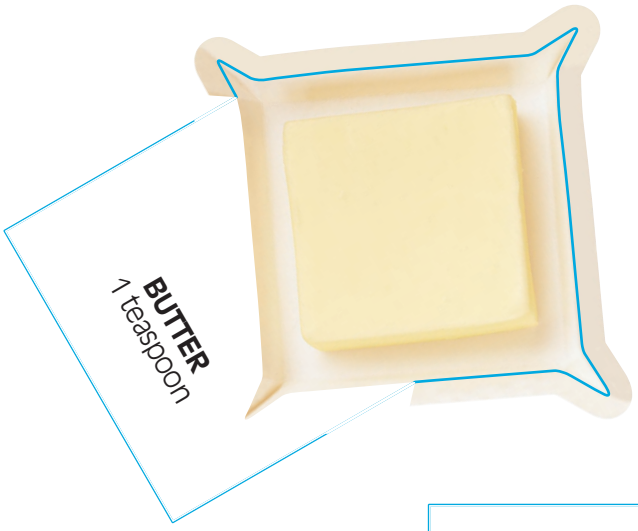
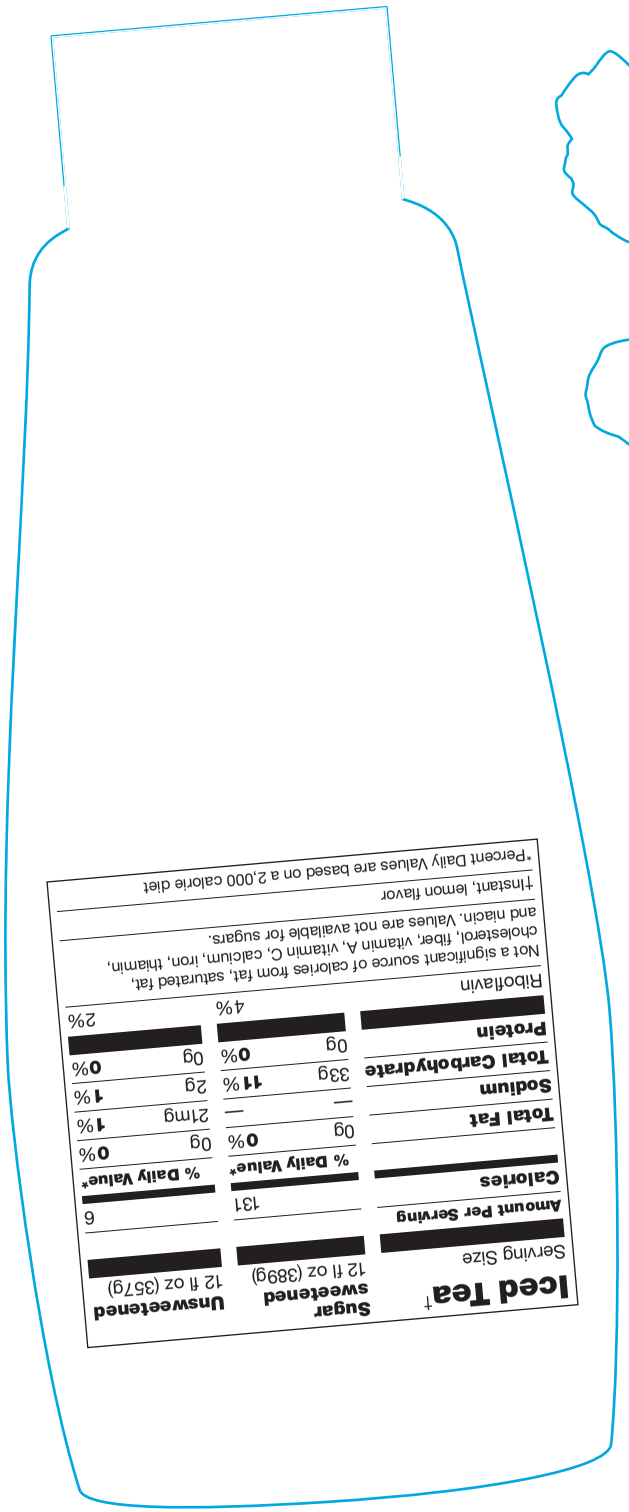


**BUTTER**
1 teaspoon

**POPCORN**
1 cup

***ICED TEA***
*12 fluid ounces*



| Iced Tea† | Unsweetened | Sugar sweetened |
|---|---|---|
| Serving Size | 12 fl oz (357g) | 12 fl oz (389g) |
| **Amount Per Serving** | | |
| **Calories** | 6 | 131 |
| | **% Daily Value*** | **% Daily Value*** |
| **Total Fat** | 0g **0%** | 0g **0%** |
| **Sodium** | 21mg **1%** | — — |
| **Total Carbohydrate** | 2g **1%** | 33g **11%** |
| **Protein** | 0g **0%** | 0g **0%** |
| Riboflavin | 2% | 4% |

Not a significant source of calories from fat, saturated fat, cholesterol, fiber, vitamin A, vitamin C, calcium, iron, thiamin, and niacin. Values are not available for sugars.

