

Nutrition Facts

Serving Size 1 Pack/20 pieces/138g

Servings Per Container 1

Amount Per Serving

Calories 100

Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 1g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 6%

* 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

1A

**100-calorie
pack of
cookies**

Nutrition Facts

Serving Size 4.5 fl. oz.

Servings Per Container 1

Amount Per Serving

Calories 250

Calories from Fat 150

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 13g **65%**

Cholesterol 20mg **7%**

Sodium 55mg **2%**

Total Carbohydrate 22g **7%**

Dietary Fiber 0g **0%**

Sugars 13g

Protein 3g

Vitamin A 4%

Vitamin C 0%

Calcium 8%

Iron 0%

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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

2A

**Rich
ice cream
bar**

Nutrition Facts

Serving Size 1 cookie (38g)

Servings Per Container 1

Amount Per Serving

Calories 170

Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **4%**

Sugars 12g

Protein 1g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 4%

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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

3A

**Oatmeal
Cream Pie
(Cookie),
Original**

Nutrition Facts

Serving Size 1 piece/198g/7oz

Servings Per Container 1

Amount Per Serving

Calories 560

Calories from Fat 216

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 12g **60%**

Cholesterol 55mg **18%**

Sodium 1160mg **48%**

Total Carbohydrate 65g **22%**

Dietary Fiber 4g **16%**

Sugars 8g

Protein 21g

Vitamin A 0%

Vitamin C 0%

Calcium 45%

Iron 40%

* 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

4A

**Regular
pizza
pocket
sandwich**

Nutrition Facts

Serving Size 1 oz

Servings Per Container 1

Amount Per Serving

Calories 170

Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber <1g **0%**

Sugars 0g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

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	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

5A

**Regular
spicy
cheese
puffs**

Nutrition Facts

Serving Size 1 oz

Servings Per Container 1

Amount Per Serving

Calories 108

Calories from Fat 11

% Daily Value*

Total Fat 1.2g 2%

Saturated Fat 0.2g 1%

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 22g 7%

Dietary Fiber 4.3g 17%

Sugars 0.2g

Protein 3.4g

Vitamin A 1%

Vitamin C 0%

Calcium 0%

Iron 4%

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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

6A

**Air popped
popcorn
(no fat added)**

Nutrition Facts

Serving Size 1 Bar (32g)

Servings Per Container 1

Amount Per Serving

Calories 120

Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 12g

Protein 3g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 4%

* 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

7A

**Cereal-fruit-
and-nut bar**

Nutrition Facts

Serving Size 1 cone (103g)

Servings Per Container 1

Amount Per Serving

Calories 164

Calories from Fat 55

% Daily Value*

Total Fat 6.1g **9%**

Saturated Fat 3.5g **18%**

Cholesterol 28mg **9%**

Sodium 92mg **4%**

Total Carbohydrate 24.1g **8%**

Dietary Fiber 0.1g **0%**

Sugars 18g

Protein 3.9g

Vitamin A 4%

Vitamin C 2%

Calcium 15%

Iron 1%

* 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

8A

**Fast-food
vanilla cone
(ice milk,
soft serve)**

Nutrition Facts

Serving Size 66g (2-3/4"x2")

Servings Per Container 1

Amount Per Serving

Calories 259

Calories from Fat 114

% Daily Value*

Total Fat 13g 20%

Saturated Fat 2g 12%

Cholesterol 26mg 9%

Sodium 208mg 9%

Total Carbohydrate 33g 11%

Dietary Fiber 1g 4%

Sugars 18g

Protein 3g

Vitamin A 0%

Vitamin C 1%

Calcium 2%

Iron 7%

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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

9A

**Blueberry
muffin**

Nutrition Facts

Serving Size 1 stick (23g)

Servings Per Container 1

Amount Per Serving

Calories 70

Calories from Fat 36

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2.5g **13%**

Cholesterol 15mg **5%**

Sodium 150mg **6%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 6g

Vitamin A 4%

Vitamin C 0%

Calcium 20%

Iron 0%

* 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

10A

**String cheese
(part-skim
mozzarella)**

Nutrition Facts

Serving Size 1 cookie (39g)

Servings Per Container 2

Amount Per Serving

Calories 200

Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2.5g **12%**

Cholesterol 10mg **4%**

Sodium 200mg **8%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **5%**

Sugars 13g

Protein 4g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 4%

* 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

1B

**Big peanut
butter
cookies**

Nutrition Facts

Serving Size 1.65 fl. oz.

