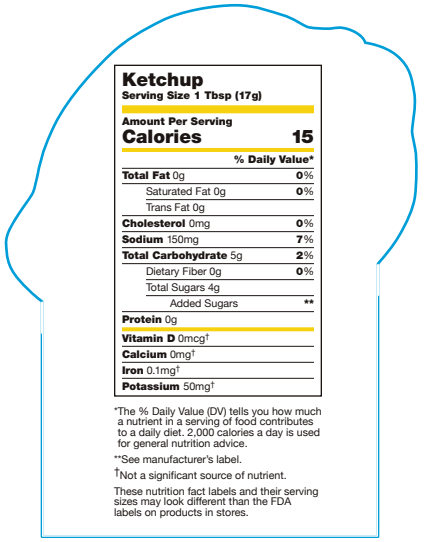

Ketchup
Serving Size 1 Tbsp (17g)

Amount Per Serving
Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.1mg†	
Potassium 50mg†	

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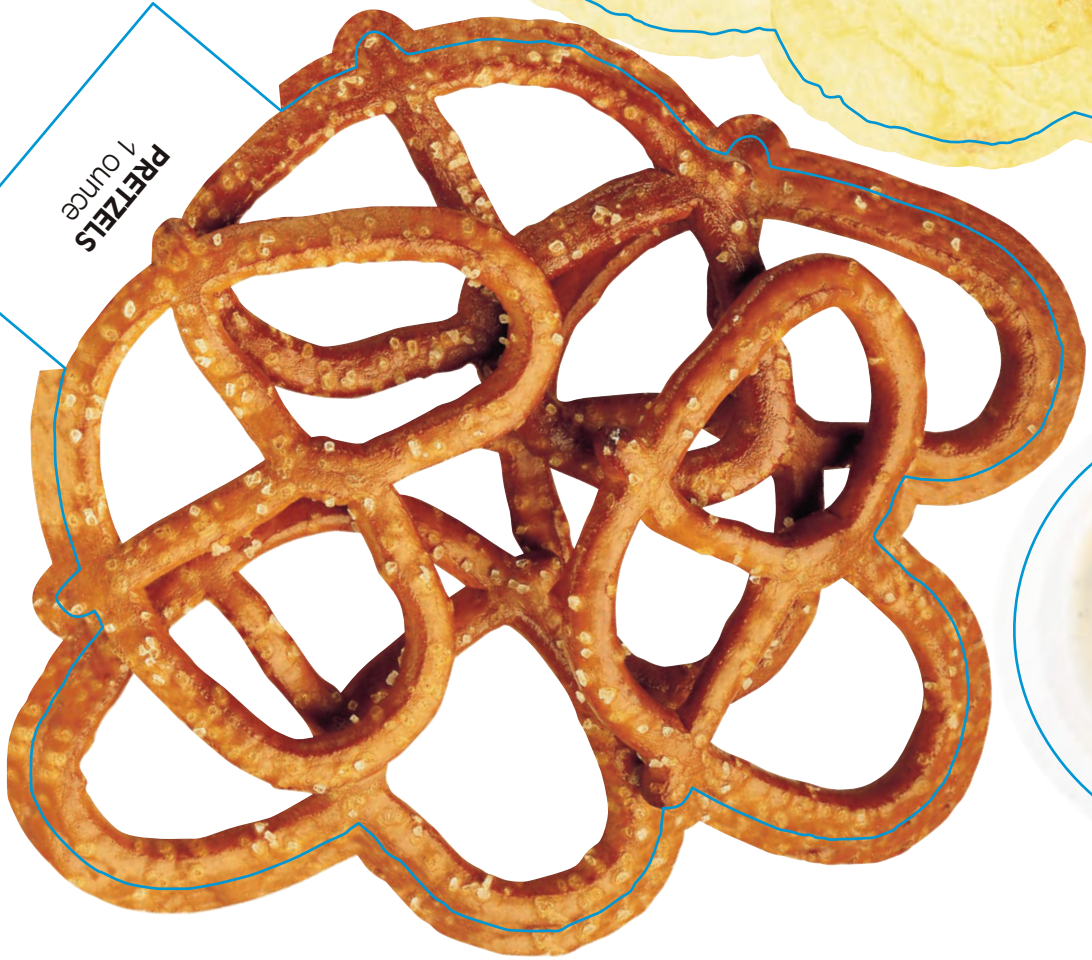
POTATO CHIPS
1 ounce

ITALIAN DRESSING
2 tablespoons

PRETZELS
1 ounce



LIGHT RANCH DRESSING
2 tablespoons

Potato Chips
Serving Size 1 oz (28g)
Amount Per Serving
Calories 150

	% Daily Value*
Total Fat 10g	
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	12%
Sodium 150mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber Less than 1g	6%
Total Sugars 0g	
Added Sugars	3%
Protein 1g	
Vitamin D 0mcg†	**
Calcium 10mg†	
Iron 0.2mg†	
Potassium 180mg	
	4%

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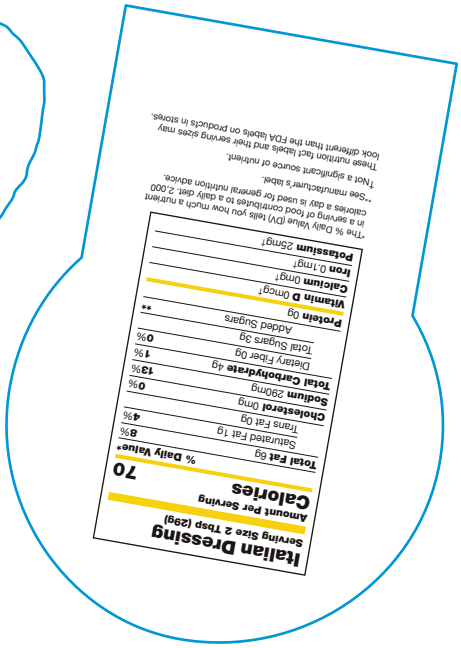