†Instant, lemon flavor

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

| **Popcorn** Serving Size | **Buttered**† 1 cup (16g) | | **Oil popped**† 1 cup (11g) | | **Air popped**†† 1 cup (8g) | |
|---|---|---|---|---|---|---|
| **Amount Per Serving** | | | | | | |
| **Calories** | 89 | | 55 | | 31 | |
| Calories from Fat | 63 | | 27 | | 0 | |
| | **% Daily Value*** | | **% Daily Value*** | | **% Daily Value*** | |
| **Total Fat** | 7g | **11%** | 3g | **5%** | 0g | **0%** |
| Saturated Fat | 3g | **15%** | 1g | **5%** | 0g | **0%** |
| **Cholesterol** | 10mg | **3%** | 0mg | **0%** | 0mg | **0%** |
| **Sodium** | 136mg | **6%** | 97mg | **4%** | 0mg | **0%** |
| **Total Carbohydrate** | 6g | **2%** | 6g | **2%** | 6g | **2%** |
| Dietary Fiber | 1g | **4%** | 1g | **4%** | 1g | **4%** |
| **Protein** | 1g | **2%** | 1g | **2%** | 1g | **2%** |
| Vitamin A | | 3% | | 0% | | 0% |
| Iron | | 2% | | 2% | | 1% |

Not a significant source of sugars, vitamin C, calcium, thiamin, riboflavin, and niacin.

†Oil popped or microwaved, salted

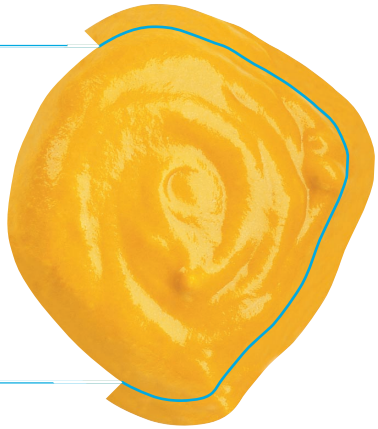
††without salt

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

| **Butter** Serving Size 1 tsp (5g) | |
|---|---|
| **Amount Per Serving** | |
| **Calories** 34 | Calories from Fat 34 |
| | **% Daily Value*** |
| **Total Fat** 4g | |
| Saturated Fat 2g | **10%** |
| **Cholesterol** 10mg | **6%** |
| **Sodium** 39mg | **3%** |
| **Total Carbohydrate** 0g | **2%** |
| **Protein** 0g | **0%** |
| Vitamin A | **0%** |
| Not a significant source of fiber, sugars, vitamin C, calcium, iron, thiamin, riboflavin, and niacin. | 3% |

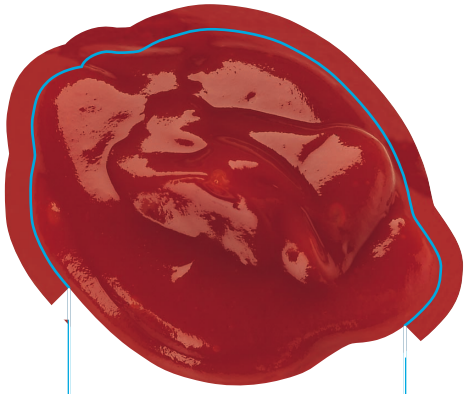
*Percent Daily Values are based on a 2,000 calorie diet

