

What can you learn from these labels?

S-2.2

TONY'S SUPREME PIZZA ORIGINAL CRUST

Nutrition Facts

Serving size 1/3 Pizza (160g)
Serving Per Container 3

Amount per serving

Calories 420 Calories from Fat 180

%Daily Value*

Total Fat 20g	31%
Saturated Fat 8g	40%
Trans Fat 2g	
Cholesterol 20mg	6%
Sodium 920mg	39%
Total Carbohydrates 43g	14%
Dietary Fiber 2g	10%
Sugars 4g	
Protein 16g	23%
Vitamin A 15%	Vitamin C 4%
Calcium 25%	Iron 15%

INGREDIENTS: TOPPINGS: Tomatoes (water, tomato paste), topping blend (mozzarella cheese substitute [water, casein, partially hydrogenated soybean oil, salt, sodium aluminum phosphate, lactic acid, natural flavor, starch, sodium citrate, sorbic acid (preservative), trisodium phosphate, artificial color, guar gum, artificial flavor, magnesium oxide, ferric orthophosphate, zinc oxide, riboflavin, cyanocobalamin, folic acid, pyridoxine HCl (vitamin B-6), niacinamide, thiamine mononitrate, vitamin A palmitate], low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes]), cooked pizza topping mix (sausage [pork, mechanically separated chicken, spices, water, salt, sugar, garlic powder], water, textured vegetable protein [soy flour, salt]), green and red peppers, pepperoni (pork, mechanically separated chicken, beef, salt, contains 2% or less of water, paprika, dextrose, spices, smoke flavoring, lactic acid starter culture, sodium ascorbate [vitamin C], flavoring, garlic powder, sodium nitrite, BHA, BHT, with citric acid added to help protect flavor), onions, contains 1 percent or less of modified food starch, sugar, salt, paprika, spices, maltodextrin, citric acid, garlic, onion; CRUST: Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil, soy lecithin, natural butter flavor), yeast, contains 1 percent or less of soybean oil, sugar, salt, dough conditioner (wheat starch, L-cysteine hydrochloride, ammonium sulfate), ascorbic acid. (Contains 10.5% sausage and pepperoni.)
CONTAINS MIL, SOY, AND WHEAT.

WESTERN FAMILY MACARONI & CHEESE DINNER

Nutrition Facts

Serving size: 2.5 oz. (70g/about 1/3 box)
Makes about 1 cup
Serving Per Container about 3

Amount per serving

Calories 250 Mix 390
Calories from fat 10 150

%Daily Value**

Total Fat 1g*	2%	26%
Saturated Fat 0g	0%	14%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 550mg	23%	31%
Total Carbohydrates 50g	17%	17%
Dietary Fiber 2g	8%	10%
Sugars 7g		
Protein 8g		
Vitamin A	0%	15%
Vitamin C	0%	0%
Calcium	8%	10%
Iron	10%	10%
Folic Acid	30%	30%

*Amount in package.

**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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Enriched Macaroni [Durum and Enriched Wheat Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid)]; **Cheese Sauce Mix:** Whey, Modified Whey, Modified Corn and Wheat Starch, Salt, Dried Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Partially Hydrogenated Soybean and Cottonseed Oils, Dried Butter (Cream, Salt), Yellow 5, Yellow 6, Red 40 Lake, Yellow 5 Lake, Yellow 6 Lake. **CONTAINS WHEAT AND MILK INGREDIENTS.**

TOP RAMEN NOODLES CHICKEN FLAVOR

Nutrition Facts

Serving size: 1.5 oz (42g/about 1/4 dry noodle block and 1 tsp seasoning mix)
Serving Per Container: 2

Amount per serving

Calories 190 Calories from Fat 60

%Daily Value*

Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 910mg	38%
Total Carbohydrates 26g	9%
Dietary Fiber 2g	8%
Sugars less than 1g	
Protein 5g	