Italian Dressing
Serving Size 2 Tbsp (29g)
Amount Per Serving
Calories 70

	% Daily Value*
Total Fat 6g	
Saturated Fat 1g	8%
Trans Fat 0g	
Cholesterol 0mg	4%
Sodium 290mg	0%
Total Carbohydrate 4g	13%
Dietary Fiber 0g	1%
Total Sugars 3g	
Added Sugars	0%
Protein 0g	**
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.1mg†	
Potassium 25mg†	

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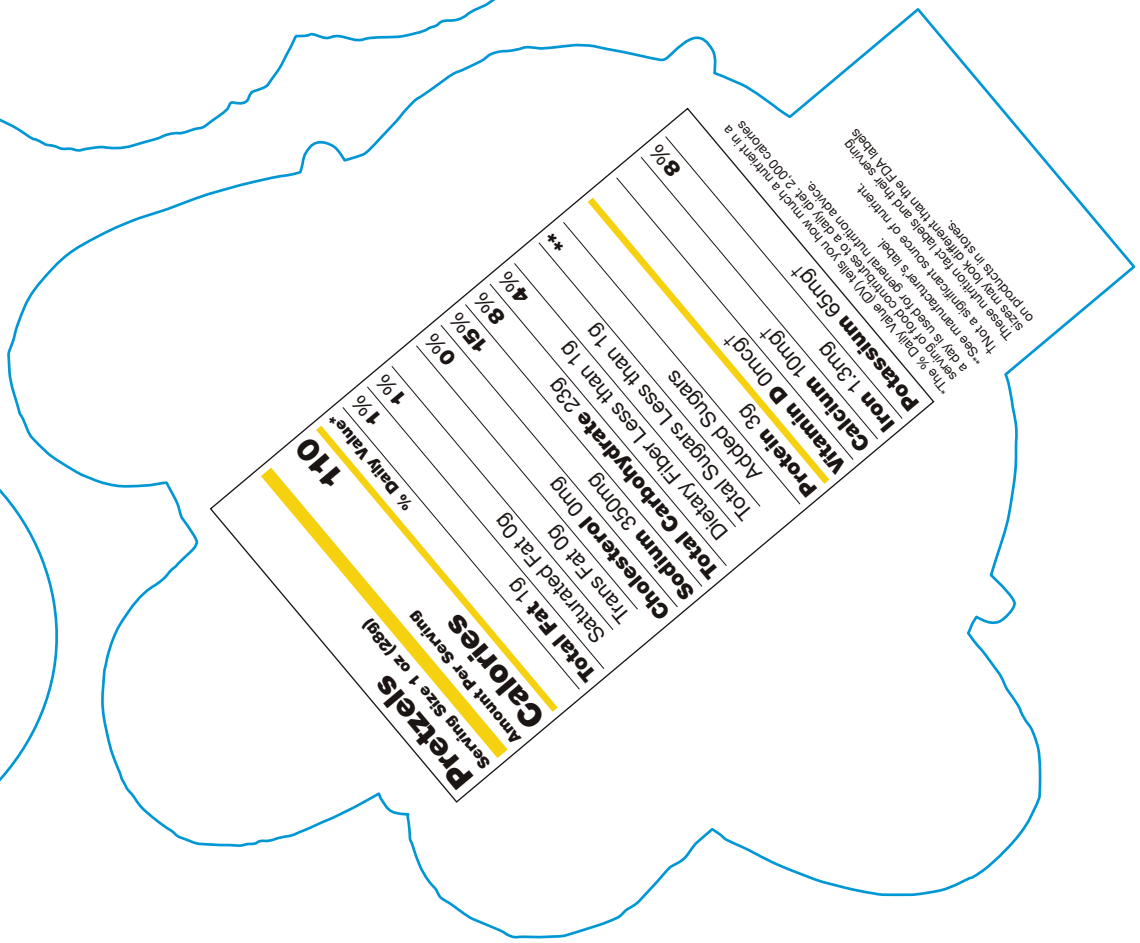

Pretzels
Serving Size 1 oz (28g)
Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 1g	
Saturated Fat 0g	1%
Trans Fat 0mg	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber Less than 1g	4%
Total Sugars Less than 1g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 1.3mg	
Potassium 65mg†	8%

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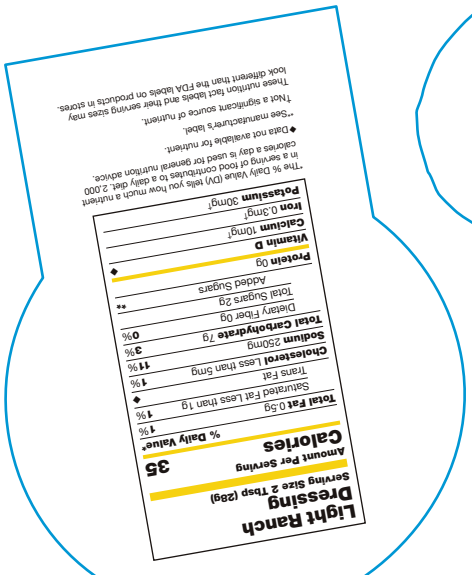

Light Ranch Dressing
Serving Size 2 Tbsp (28g)
Amount Per Serving
Calories 35

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat Less than 1g	◆
Trans Fat	
Cholesterol Less than 5mg	1%
Sodium 250mg	11%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 2g	
Added Sugars	**
Protein 0g	◆
Vitamin D	
Calcium 10mg†	
Iron 0.1mg†	
Potassium 30mg†	

