

Peach Low-Fat Yogurt



Nutrition Facts

1 servings per container
Serving size 1 container (170g)

Amount per serving
Calories 160

% Daily Value *

Total Fat 2g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 100mg **4%**

Total Carbohydrate 30g **11%**

Dietary Fiber 0g **0%**

Total Sugars 28g

Includes 20g Added Sugars **40%**

Protein 6g

Vit.D 1.5mcg 8% • Calcium 300mg 25%

Iron 0mg 0% • Potas. 290mg 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.

Plain Bagel



Nutrition Facts

6 servings per container
Serving size 1 bagel (95g)

Amount per serving
Calories 250

% Daily Value *

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 460mg **20%**

Total Carbohydrate 53g **19%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 9g

Vit.D 0mcg 0% • Calcium 0mg 0%

Iron 0mg 0% • Potas. 0mg 0%

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Macaroni and Cheese



Nutrition Facts

1 servings per container
Serving size 1 container (68g)

Amount per serving
Calories 220

% Daily Value *

Total Fat 8g **10%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 620mg **27%**

Total Carbohydrate 31g **11%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 8g

Vit.D 0mcg 0% • Calcium 110mg 8%

Iron 1.2mg 6% • Potas. 190mg 4%

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Strawberry Yogurt Smoothie



Nutrition Facts

1 servings per container
Serving size 1 bottle (207 mL)

Amount per serving
Calories 100

% Daily Value *

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 80mg **3%**

Total Carbohydrate 22g **8%**

Dietary Fiber 3g **11%**

Total Sugars 18g

Includes 14g Added Sugars **28%**

Protein 6g

Vit.D 4mcg 20% • Calcium 280mg 20%

Iron 0mg 0% • Potas. 290mg 6%

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Southwestern Chicken Salad



Nutrition Facts

1 servings per container
Serving size 1 container (184g)

Amount per serving
Calories 300

% Daily Value *

Total Fat 23g **29%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 500mg **22%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 1g Added Sugars **2%**

Protein 12g

Vit.D 0mcg 0% • Calcium 100mg 8%

Iron 1.8mg 10% • Potas. 0mg 0%

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Chicken Nuggets



Nutrition Facts

25 servings per container
Serving size about 5 pieces (88g)

Amount per serving
Calories 230

% Daily Value *

Total Fat 14g **18%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 500mg **22%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 13g

Vit.D 0mcg 0% • Calcium 0mg 0%

Iron 1mg 6% • Potas. 210mg 4%

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Chicken Noodle Soup



Nutrition Facts

1 servings per container
Serving size 1 container (284g)

Amount per serving
Calories 70

% Daily Value *

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 910mg **40%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 1g Added Sugars **2%**

Protein 6g

Vit.D 0mcg 0% • Calcium 30mg 2%

Iron 1mg 6% • Potas. 410mg 8%

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Cheese Pizza



Nutrition Facts

1 servings per container
Serving size 1 package (119g)

Amount per serving
Calories 260

% Daily Value *

Total Fat 10g **13%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 530mg **23%**

Total Carbohydrate 29g **11%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 3g Added Sugars **6%**

Protein 15g

Vit.D 0mcg 0% • Calcium 430mg 35%

Iron 2.1mg 10% • Potas. 220mg 4%

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Spaghetti with Meatballs



Nutrition Facts

1 servings per container
Serving size 1 container (357g)

Amount per serving
Calories 430

% Daily Value *

Total Fat 13g **17%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 790mg **34%**

Total Carbohydrate 59g **21%**

Dietary Fiber 4g **14%**

Total Sugars 6g

Includes 3g Added Sugars **6%**

Protein 22g

Vit.D 0.2mcg 2% • Calcium 90mg 6%

Iron 2.6mg 15% • Potas. 550mg 10%

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Chocolate Peanut Butter Protein Bar



Nutrition Facts

1 servings per container
Serving size 1 bar (45g)

Amount per serving
Calories 190

% Daily Value *

Total Fat 8g **10%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 250mg **11%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 13g

Includes 12g Added Sugars **24%**

Protein 12g

Vit.D 0mcg 0% • Calcium 40mg 4%

Iron 3mg 15% • Potas. 150mg 4%

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Ham and Cheese Sandwich



Nutrition Facts

1 servings per container
Serving size 1 package (54g)

Amount per serving
Calories 120

% Daily Value *

Total Fat 3.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 310mg **13%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 8g

Vit.D 0mcg 0% • Calcium 60mg 4%

Iron 0.5mg 2% • Potas. 150mg 4%

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Chocolate Protein and Vitamin Shake



Nutrition Facts

1 servings per container
Serving size 1 bottle (414 mL)

Amount per serving
Calories 320

% Daily Value *

Total Fat 5g **6%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 370mg **16%**

Total Carbohydrate 53g **19%**

Dietary Fiber 1g **4%**

Total Sugars 51g

Includes 28g Added Sugars **56%**

Protein 17g

Vit.D 5mcg 25% • Calcium 600mg 45%

Iron 2mg 10% • Potas. 970mg 20%

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