Calcium 0% Iron 10%

Not a significant source of vitamin A or vitamin C.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: RAMEN NOODLES – ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA OIL, COTTONSEED OIL, PALM OIL), CONTAINS LESS THAN 2% OF SALT, SODIUM TRIPOLYPHOSPHATE, POTASSIUM CARBONATE, SODIUM CARBONATE, SODIUM ALGINATE, TOCOPHEROLS, T-BHQ, SEASONING MIX – SALT, MONOSODIUM GLUTAMATE, HYDROLYZED SOY, CORN AND WHEAT PROTEIN, CHICKEN POWDER, SOY SAUCE POWDER (WHEAT, SOYBEANS, MALTODEXTRIN, SALT), ONION POWDER, GARLIC POWDER, SPICES, CHICKEN FAT, CALCIUM SILICATE (ANTICAKING AGENT), CELERY POWDER, SUGAR, DEHYDRATED LEEK, TUMERIC COLOR, AUTOLYZED YEAST EXTRACT, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, ARTIFICIAL FLAVORS.

Consider these nutrients: **vitamins A & C, folate, iron, calcium, and fiber.**

1. Which foods can be labeled “high in” [or “rich in” or “excellent source of”] any of these nutrients?
2. Which foods can be labeled “good”?
3. Does “high” in a nutrient mean that a serving of that food provides all or nearly all that you need of that nutrient for a day?
4. How much cheese is in the macaroni and cheese dinner? How much in the cheese dip?
5. How much chicken is in the chicken-flavor ramen noodles?
6. How different are orange juice & orange drink?

**LYNN WILSON'S BEEF & BEAN
BURRITO**

Nutrition Facts

Serving size: 1 burrito (142g)
Serving Per Container: 1

Amount per serving

Calories 340	Calories from Fat 110
%Daily Value*	
Total Fat 13g	20%
Saturated Fat 4g	21%
Trans Fat 0 g	
Cholesterol 20mg	6%
Sodium 440 mg	18%
Total Carbohydrates g	%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 11g	

Calcium 6%	Iron 15%
Vitamin A 2%	

Not a significant source of vitamin C.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: FILLING: BEANS, BEEF, WATER, GREEN CHILIES (GREEN CHILIES, CITRIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED ONION, SALT, CHILI POWDER (CHILI PEPPER, SPICES, GARLIC POWDER), GARLIC POWDER, SPICES. TORTILLA: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, SALT, GUAR GUM, DOUGH CONDITIONER (CALCIUM CARBONATE, L-CYSTEINE HYDROCHLORIDE, TRICALCIUM PHOSPHATE, SILICON DIOXIDE, CALCIUM STEARATE), BAKING POWDER (SODIUM BICARBONATE, CORN STARCH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE).

BAR S CORN DOGS

Nutrition Facts

Serving size 1 Corn Dog (76g)
Serving Per Container 6

Amount per serving

Calories 220	Calories from Fat 130
%Daily Value*	
Total Fat 14g	22%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 550mg	23%
Total Carbohydrates 20g	7%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 5g	

Calcium 4%	Iron 6%
Not a significant source of vitamin A or vitamin C.	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: BATTER INGREDIENTS:

Water, Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid, Sugar, Enriched Yellow Corn Meal (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Soy Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Soybean Oil, Dried Egg Yolk, Potato Flour, Whey, Honey, Modified Food Starch, Wheat Starch, Dextrose, Natural and Artificial Flavors.

Contains wheat, soy, egg and milk.

FRANKFURTER INGREDIENTS:

Mechanically Separated Chicken, Water, Pork, Modified Corn Starch, Dextrose, Salt, Beef, Contains 2% or less of the following: Corn Syrup, Flavorings, Sodium Phosphates, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Paprika, Gleoresin of Paprika, Sodium Nitrate.

FRIED IN VEGETABLE OIL.