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◆Data not available for nutrient.
**See manufacturer's label.
†Not a significant source of nutrient.
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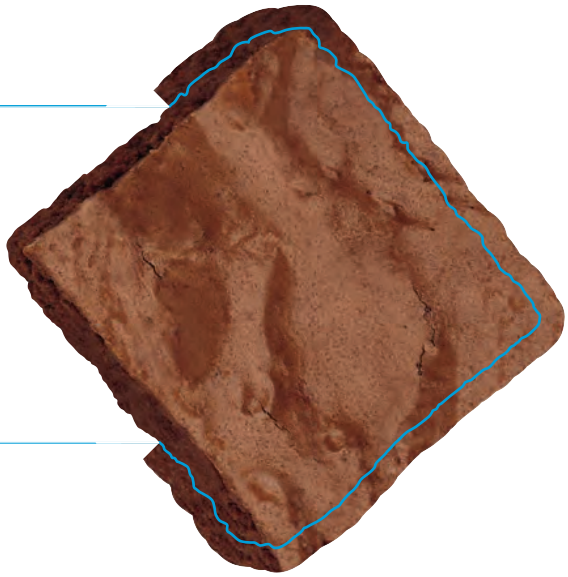
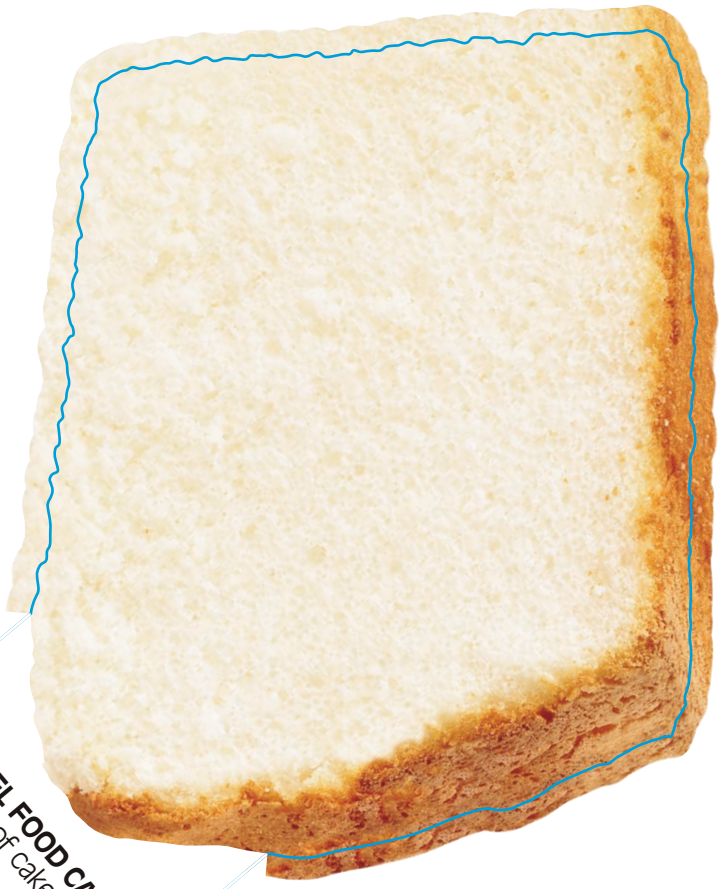
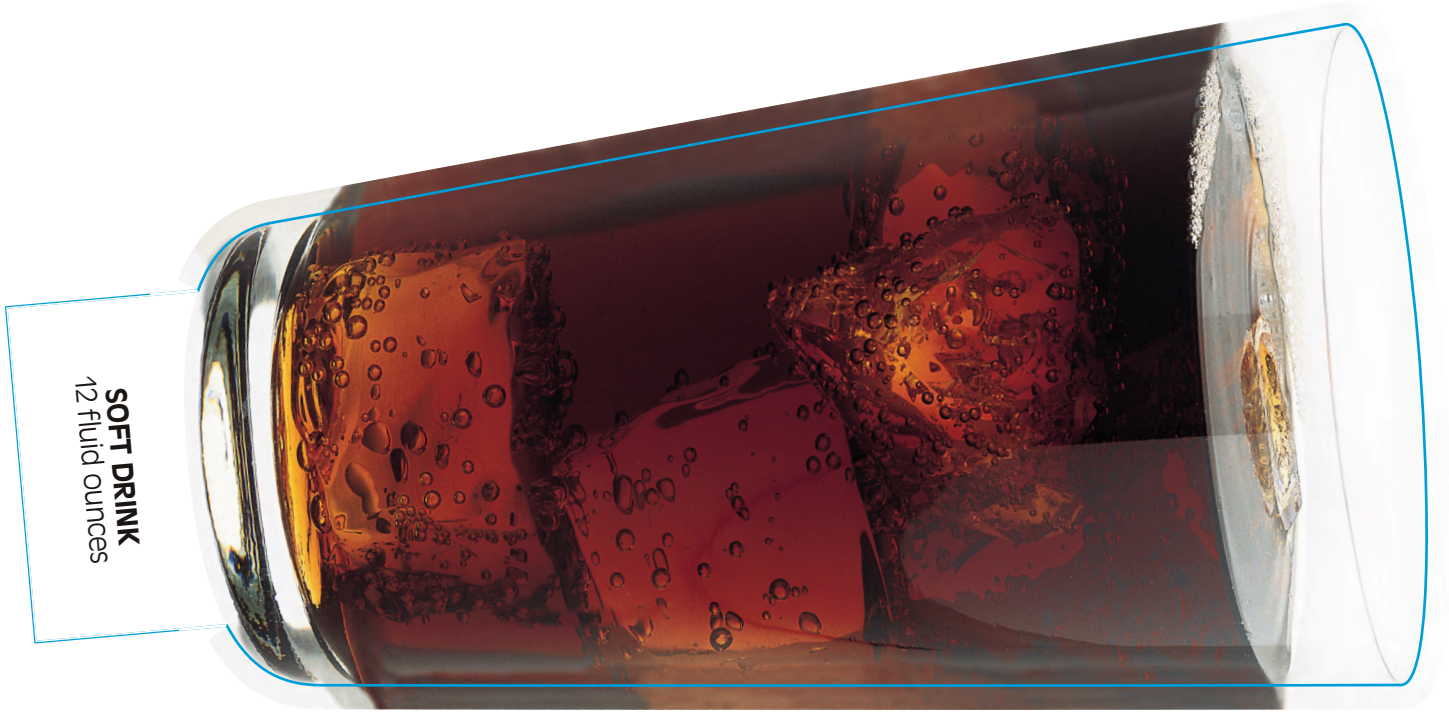