CARD 48

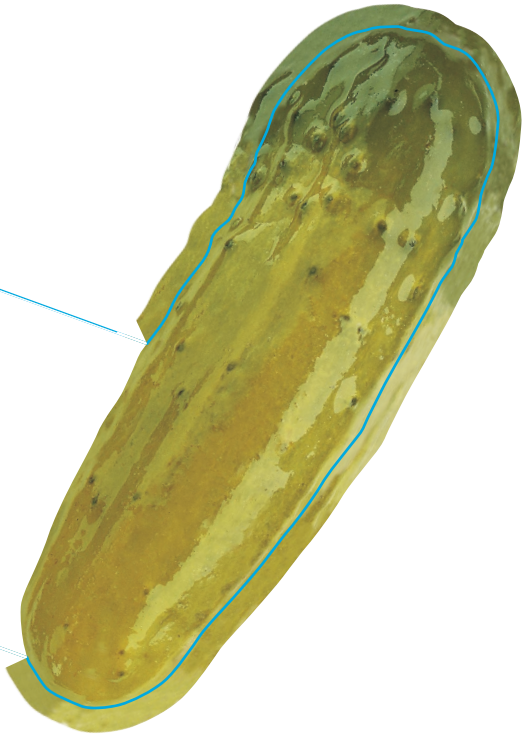


**MUSTARD**
1 tablespoon

**TORTILLA CHIPS**
1 ounce

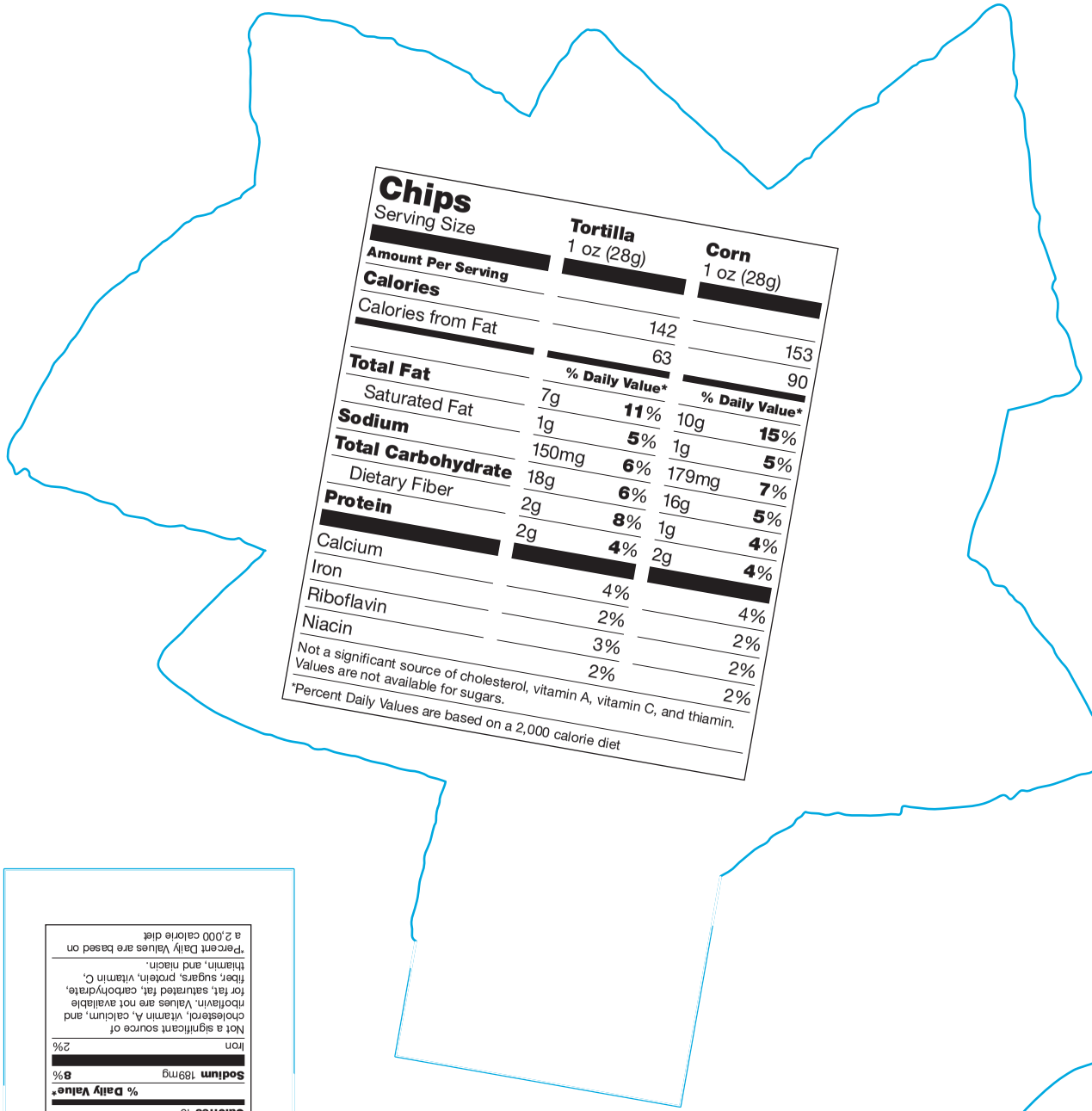


**CATSUP**
1 tablespoon



**PICKLE**
1 pickle

CARD 49



**Chips**
Serving Size

| Amount Per Serving | Tortilla 1 oz (28g) | | Corn 1 oz (28g) | |
|---|---|---|---|---|
| **Calories** | 142 | | 153 | |
| Calories from Fat | 63 | | 90 | |
| | | % Daily Value* | | % Daily Value* |
| **Total Fat** | 7g | **11%** | 10g | **15%** |
| Saturated Fat | 1g | **5%** | 1g | **5%** |
| **Sodium** | 150mg | **6%** | 179mg | **7%** |
| **Total Carbohydrate** | 18g | **6%** | 16g | **5%** |
| Dietary Fiber | 2g | **8%** | 1g | **4%** |
| **Protein** | 2g | **4%** | 2g | **4%** |
| Calcium | | 4% | | 4% |
| Iron | | 2% | | 2% |
| Riboflavin | | 3% | | 2% |
| Niacin | | 2% | | 2% |

Not a significant source of cholesterol, vitamin A, vitamin C, and thiamin.
Values are not available for sugars.
*Percent Daily Values are based on a 2,000 calorie diet

**Catsup**
Serving Size 1 tbsp (15g)

| Amount Per Serving | |
|---|---|
| **Calories** 16 | |
| | **% Daily Value*** |
| **Total Fat** 0g | **0%** |
| **Sodium** 178mg | **7%** |
| **Total Carbohydrate** 4g | **1%** |
| **Protein** 0g | **0%** |
| Vitamin A | 3% |
| Vitamin C | 3% |

Not a significant source of calories from fat, saturated fat, cholesterol, fiber, calcium, iron, thiamin, riboflavin, and niacin. Values are not available for sugars.
*Percent Daily Values are based on a 2,000 calorie diet

**Mustard**
Serving Size 1 tbsp (15g)

| Amount Per Serving | |
|---|---|
| **Calories** 15 | |
| | **% Daily Value*** |
| **Sodium** 189mg | **8%** |
| Iron | 2% |

Not a significant source of cholesterol, vitamin A, calcium, and riboflavin. Values are not available for fat, saturated fat, carbohydrate, fiber, sugars, protein, vitamin C, thiamin, and niacin.
*Percent Daily Values are based on a 2,000 calorie diet

