

Cheese Crackers

Nutrition Facts	
About 12 servings per container	
Serving size	27 Crackers (30g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	4%
Potassium 30mg	0%

* 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.

String Cheese

Nutrition Facts	
12 servings per container	
Serving size	1 piece (28g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 6g	7%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 200mg	9%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 0mg	0%
Potassium 0mg	0%

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Strawberry Yogurt

Nutrition Facts	
Serving size 1 container	
Amount per serving	
Calories 140	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 27g	10%
Total Sugars 19g	
Includes 13g Added Sugars	26%
Protein 5g	
Vit. D 3mcg 15% • Calcium 260mg 20%	
Potas. 280mg 6% • Vit. A 180mcg 20%	
Not a significant source of dietary fiber and iron.	
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Pretzels

Nutrition Facts	
1 serving per container	
Serving size 1 package	
Amount per serving	
Calories 110	
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1g	3%
Total Sugars 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 80mg	0%
Not a significant source of added sugars.	
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Peanut Butter

Nutrition Facts

Serving Size 2 Tbsp (32g)
 Servings Per Container About 56

Amount Per Serving	
Calories 190	Calories from Fat 140
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	7%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Vitamin E 10%	• Niacin 20%

* Percent Daily Values are based on 2,000 calorie diet.

Apple Slices (Package)

Nutrition Facts

Serving size 2 oz. (57g)

Amount per serving
Calories 30

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 70mg	2%

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Raisins

Nutrition Facts	
1 servings per container	
Serving size	1/4 cup (40g)
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 0.7mg	4%
Potassium 298mg	6%

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Potato Chips

Nutrition Facts	
8 servings per container	
Serving size	About 15 chips (28g)
Amount per serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%
Vitamin C	6%
Not a significant source of added sugars.	

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Granola Bar

Nutrition Facts	
8 servings per container	
Serving size 1 bar (24g)	
Amount per serving	
Calories 100	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Sugar Alcohol 0g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0.6mg	2%
Potassium 50mg	0%

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Waffles

Nutrition Facts	
Serving size 2 waffles (70g)	
Amount Per Serving	
Calories 200	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.8g	9%
Trans Fat 0.1g	
Cholesterol 20mg	7%
Sodium 410mg	18%
Total Carbohydrate 28g	10%
Dietary Fiber < 1g	3%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%

Not a significant source of vitamin D, calcium, iron, and potassium

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Fruit Snacks

Nutrition Facts	
10 servings per container	
Serving size 1 pouch (23g)	
Amount per serving	
Calories	80
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 19g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 0g	
Vitamin C 54mg	60%
Not a significant source of dietary fiber, vitamin D, calcium, iron, and potassium.	
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Chicken Nuggets

Nutrition Facts	
about 11 servings per container	
Serving size 4 pieces (80g)	
Amount per serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 450mg	20%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2mg	10%
Potassium 250mg	6%
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Cookies

Nutrition Facts	
about 11 servings per container	
Serving size	3 cookies (33g)
Amount per serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber less than 1g	3%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.4mg	8%
Potassium 50mg	0%

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Chocolate Milk

Nutrition Facts	
4 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 10g	12%
Saturated Fat 6g	32%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 150mg	6%
Total Carbohydrate 29g	11%
Total Sugars 28g	
Incl 17g Added Sugars	34%
Protein 9g	
Vitamin D 3mcg	15%
Calcium 410mg	30%
Iron 0.8mg	4%
Potassium 530mg	10%
Vitamin A 60mcg	6%

Not a significant source of dietary fiber.

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Macaroni and Cheese

Nutrition Facts	
Serving size	1 Pouch (198g)
Amount Per Serving	
Calories	300
	<small>% Daily Value*</small>
Total Fat 0g	0%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 650mg	28%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	20%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

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Fruit Punch

Contains 10% Juice	
Nutrition Facts	
10 servings per container	
Serv. size	1 Pouch (177mL)
Amount per serving	
Calories	60
	<small>% DV*</small>
Total Fat 0g	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Total Sugars 13g	
Includes 11g Added Sugars	23%
Protein 0g	
<small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.</small>	
<small>*% DV = % Daily Value</small>	

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Tomato Soup

Nutrition Facts	
4 servings per container	
Serving size	1 1/2 cups (346g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 70mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 468mg	10%

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Blueberry Muffin

Nutrition Facts	
4 servings per container	
Serving size	1 Muffin (85g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 310mg	13%
Total Carbohydrate 43g	16%
Dietary Fiber 4g	14%
Total Sugars 20g	
Includes 19g Added Sugars	38%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 50mg	2%

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Carrot Sticks

Nutrition Facts	
Serving Size 3oz. (85g)	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 280% • Vitamin C 8%	
Calcium 2% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Pizza

Nutrition Facts	
3 servings per container	
Serving size 1/3 pizza (143g)	
Amount Per Serving	
Calories 360	
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 720mg	31%
Total Carb. 36g	13%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes <1g Added Sugars	2%
Protein 16g	23%
Vitamin D 0.2mcg	0%
Calcium 250mg	20%
Iron 2.8mg	15%
Potassium 200mg	4%
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