BROWNIE
1 ounce

MAYONNAISE
1 tablespoon



ANGEL FOOD CAKE
1/12 of cake



SOFT DRINK
12 fluid ounces

Angel Food Cake

Serving Size 1/12 of cake (30g)

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 20g	**7%**
Dietary Fiber Less than 1g	**2%**
Total Sugars 14g	
Added Sugars	**
Protein 2g	
Vitamin D	◆
Calcium 0mg†	
Iron 0mg†	
Potassium	◆

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◆ Data not available for nutrient.
†Not a significant source of nutrient.
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Brownie

Serving Size 1 oz (28g) (1-3/4"x1-3/4"x3/4")

Amount Per Serving

Calories 110

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 1g	**6%**
Trans Fat 0.5g	
Cholesterol Less than 5mg	**2%**
Sodium 80mg	**3%**
Total Carbohydrate 18g	**7%**
Dietary Fiber Less than 1g	**2%**
Total Sugars 10g	
Added Sugars	**
Protein 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.6mg	**4%**
Potassium 40mg†	

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Mayonnaise

Serving Size 1 Tbsp (14g)

Amount Per Serving

Calories 100

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 90mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 2.9mg	**15%**
Potassium 0mg†	

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Soft Drink

Serving Size Regular 12 fl oz (370g) | Low Calorie 12 fl oz (355g)

Amount Per Serving

Calories 160 | 5

	% Daily Value*	% Daily Value*
Total Fat	1g **1%**	0g **0%**
Saturated Fat	0g **0%**	0g **0%**
Trans Fat	0g	0g
Cholesterol	0mg **0%**	0mg **0%**
Sodium	10mg **0%**	30mg **1%**
Total Carbohydrate	38g **14%**	1g **0%**
Dietary Fiber	0g **0%**	0g **0%**
Total Sugars	37g	0g
Added Sugars	**	**
Protein	0g	0g
Vitamin D	0mcg†	0mcg†
Calcium	0mg†	10mg†
Iron	0.1mg†	0.4mg **2%**
Potassium	20mg†	30mg†

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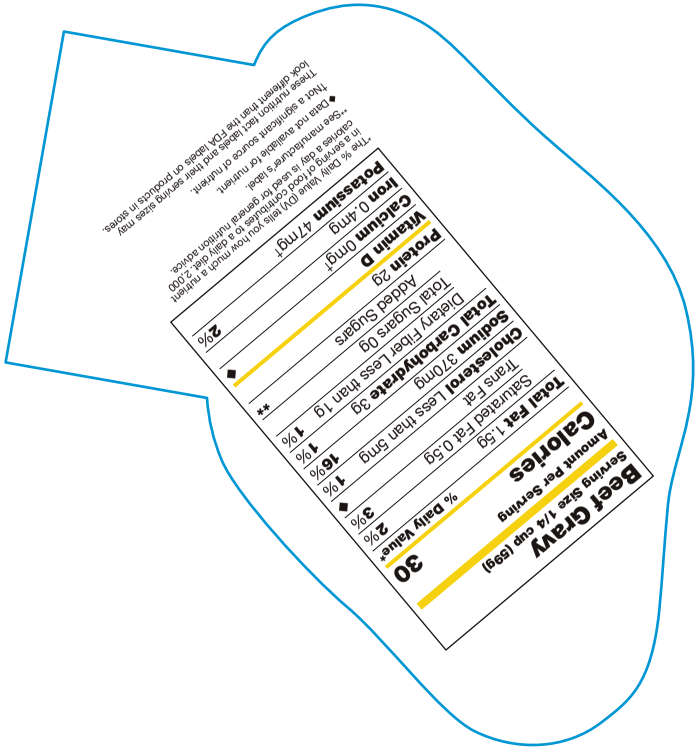
GRAVY
¼ cup

CHOCOLATE CHIP COOKIE
1 cookie 2 ¼"