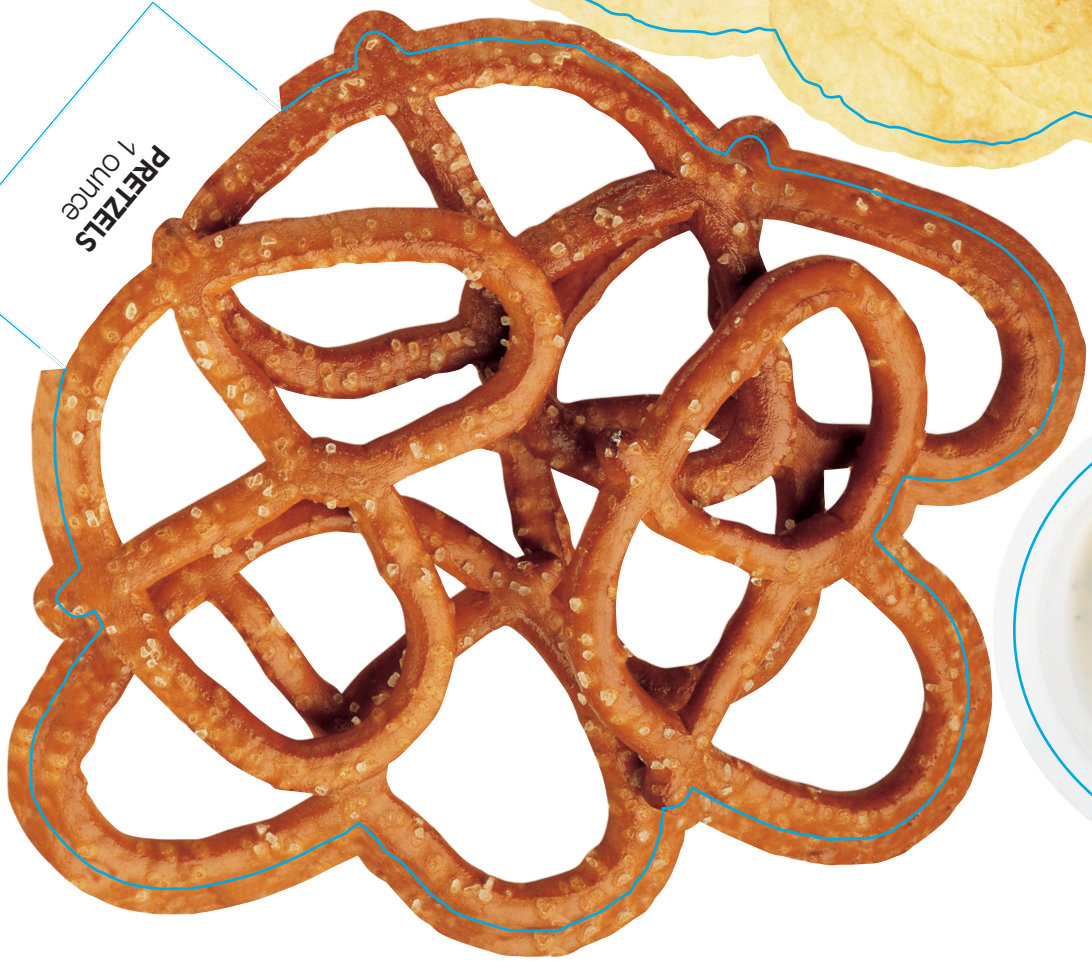
**Pickle**
Dill
Serving Size 1 pickle (65g)

| Amount Per Serving | |
|---|---|
| **Calories** 12 | |
| | **% Daily Value*** |
| **Total Fat** 0g | **0%** |
| **Sodium** 833mg | **35%** |
| **Total Carbohydrate** 3g | **1%** |
| Dietary Fiber 1g | **4%** |
| **Protein** 0g | **0%** |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Iron | 2% |

Not a significant source of calories from fat, saturated fat, cholesterol, calcium, thiamin, riboflavin, and niacin. Values are not available for sugars.
*Percent Daily Values are based on a 2,000 calorie diet

**ITALIAN DRESSING**
1 tablespoon

**POTATO CHIPS**
1 ounce



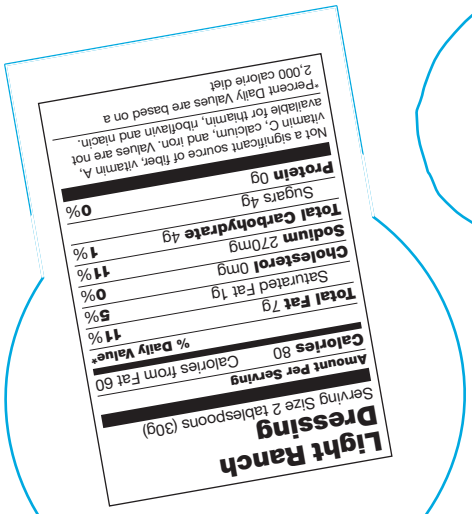
**PRETZELS**
1 ounce

**LIGHT RANCH DRESSING**
2 tablespoons

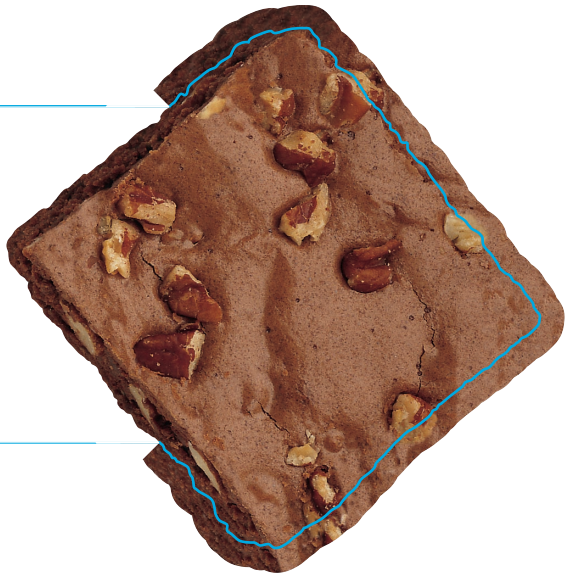
CARD 50


Potato Chips
Serving Size 1 oz (28g)
Amount Per Serving
Calories 152 Calories from Fat 90
% Daily Value*
Total Fat 10g 15%
Saturated Fat 3g 15%
Sodium 168mg 7%
Total Carbohydrate 15g 5%
Dietary Fiber 1g 4%
Protein 2g 4%
Vitamin C 15%
Iron 3%
Thiamin 3%
Riboflavin 3%
Niacin 5%
Not a significant source of cholesterol, vitamin A and calcium. Values are not available for sugars.
*Percent Daily Values are based on a 2,000 calorie diet