DORITOS NACHO CHEESE CORN CHIPS

Nutrition Facts

Serving Size 1 oz. (28g/About 11 chips)
Serving Per Container 13

Amount per serving

Calories 150	Calories from Fat 70
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%Daily Value*

Total Fat 8g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrates 17g	6%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 2g	

Vitamin A 0%	Vitamin C 0%
Calcium 2%	
Thiamin 4%	Iron 0%
Phosphorus 6%	Vitamin B6 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	
Sodium	Less than	2,400mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, and/or Sunflower Oil), Salt, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Maltodextrin, Wheat Flour, Whey, Monosodium Glutamate, Buttermilk Solids, Romano Cheese from Cow's Milk (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Soybean and Cottonseed Oil, Corn Flour, Disodium Phosphate, Lactose, Natural and Artificial Flavor, Dextrose, Tomato Powder, Spices, Lactic Acid, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Citric Acid, Sugar, Garlic Powder, Red and Green Bell Pepper Powder, Sodium Caseinate, Disodium Inosinate, Disodium Guanylate, Nonfat Milk Solids, Whey Protein Isolate, and Corn Syrup Solids. **CONTAINS MILK AND WHEAT INGREDIENTS.**

FRITOS MILD CHEDDAR FLAVORED CHEESE DIP

Nutrition Facts

Serving size: 2 TBSP (34g)
Serving Per Container: about 8

Amount per serving

Calories 50	Calories from Fat 30
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%Daily Value*

Total Fat 3.5g	5%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 250mg	11%
Total Carbohydrates 3g	1%
Dietary Fiber 0g	0%
Sugars less than 1g	

Protein 1g

Calcium 2%	Iron 0%
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Not a significant source of vitamin A or vitamin C.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: NONFAT MILK, WATER, CANOLA OIL, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), MODIFIED FOOD STARCH, MALTODEXTRIN, AND 2% OR LESS OF THE FOLLOWING: SALT, NATURAL FLAVOR, PARTIALLY HYDROGENATED SOYBEAN OIL, DISODIUM PHOSPHATE, SODIUM CITRATE, AUTOLYZED YEAST EXTRACT, MONOSODIUM GLUTAMATE, ARTIFICIAL COLOR, MONO- AND DIGLYCERIDES, ACETIC ACID, CITRIC ACID, AND SPICE. **CONTAINS MILK INGREDIENTS.**

TABLE TOP MILD SALSA

Nutrition Facts

Serving size 2 Tbsp (30g)
Serving Per Container : about 16

Amount per serving

Calories 10	Calories from Fat 0
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%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	

Protein 0g

Calcium 0%	Iron 0%
Vitamin A 2%	Vitamin C 2%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: FRESH DICED TOMATOES, FRESH CHOPPED ASSORTED PEPPERS, FRESH DICED ONIONS, FRESH CHOPPED CILANTRO, SALT, CRUSHED GARLIC, ASSORTED SPICES, CITRIC ACID, SODIUM METABISULFITE (AS A PRESERVATIVE), ASCORBIC ACID, POTASSIUM SORBATE (AS A PRESERVATIVE), SODIUM BENZOATE (AS A PRESERVATIVE).

MALT-O-MEAL
HONEY NUT SCOOTERS
(Made with whole grain)

Nutrition Facts

Serving size: 1 Cup (30g)
Serving Per Package: About 26

Amount per serving	Cereal With ½ Cup Skim Milk
Cereal	Calories 110 Calories from fat 10
Total Fat 1.5g*	2% 3%
Saturated Fat 0g	0% 0%
Trans Fat 0g	0%
Cholesterol 0mg	0% 1%
Sodium 210mg	9% 11%
Total Carbohydrates 24g	8% 10%
Dietary Fiber 2g	8% 8%
Soluble Fiber less than 1g	
Insoluble Fiber 1g	
Sugars 10g	
Other Carbohydrate 12g	
Protein 2g	
Vitamin A	10% 15%
Vitamin C	10% 10%
Calcium	10% 25%
Iron	25% 25%
Folate (Folic Acid)	50% 50%
Vitamin B12	25% 35%
Phosphorus	10% 20%
Zinc	25% 30%

* Amount in cereal. One-half cup skim milk contributes an additional 65 mg sodium, 6g total carbohydrate (6g sugars) and 4g protein.

**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
<u>2,500</u>		
Total Fat	Less than	65g
80g		
Sat Fat	Less than	20g
25g		
Cholesterol	Less than	300mg
300mg		
Sodium	Less than	2,400mg
2,400 mg		
Potassium		3,500mg
3,500mg		
Total Carbohydrate		300g
375g		
Dietary Fiber		25 g
30g		

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whole grain oat flour (includes the oat bran), sugar, oat bran, wheat starch, honey, brown sugar syrup, salt, calcium carbonate, tripotassium phosphate, caramel color, vitamin C (sodium ascorbate), citric acid, niacin (niacinamide), reduced iron, zinc (zinc oxide), vitamin A palmitate, vitamin B12, sodium acetate, almond extract, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin D, folate (folic acid), vitamin E (mixed tocopherols added to preserve freshness).