CHOCOLATE CAKE
1/12 of cake

CHOCOLATE CANDY BAR
1 bar

CARD 52


Beef Gravy
Serving Size 1/4 cup (59g)
Amount Per Serving
Calories 30
% Daily Value*
Total Fat 1.5g 2%
Saturated Fat 0.5g 3%
Trans Fat
Cholesterol Less than 5mg 1%
Sodium 370mg 16%
Total Carbohydrate 3g 1%
Dietary Fiber Less than 1g 4%
Total Sugars 0g
Added Sugars 0g 0%
Protein 2g
Vitamin D 0mcg
Calcium 0mg 0%
Iron 0.4mg 2%
Potassium 47mg 2%
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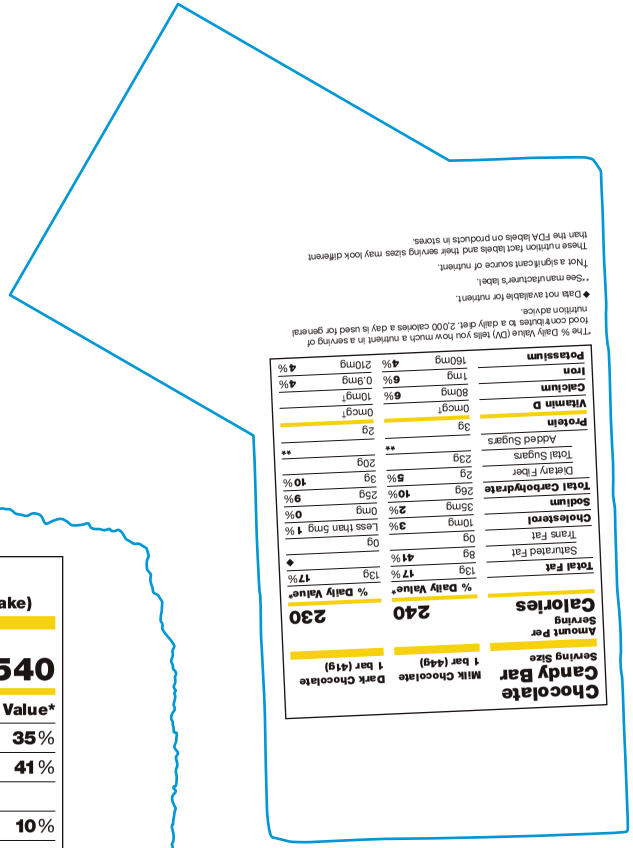
Chocolate Candy Bar
Serving Size
Amount Per Serving
Calories
% Daily Value*
Total Fat
Saturated Fat
Trans Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Total Sugars
Added Sugars
Protein
Vitamin D
Calcium
Iron
Potassium
Milk Chocolate 1 bar (44g) 240 17% 13g 41% 8g 0g 3% 10mg 2% 35mg 10% 26g 5% 2g 23g ** 3g 6% 0mcg 6% 80mg 6% 1mg 4% 160mg
Dark Chocolate 1 bar (41g) 230 17% 13g ◆ 9g 0g 0% 0mg 9% 25g 10% 23g 5% 3g 20g ** 2g 0% 0mcg 4% 10mg 4% 0.9mg 4% 210mg
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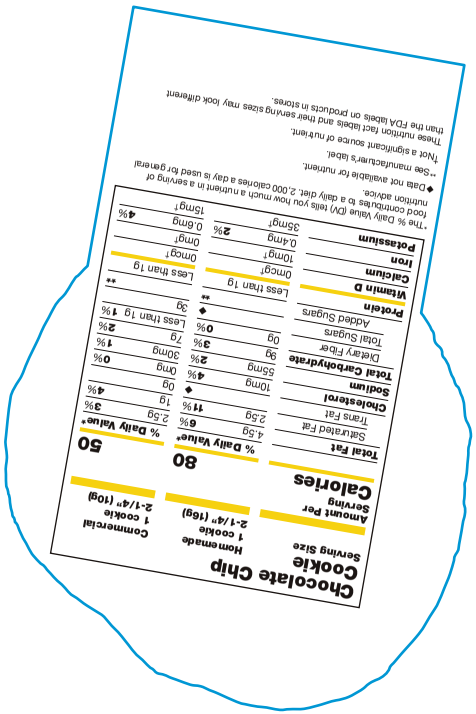