Servings Per Container 12

Amount Per Serving

Calories 60

Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1.5g **7%**

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 9g

Protein 1g

Vitamin A 0%

Vitamin C 0%

Calcium 10%

Iron 4%

* 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

2B

Fudgsicle

Nutrition Facts

Serving Size 1 cookie (38g)

Servings Per Container 1

Amount Per Serving

Calories 150

Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 29g **10%**

Dietary Fiber 1g **4%**

Sugars 16g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 4%

* 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

3B

**Oatmeal
Cream Pie
(Cookie),
Reduced Fat**

Nutrition Facts

Serving Size 1 piece (113g)

Servings Per Container 1

Amount Per Serving

Calories 200

Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Cholesterol 25mg **8%**

Sodium 540mg **22%**

Total Carbohydrate 19g **6%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 24g

Vitamin A 0%

Vitamin C 0%

Calcium 15%

Iron 10%

* 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

4B

**Lean
pizza pocket
sandwich**

Nutrition Facts

Serving Size 1oz.

Servings Per Container 1

Amount Per Serving

Calories 121

Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **3%**

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 2g

Vitamin A 1%

Vitamin C 10%

Calcium 10%

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

5B

**Spicy
cheese
puffs,
low fat**

Nutrition Facts

Serving Size 1 oz (about 12 chips)

Servings Per Container 1

Amount Per Serving

Calories 142

Calories from Fat 67

% Daily Value*

Total Fat 7.4g **11%**

Saturated Fat 1.4g **7%**

Cholesterol 0mg **0%**

Sodium 149mg **6%**

Total Carbohydrate 17.8g **6%**

Dietary Fiber 1.8g **7%**

Sugars 0.1g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

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

6B

Tortilla chips

Nutrition Facts

Serving Size 1 package (2.07oz)

Servings Per Container 1

Amount Per Serving

Calories 280

Calories from Fat 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 5g **25%**

Cholesterol 5mg **2%**

Sodium 140mg **6%**

Total Carbohydrate 35g **12%**

Dietary Fiber 1g **4%**

Sugars 30g

Protein 4g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

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

7B

Candy bar

Nutrition Facts

Serving Size 77g

Servings Per Container 1

Amount Per Serving

Calories 260

Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 3g **17%**

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 34g **11%**

Dietary Fiber 0g **0%**

Sugars 13g

Protein 3g

Vitamin A 0%

Vitamin C 40%

Calcium 2%

Iron 6%

* 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

8B

**Fast-food
apple pie**

Nutrition Facts

Serving Size 14g (1 large rectangle)

Servings Per Container 1

Amount Per Serving

Calories 59

Calories from Fat 12

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **2%**

Sugars 4g

Protein 1g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 3%

* 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

9B

**Graham
crackers**

Nutrition Facts

Serving Size 1 oz (28.3g)

Servings Per Container 1

Amount Per Serving

Calories 114

Calories from Fat 84

% Daily Value*

Total Fat 9.4g **14%**

Saturated Fat 6g **30%**

Cholesterol 30mg **10%**

Sodium 176mg **7%**

Total Carbohydrate 0.4g **0%**

Dietary Fiber 0g **0%**

Sugars 0.1g

Protein 7g

Vitamin A 6%

Vitamin C 0%

Calcium 20%

Iron 1%

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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

10B

**Cheddar
cheese**