Contains wheat ingredients. Grains used in this product contain traces of soybeans.

HOT POCKETS
Sausage, Egg & Cheese

Nutrition Facts

Serving size 1 piece (64g)
Serving Per Container 4

Amount per serving	Calories from Fat
Calories 170	80

%Daily Value*	
Total Fat 9g	13%
Saturated Fat 4.5g	23%
Trans Fat 9g	
Cholesterol 40mg	13%
Sodium 240mg	10%
Total Carbohydrates 18g	6%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 5g	

Calcium 6%	Iron 8%
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Not a significant source of vitamin A or vitamin C.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: WATER, UNBLEACHED

ENRICHED FLOUR (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), **SCRAMBLED EGGS** (whole eggs, gelatin, skim milk, soy protein isolate with lecithin, soybean oil, egg whites, modified food starch, salt, liquid pepper extract, xanthan gum, artificial butter flavor [clarified butter oil, lipolyzed butter oil, artificial flavor, annatto], citric acid), **COOKED PORK BREAKFAST TOPPING** (cooked pork sausage [pork seasoning (salt, spices, sugar, caramel color), water] water, textured vegetable protein [soy flour, caramel color], soy concentrate, sodium tripolyphosphate), **PALM OIL** (with lecithin, artificial butter flavor, beta carotene), **MARGARINE** (partially hydrogenated soybean oil, palm oil, water, partially hydrogenated cottonseed oil, sugar with mono- and diglycerides added, artificial flavor, soy lecithin, potassium sorbate and citric acid [preservatives], artificial color [annatto, tumeric], vitamin A palmitate), **SEASONING** (whey, cheddar cheese [milk, cheese culture, salt, enzymes], buttermilk [milk culture], enzyme modified cheddar cheese [milk, sodium citrate, cheese culture, salt, enzymes, potassium sorbate], salt, reduced lactose whey, coconut oil, maltodextrin, disodium phosphate, glue cheese [milk, cheese culture, salt, enzymes], modified food starch, flavor, annatto), **IMITATION CHEDDAR CHEESE** (water, modified food starch, casein, soybean oil, whey, contains 2% or less of salt, sodium aluminum phosphate, sodium phosphate, lactic acid, sodium citrate, natural flavor, sorbic acid [preservative], artificial color), **CONTAINS LESS THAN 2% OF:** **MODIFIED FOOD STARCH**, **PARTIALLY HYDROGENATED PALM KERNEL OIL** (with lecithin, citric acid as preservative), **SUGAR**, **PARTIALLY HYDROGENATED SOYBEAN OIL**, **CHEESE SEASONING** (whey, partially hydrogenated soybean oil, maltodextrin, cheddar/blue cheeses (pasteurized milk, cheese cultures, salt, enzymes), salt nonfat milk, sodium caseinate, sodium citrate, natural flavors, citric acid, yellow #6, tumeric extract [color]), **YEAST, DOUGH CONDITIONER** (calcium sulfate, salt, L-cysteine hydrochloride, garlic powder, tricalcium phosphate, enzymes), **SALT, YEAST FOOD** (monocalcium phosphate, corn starch, salt, ammonium sulfate, ascorbic acid, wheat starch, azodicarbonyl and tricalcium phosphate), **SODIUM STEAROYL-2-LACTYLATE, DRIED WHEY, DRIED EGG WHITES, SOY FLOUR**.

Contains Wheat, Milk, Egg & Soy Ingredients.