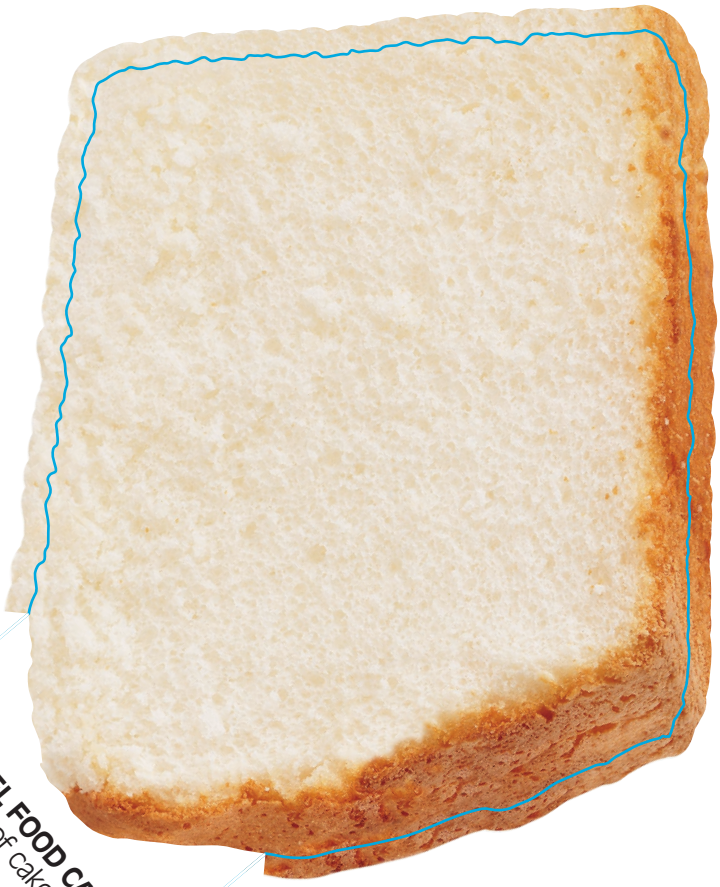

Italian Dressing
Serving Size 1 tbsp (15g)
Amount Per Serving
Calories 69 Calories from Fat 63
% Daily Value*
Total Fat 7g 11%
Saturated Fat 1g 5%
Sodium 116mg 5%
Total Carbohydrate 2g 1%
Protein 0g 0%
Not a significant source of calcium and iron. Values are not available for cholesterol, fiber, sugars, vitamin A, vitamin C, thiamin, riboflavin, and niacin.
*Percent Daily Values are based on a 2,000 calorie diet


Light Ranch Dressing
Serving Size 2 tablespoons (30g)
Amount per Serving
Calories 80 Calories from Fat 60
% Daily Value*
Total Fat 7g 11%
Saturated Fat 1g 5%
Cholesterol 0mg 0%
Sodium 270mg 11%
Total Carbohydrate 4g 1%
Sugars 4g 0%
Protein 0g
Not a significant source of fiber, vitamin A, vitamin C, calcium, and iron. Values are not available for thiamin, riboflavin and niacin.
*Percent Daily Values are based on a 2,000 calorie diet


Pretzels
Serving Size 1 oz (28g)
Amount per serving
Calories 108 Calories from Fat 9
% Daily Value*
Total Fat 1g 2%
Sodium 486mg 20%
Total Carbohydrate 23g 8%
Dietary Fiber 1g 4%
Protein 3g 6%
Iron 7%
Thiamin 9%
Riboflavin 10%
Niacin 7%
Not a significant source of saturated fat, cholesterol, vitamin A, vitamin C, and calcium.
*Percent Daily Values are not available for sugars.
2,000 calorie diet

