

Scale

1 Gram = 0.1 Inches

| 1. Cranberry Orange Muffin | 2. Frosted Flakes | 3. Left Over Pizza | 4. Grape Nuts | 5 Sliced Fish Congee | 6 Peanutbutter Cap'n Crunch | 7. Pop Tarts | 8 Raisin Bran | 9 Non Fat greek Yogurt | 10 Bacon Egg and Cheese | 11. Plain Omelet | 12 Swiss Mulesi |
|---|---|---|---|---|--|---|--|---|---|---|--|
| Serving Size: 1 muffin (110g) Amount Per Serving Calories 410 Calories from Fat 180 Total Fat 20g Saturated Fat 4g Trans Fat 0g Cholesterol 70mg Sodium 400mg Total Carbohydrate 53g Dietary Fiber 2g Sugars 31g Protein 5g | Serving Size: 0.75 cup (30 g) Amount Per Serving Calories 111 Total Fat 0.5 g Saturated fat 0.1 g Polyunsaturated fat 0.2 g Monounsaturated fat 0.1 g Trans fat 0 g Cholesterol 0 mg Sodium 140 mg Potassium 23 mg Total Carbohydrate 27 g Dietary fiber 0.7 g Sugar 11 g Protein 1.2 g | Serving Size: 1 slice from large pizza (130g) Amount Per Serving Calories 320 Calories from Fat 120 Total Fat 13g Saturated Fat 5g Trans Fat 0g Cholesterol 25mg Sodium 840mg Total Carbohydrate 37g Dietary Fiber 2g Sugars 4g Protein 12g | Serving Size: 0.5 cup (58 g) Amount Per Serving Calories 210 Calories from Fat 10 Total Fat 1g Saturated Fat 0g Trans Fat 0g Polyunsaturated Fat 0.5g Monounsaturated Fat 0g Total Carbohydrate 47g 16% Dietary Fiber 7g Soluble Fiber 1g Insoluble Fiber 6g Sugars 5g Other Carbohydrate 35g | Serving Size: 1 bowl (559g) Amount Per Serving Calories 211 Calories from Fat 27 Total Fat 3g Saturated Fat 0g Trans Fat 0g Cholesterol 22mg Sodium 1347mg Potassium 0mg Total Carbohydrate 32g Sugars 0g Protein 14g | Serving Size: 0.75 cup (27g) Amount Per Serving Calories 112 Calories from Fat 23 Total Fat 2g Saturated Fat 1g Trans Fat 0g Cholesterol 0mg Sodium 200mg Total Carbohydrate 21g Dietary Fiber 1g Sugars 9g Protein 2g | Serving Size: 1 pastry (50g) Amount Per Serving Calories 211 Calories from Fat 67 Total Fat 7g Saturated Fat 1g Trans Fat 0g Cholesterol 0mg Sodium 184mg Total Carbohydrate 34g Dietary Fiber 1g Sugars 15g Protein 3g | Serving Size: 1 cup (59 g) Amount Per Serving Calories 190 Calories from Fat 10 Total Fat 1g Saturated Fat 0g Trans Fat 0g Polyunsaturated Fat 0g Monounsaturated Fat 0g Cholesterol 0mg Sodium 230mg Potassium 310mg Total Carbohydrate 47g Dietary Fiber 8g Sugars 19g Other Carbohydrate 20g Protein 5g | Serving Size: 5.3oz (150g) Amount Per Serving Calories 80 Calories from Fat 0 Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol 5mg Sodium 60mg Potassium 230mg Total Carbohydrate 6g Dietary Fiber 0g Sugars 6g Protein 15g | Serving Size: 1 Sandwich Amount Per Serving Calories 290 Calories from Fat 10 Total Fat 10g Saturated Fat 4.5g Trans Fat 0g Cholesterol 70mg Sodium 700mg Total Carbohydrate 32g Dietary Fiber 7g Sugars 2g Protein 16g | Serving Size: 1 omelet (61g) Amount Per Serving Calories 96 Calories from Fat 66 Total Fat 7g Saturated Fat 2g Trans Fat 0g Cholesterol 217mg Sodium 98mg Potassium 0mg Total Carbohydrate 0g Dietary Fiber 0g Sugars 0g Protein 6g | Serving Size: 0.5 cup, dry (57g) Amount Per Serving Calories 210 Calories from Fat 30 Total Fat 3g Saturated Fat 0.5g Trans Fat 0g Cholesterol 0mg Sodium 0mg Potassium 230mg Total Carbohydrate 41g Dietary Fiber 4g Sugars 7g Protein 6g |