Chocolate Chip Cookie
Serving Size
Amount Per Serving
Calories
Homemade 1 cookie 2-1/4" (16g) 80
Commercial 1 cookie 2-1/4" (10g) 50
% Daily Value*
Saturated Fat 4.5g 6% 2.5g 3%
Trans Fat
Cholesterol 10mg 4% 19 4%
Sodium 55mg 2% 3mg 0%
Total Carbohydrate 9g 3% 7g 1%
Dietary Fiber 0g 0% 0g 2%
Total Sugars
Added Sugars ◆ 3g
Protein ** **
Vitamin D Less than 1g Less than 1g
Calcium 0mcg 0mcg
Iron 10mg† 0mg† 1%
Potassium 0.4mg 2% 0.6mg 4%
35mg† 0mg† 15mg†
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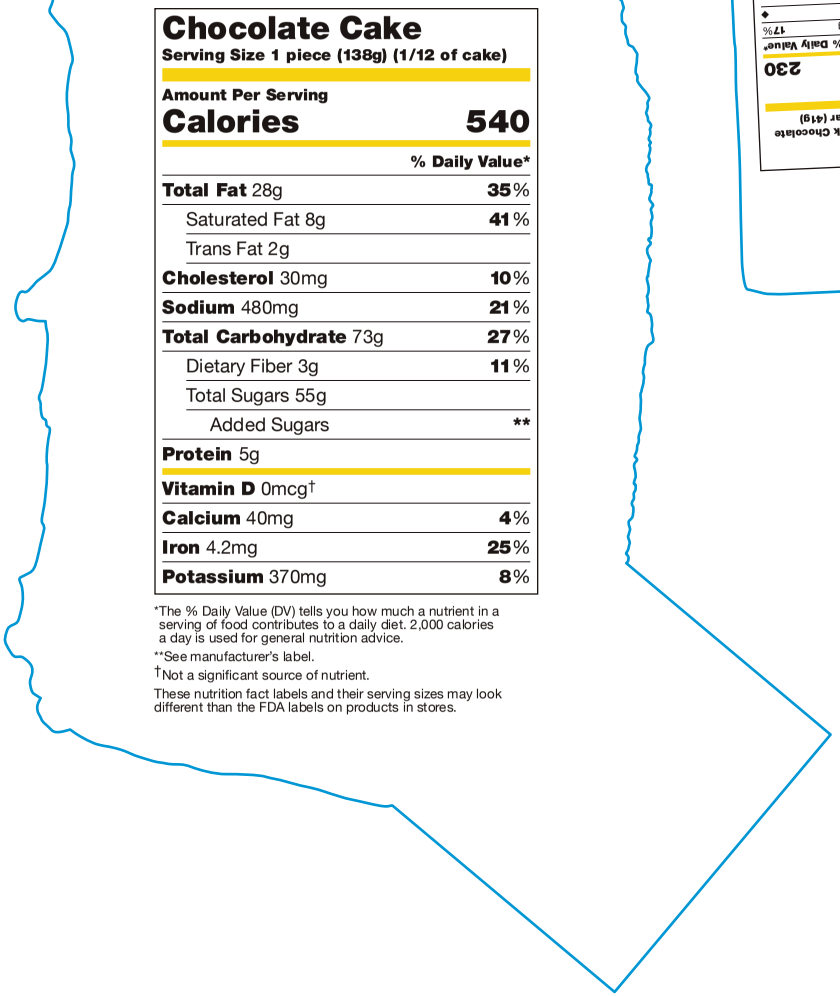
Chocolate Cake
Serving Size 1 piece (138g) (1/12 of cake)
Amount Per Serving
Calories 540
% Daily Value*
Total Fat 28g 35%
Saturated Fat 8g 41%
Trans Fat 2g
Cholesterol 30mg 10%
Sodium 480mg 21%
Total Carbohydrate 73g 27%
Dietary Fiber 3g 11%
Total Sugars 55g
Added Sugars **
Protein 5g
Vitamin D 0mcg†
Calcium 40mg 4%
Iron 4.2mg 25%
Potassium 370mg 8%
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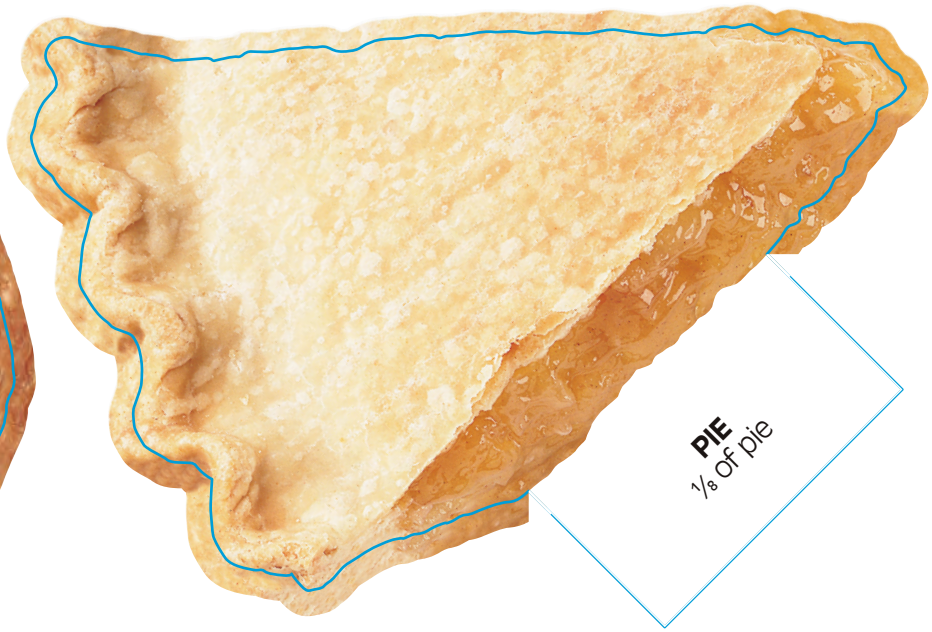
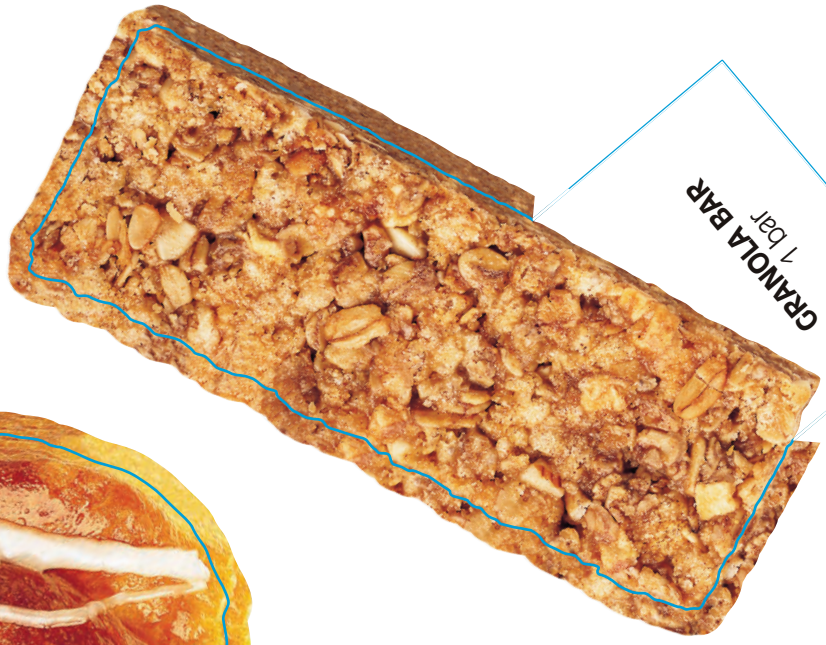
DOUGHNUT
1 doughnut