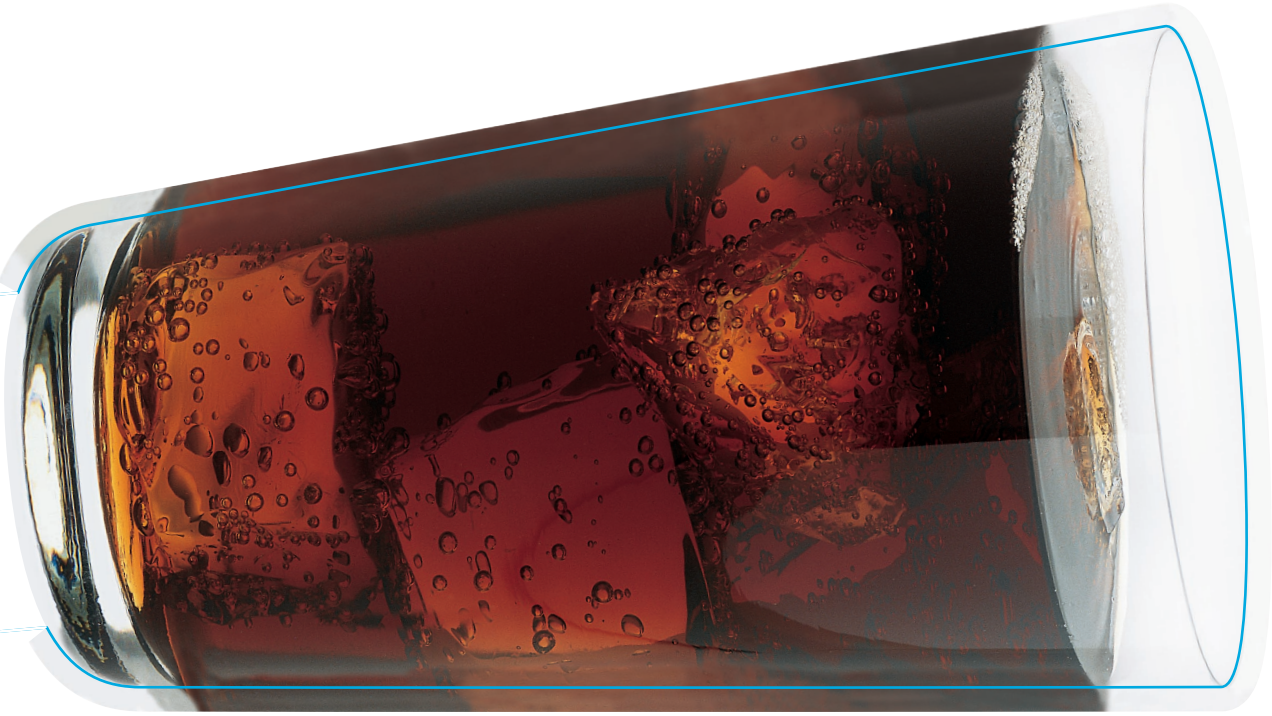


**BROWNIE**
1 brownie



**ANGEL FOOD CAKE**
1/12 of cake

**MAYONNAISE**
1 tablespoon



**SOFT DRINK**
12 fluid ounces

## Angel Food Cake

Serving Size 1/12 cake† (28g)

| Amount Per Serving | |
|---|---|
| **Calories** 73 | |
| | **% Daily Value*** |
| **Total Fat** 0g | **0**% |
| **Sodium** 212mg | **9**% |
| **Total Carbohydrate** 16g | **5**% |
| **Protein** 2g | **4**% |
| Calcium | 4% |
| Thiamin | 2% |
| Riboflavin | 8% |

Not a significant source of calories from fat, saturated fat, cholesterol, fiber, vitamin A, vitamin C, iron, and niacin. Values are not available for sugars.

†9" tube cake

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

## Brownie

Serving Size 1 brownie† (28g)

| Amount Per Serving | |
|---|---|
| **Calories** 115 | Calories from Fat 45 |
| | **% Daily Value*** |
| **Total Fat** 5g | **8**% |
| Saturated Fat 1g | **5**% |
| **Cholesterol** 5mg | **2**% |
| **Sodium** 88mg | **4**% |
| **Total Carbohydrate** 18g | **6**% |
| Dietary Fiber 1g | **4**% |
| **Protein** 1g | **2**% |
| Iron | 4% |
| Thiamin | 5% |
| Riboflavin | 3% |
| Niacin | 2% |

Not a significant source of vitamin A and calcium. Values are not available for sugars and vitamin C.

†1¼" x 1¾" x ¾"

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

## Mayonnaise

Serving Size 1 tbsp (14g)

| Amount Per Serving | |
|---|---|
| **Calories** 99 | Calories from Fat 99 |
| | **% Daily Value*** |
| **Total Fat** 11g | **17**% |
| Saturated Fat 1g | **5**% |
| **Sodium** 78mg | **3**% |
| **Total Carbohydrate** 0g | **0**% |
| **Protein** 0g | **0**% |

Not a significant source of fiber, sugars, vitamin A, calcium, iron, thiamin, and riboflavin. Values are not available for cholesterol, vitamin C and niacin.

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

## Soft Drink†

Serving Size

| Amount Per Serving | Regular 12 fl oz (370g) | | Low calorie 12 fl oz (355g) | |
|---|---|---|---|---|
| **Calories** | 151 | | 2 | |
| | | **% Daily Value*** | | **% Daily Value*** |
| **Total Fat** | 0g | **0**% | 0g | **0**% |
| **Sodium** | 14mg | **1**% | 21mg | **1**% |
| **Total Carbohydrate** | 39g | **13**% | 0g | **0**% |
| Sugars | 39g | | 0g | |
| **Protein** | 0g | **0**% | 0g | **0**% |
| Riboflavin | | 0% | | 5% |

Not a significant source of calories from fat, saturated fat, cholesterol, fiber, vitamin A, vitamin C, calcium, iron, thiamin, and niacin.

†Cola

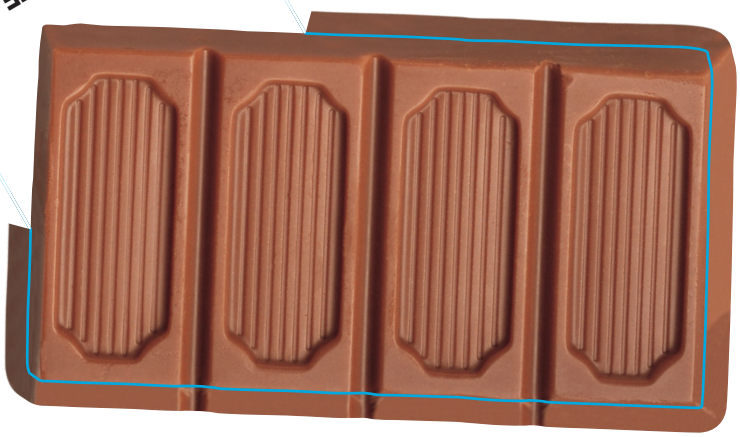
*Percent Daily Values are based on a 2,000 calorie diet