DON JULIO
FLOUR TORTILLAS

Nutrition Facts

Serving size 1 tortilla (57g)
Serving Per Container 10

Amount per serving

Calories 160	Calories from Fat 40
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%Daily Value*

Total Fat 4.5 g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrates 26g	9%
Dietary Fiber 1g	4%
Sugars less than 1g	
Protein 3g	

Vitamin A 10%	Iron 8%
Calcium 25%	

Not a significant source of vitamin C.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: BLEACHED ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, MONO & DIGLYCERIDES, POLYSORBATE 60), MARGARINE (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, WATER, SALT, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, WHEY SOLIDS, SODIUM BENZOATE [A PRESERVATIVE], ARTIFICIAL FLAVOR, BETA CAROTENE [COLOR], VITAMINE A PALMITATE ADDED), CALCIUM PROPIONATE (A PRESERVATIVE), BAKING POWDER (SODIUM BICARBONATE, CORN STARCH, SODIUM ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, MOLASSES, MONO & DIGLYCERIDES, GUAR GUM, CELLULOSE GUM, MALTODEXTRIN, CARRAGEENAN, FUMARIC ACID, DEXTROSE, POTASSIUM SORBATE (A PRESERVATIVE), AND SODIUM METABISULFITE.

Contains or may contain the following:

Contains Milk, Soy, Wheat

OLD EL PASO
FAT FREE REFRIED BEANS

Nutrition Facts

Serving size $\frac{1}{2}$ cup (124g)
Serving Per Container About 3 $\frac{1}{2}$

Amount per serving

Calories 100	Calories from Fat 0
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%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	24%
Total Carbohydrates 18g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 6g	

Calcium 4%	Iron 10%
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Not a significant source of vitamin A or vitamin C.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: COOKED PINTO BEANS, WATER, SALT, ONION POWDER, CHILI PEPPER, SPICE, GARLIC POWDER.

WESTERN FAMILY
MEDIUM CHEDDAR CHEESE

Nutrition Facts

Serving size 1 oz.
Serving Per Container 32

Amount per serving

Calories 110	Calories from Fat 80
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%Daily Value*

Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrates Less than 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	

Vitamin A 6%	Calcium 20%
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Not a significant source of vitamin C or Iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR).

OLD ORCHARD
100% ORANGE JUICE

Nutrition Facts

Serving size: Conc. 2 fl. oz. (60mL)
Recon. 8 fl. oz.
(240mL)

Serving Per Container: 6

Amount per serving

Calories 120 **Calories from Fat** 0

%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 480mg	14%
Total Carbohydrates 27g	9%
Dietary Fiber 0g	0%
Sugars 24g	
Protein 0g	

Vitamin C 130% Thiamin 10%
Calcium 2% Folate 15%

Not a significant source of vitamin A or Iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: ORANGE JUICE CONCENTRATE, FILTERED WATER (ONLY SUFFICIENT TO RECONSTITUTE ORANGE JUICE CONCENTRATE). CONTAINS ORANGE JUICE CONCENTRATE FROM USA, BRAZIL, MEXICO, BELIZE.

DOLE LEAFY ROMAINE

Nutrition Facts

Serving size 3oz. (85g/about 2 cups)

Serving Per Container about 3.5

Amount per serving

Calories 15 **Calories from Fat** 0

%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 1g	

Vitamin A 45% Vitamin C 25%
Calcium 4% Iron 4%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: ROMAINE LETTUCE, LEAF LETTUCE.

**CAPRISUN ALL NATURAL
ORANGE JUICE DRINK BLEND**

Nutrition Facts

Serving size 1 pouch (200mL)
Serving Per Container 10

Amount per serving

Calories 100 **Calories from Fat** 0

%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15 mg	1%

Total Carbohydrates 27g 9%

Dietary Fiber 0g 0%

Sugars 27g

Protein 0g

Not a significant source of vitamin A, vitamin C, Iron, or Calcium.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: WATER, HIGH FRUCTOSE CORN SYRUP, APPLE AND ORANGE JUICE CONCENTRATES, CITRIC ACID, WATER EXTRACTED ORANGE JUICE CONCENTRATE, NATURAL FLAVOR.

**BOLTHOUSE FARMS
BABY-CUT CARROTS**

Nutrition Facts

Serving size: 3.0 oz (85g) about 14 pieces

Serving Per Container: About 5.5

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 45mg	2%
Potassium 310mg	9%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	9%
Sugars 6g	
Protein 1g	

Vitamin A 300% Vitamin C 11%
Calcium 2% Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Carrots