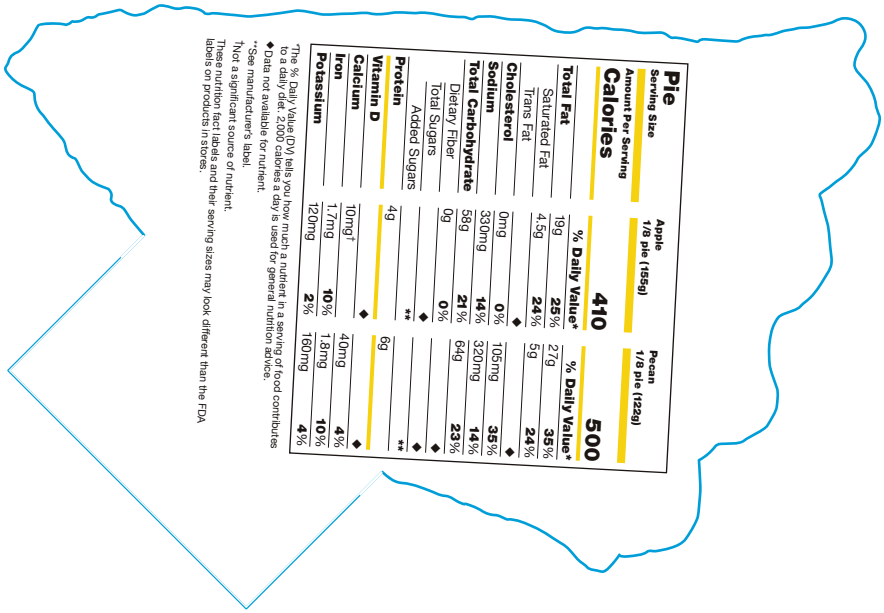
PIE
1/8 of pie



GRANOLA BAR
1 bar

SWEET ROLL
1 ROLL

SOUR CREAM
1 tablespoon



Pie

Serving Size: Apple 1/8 pie (155g) | Pecan 1/8 pie (122g)

Amount Per Serving

Calories 410 | 500

	% Daily Value*	% Daily Value*
Total Fat 19g	**25%**	27g **35%**
Saturated Fat 4.5g	**24%**	5g **24%**
Trans Fat		
Cholesterol 0mg	**0%** ◆	105mg **35%**
Sodium 330mg	**14%**	320mg **14%**
Total Carbohydrate 55g	**21%**	64g **23%**
Dietary Fiber 0g	**0%**	◆
Total Sugars		
Added Sugars	**	**
Protein 4g		6g
Vitamin D	◆	◆
Calcium 10mg†	◆	◆
Iron 1.7mg	**10%**	1.8mg **10%**
Potassium 120mg	**2%**	160mg **4%**
		40mg **4%**

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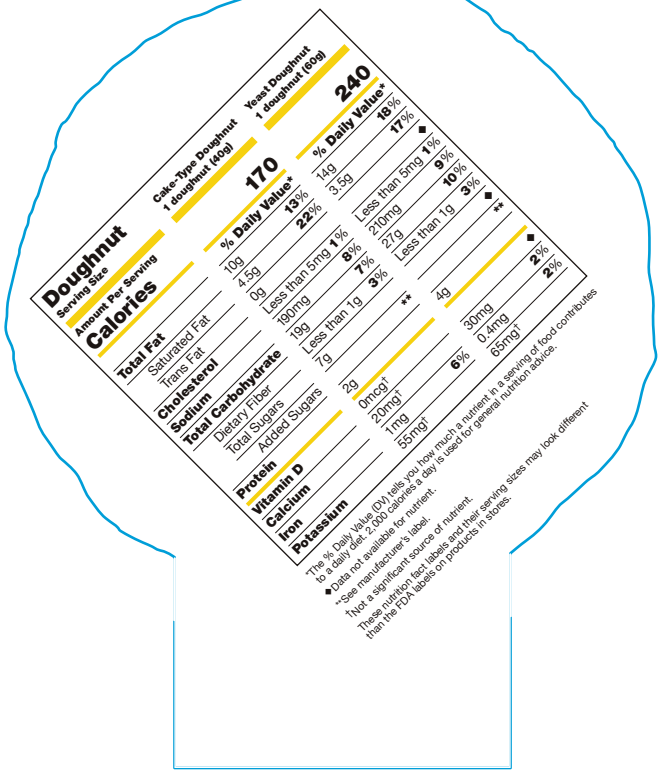

Doughnut

Serving Size: Cake-Type Doughnut 1 doughnut (48g) | Yeast Doughnut 1 doughnut (60g)

Amount Per Serving

Calories 170 | 240

	% Daily Value*	% Daily Value*
Total Fat 10g	**13%**	14g **18%**
Saturated Fat 4.5g	**22%**	3.5g **17%**
Trans Fat 0g		■
Cholesterol Less than 5mg	**1%**	Less than 5mg **1%**
Sodium 190mg	**8%**	210mg **9%**
Total Carbohydrate 19g	**7%**	27g **10%**
Dietary Fiber Less than 1g	**3%**	Less than 1g **3%**
Total Sugars	**	■
Added Sugars		**
Protein 2g		4g
Vitamin D 0mcg†	**6%**	0mcg†
Calcium 20mg†		30mg **2%**
Iron 1mg		0.4mg **2%**
Potassium 55mg†		65mg†

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Granola Bar

Serving Size 1 bar (1 oz) (28g)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 6g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**4%**
Total Carbohydrate 18g	**7%**
Dietary Fiber 2g	**5%**
Total Sugars 8g	
Added Sugars	**
Protein 3g	
Vitamin D 0mcg†	**4%**
Calcium 20mg†	**2%**
Iron 0.8mg	
Potassium 95mg	

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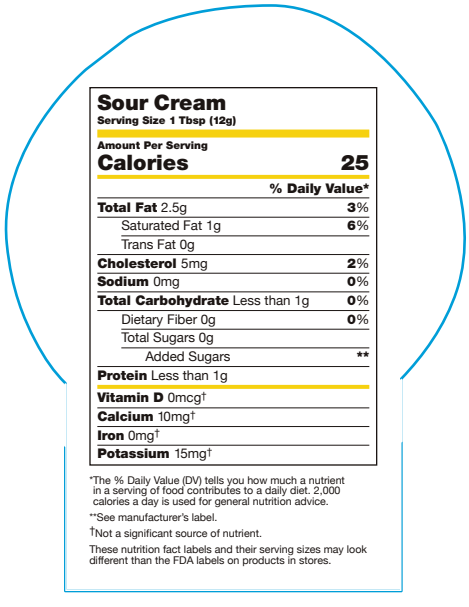