GRAVY
¼ cup

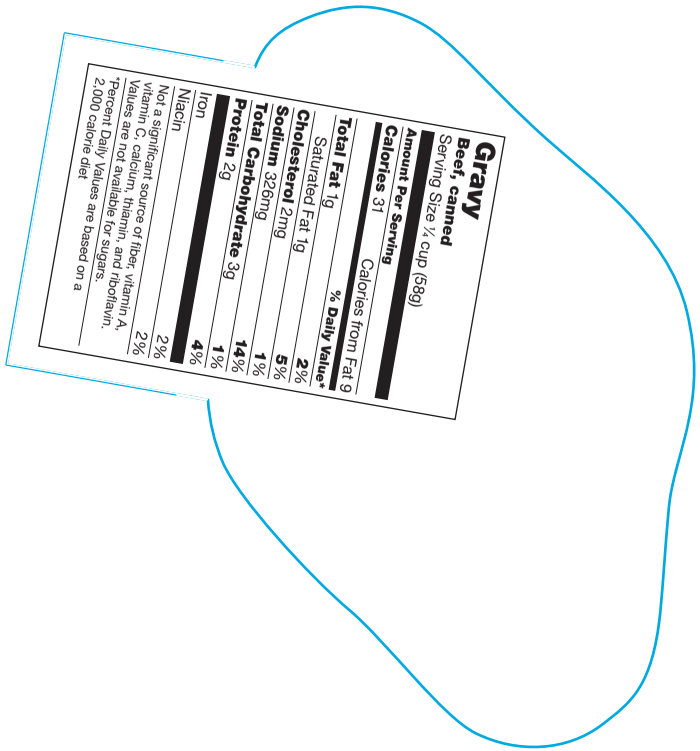
CHOCOLATE CHIP COOKIES
2 cookies

CHOCOLATE CAKE
1/16 of cake

CHOCOLATE CANDY BAR
1 ounce



CARD 52



**Gravy**
**Beef, canned**
Serving Size ¼ cup (58g)

**Amount Per Serving**
**Calories** 31 Calories from Fat 9

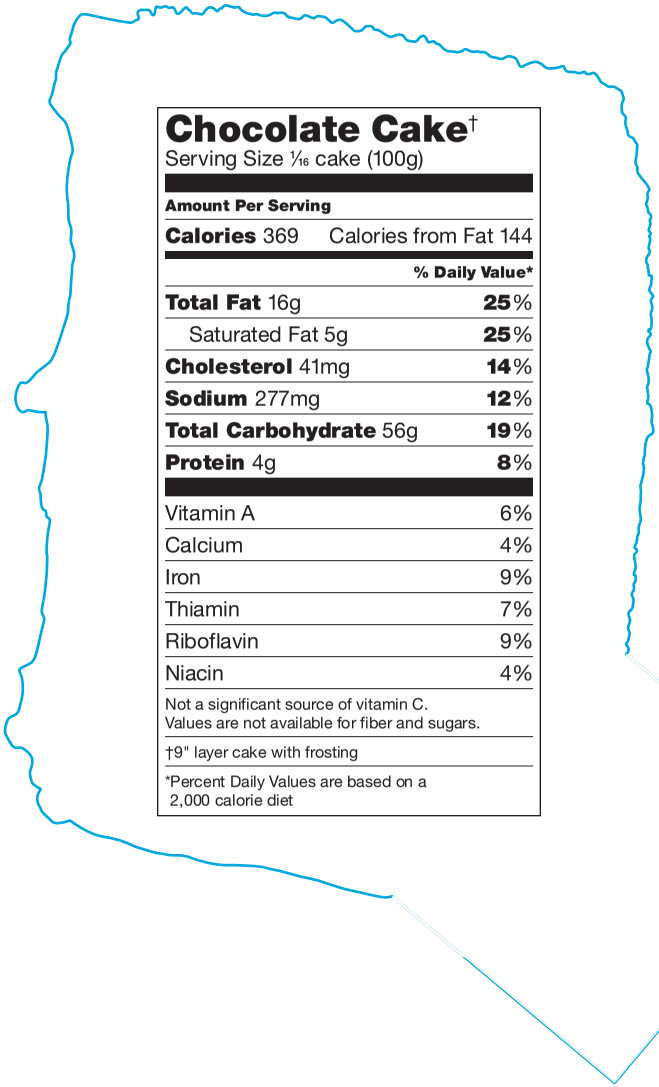
| | % Daily Value* |
|---|---|
| **Total Fat** 1g | 2% |
| Saturated Fat 1g | 5% |
| **Cholesterol** 21mg | 1% |
| **Sodium** 326mg | 14% |
| **Total Carbohydrate** 3g | 1% |
| **Protein** 2g | 4% |
| Iron | 2% |
| Niacin | 2% |

Not a significant source of fiber, vitamin A, vitamin C, calcium, thiamin, and riboflavin.
Values are not available for sugars.
*Percent Daily Values are based on a 2,000 calorie diet

**Chocolate Chip Cookies**

| Serving Size | Homemade† 2 cookies‡ (32g) | Commercial 2 cookies‡ (20g) |
|---|---|---|
| **Amount Per Serving** | | |
| **Calories** | 156 | 90 |
| Calories from Fat | 81 | 27 |
| | **% Daily Value*** | **% Daily Value*** |
| **Total Fat** | 9g **14%** | 3g **5%** |
| Saturated Fat | 5g **25%** | 1g **5%** |
| **Cholesterol** | 22mg **7%** | 0mg **0%** |
| **Sodium** | 110mg **5%** | 76mg **3%** |
| **Total Carbohydrate** | 19g **6%** | 15g **5%** |
| **Protein** | 2g **4%** | 1g **2%** |
| Vitamin A | 4% | — |
| Iron | 3% | 3% |
| Thiamin | 4% | 4% |
| Riboflavin | 2% | 3% |
| Niacin | | |