Sour Cream

Serving Size 1 Tbsp (12g)

Amount Per Serving

Calories 25

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 0mg	**0%**
Total Carbohydrate Less than 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Added Sugars	**
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0mg†	
Potassium 15mg†	

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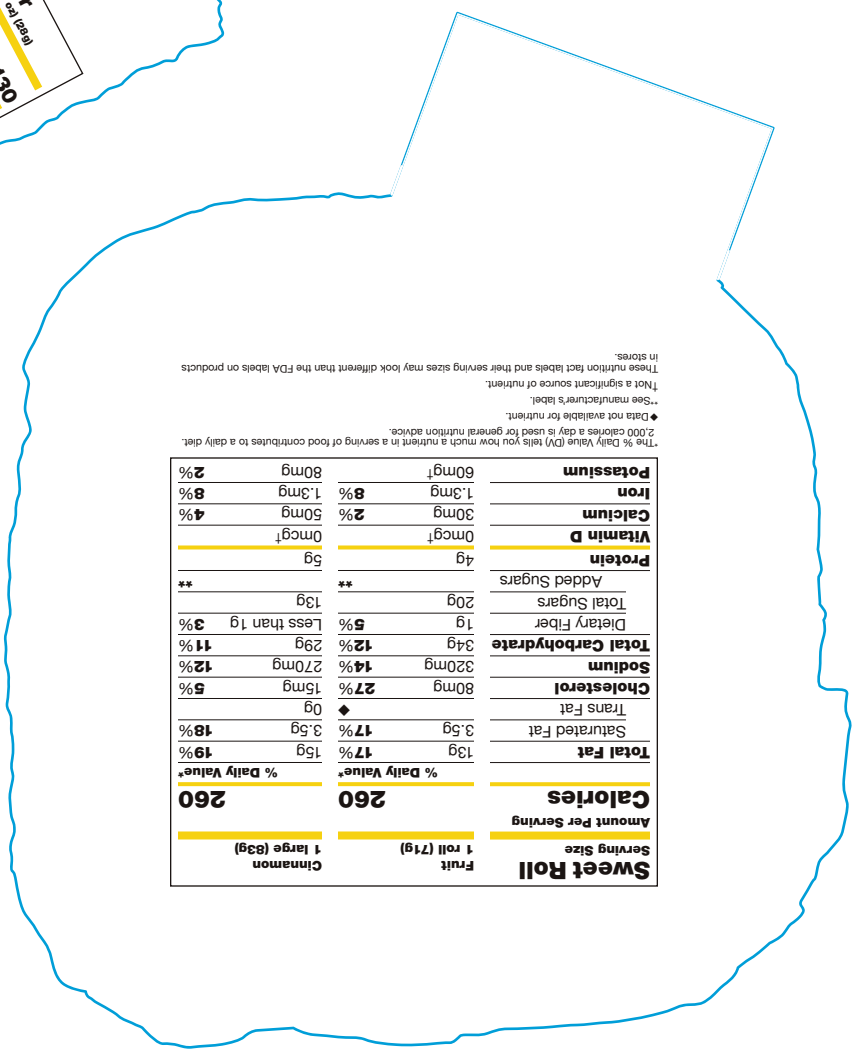

Sweet Roll

Serving Size: Fruit 1 roll (71g) | Cinnamon 1 large (83g)

Amount Per Serving

Calories 260 | 260

	% Daily Value*	% Daily Value*
Total Fat 13g	**17%**	15g **19%**
Saturated Fat 3.5g	**17%**	3.5g **18%**
Trans Fat	◆	0g
Cholesterol 80mg	**27%**	15mg **5%**
Sodium 320mg	**14%**	270mg **12%**
Total Carbohydrate 34g	**12%**	29g **11%**
Dietary Fiber 1g	**5%**	Less than 1g **3%**
Total Sugars 20g		13g
Added Sugars	**	**
Protein 4g		5g
Vitamin D 0mcg†		0mcg†
Calcium 30mg	**2%**	50mg **4%**
Iron 1.3mg	**8%**	1.3mg **8%**
Potassium 60mg†		80mg **2%**

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CREAM CHEESE
1 ounce

JELLY
1 teaspoon

FLAVORED GELATIN
½ cup

MAPLE SYRUP
1 tablespoon

SUGAR
1 teaspoon

10% JUICE DRINK
6 fluid ounces

CARD 54

10% Juice Drink

Serving Size 6 fl oz

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 25g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0mg†	
Potassium 0mg†	

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Flavored Gelatin

Serving Size 1/2 cup (135g)

Amount Per Serving

Calories 80

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 100mg	**4%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 0g	**0%**
Total Sugars 18g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0mg†	
Potassium 0mg†	

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Maple Syrup

Serving Size 1 Tbsp (20g)

Amount Per Serving

Calories 50

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0mg†	
Potassium 40mg†	

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Cream Cheese

Serving Size 1 oz (28g)

Amount Per Serving

Calories 100

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 6g	**29%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 90mg	**4%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 30mg	**2%**
Iron 0mg†	
Potassium 35mg†	

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Sugar

Serving Size 1 tsp (4g)

Amount Per Serving

Calories 15

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0mg	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 4g	
Added Sugars 4g	**8%**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0mg†	
Potassium 0mg†	

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Jelly

Serving Size 1 tsp (7g)

Amount Per Serving

Calories 20

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 4g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0mg†	
Potassium 0mg†	

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