Not a significant source of vitamin C and calcium.
Values are not available for fiber and sugars.
†made with butter
‡12½" cookies
*Percent Daily Values are based on a 2,000 calorie diet



**Chocolate Cake†**
Serving Size 1/16 cake (100g)

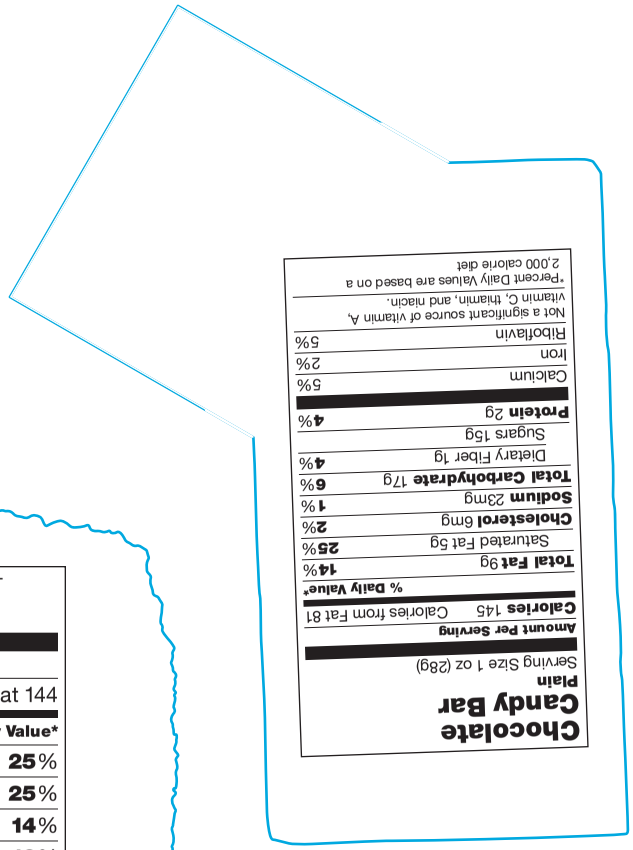
**Amount Per Serving**
**Calories** 369 Calories from Fat 144

| | % Daily Value* |
|---|---|
| **Total Fat** 16g | **25**% |
| Saturated Fat 5g | **25**% |
| **Cholesterol** 41mg | **14**% |
| **Sodium** 277mg | **12**% |
| **Total Carbohydrate** 56g | **19**% |
| **Protein** 4g | **8**% |
| Vitamin A | 6% |
| Calcium | 4% |
| Iron | 9% |
| Thiamin | 7% |
| Riboflavin | 9% |
| Niacin | 4% |

Not a significant source of vitamin C.
Values are not available for fiber and sugars.

†9" layer cake with frosting

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



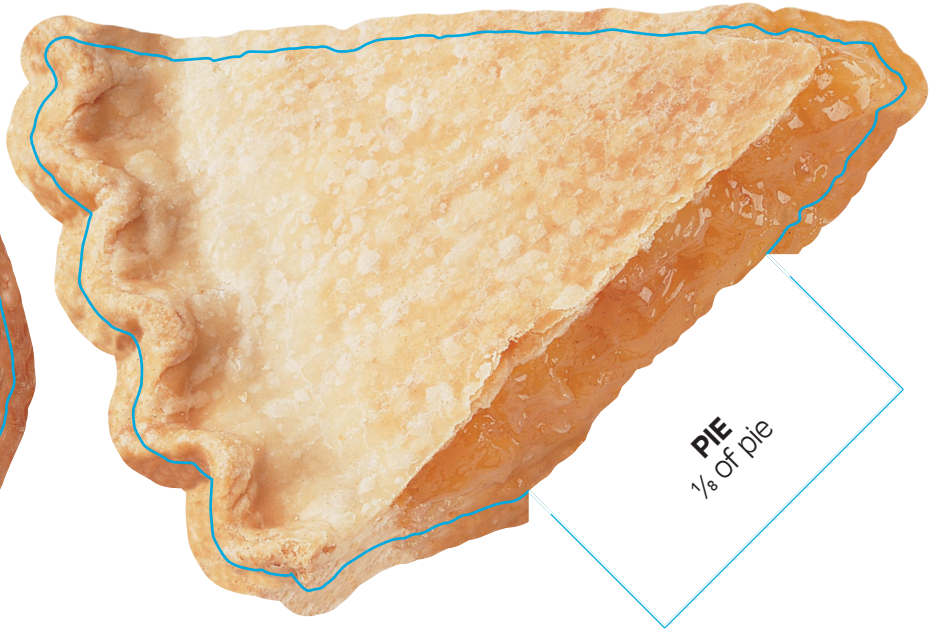
**Chocolate Candy Bar**
**Plain**
Serving Size 1 oz (28g)

**Amount Per Serving**
**Calories** 145 Calories from Fat 81

| | % Daily Value* |
|---|---|
| **Total Fat** 9g | **14**% |
| Saturated Fat 5g | **25**% |
| **Cholesterol** 6mg | **2**% |
| **Sodium** 23mg | **1**% |
| **Total Carbohydrate** 17g | **6**% |
| Dietary Fiber 1g | **4**% |
| Sugars 15g | |
| **Protein** 2g | **4**% |
| Calcium | 5% |
| Iron | 2% |
| Riboflavin | 5% |

Not a significant source of vitamin A, vitamin C, thiamin, and niacin.
*Percent Daily Values are based on a 2,000 calorie diet

**DOUGHNUT**
1 doughnut

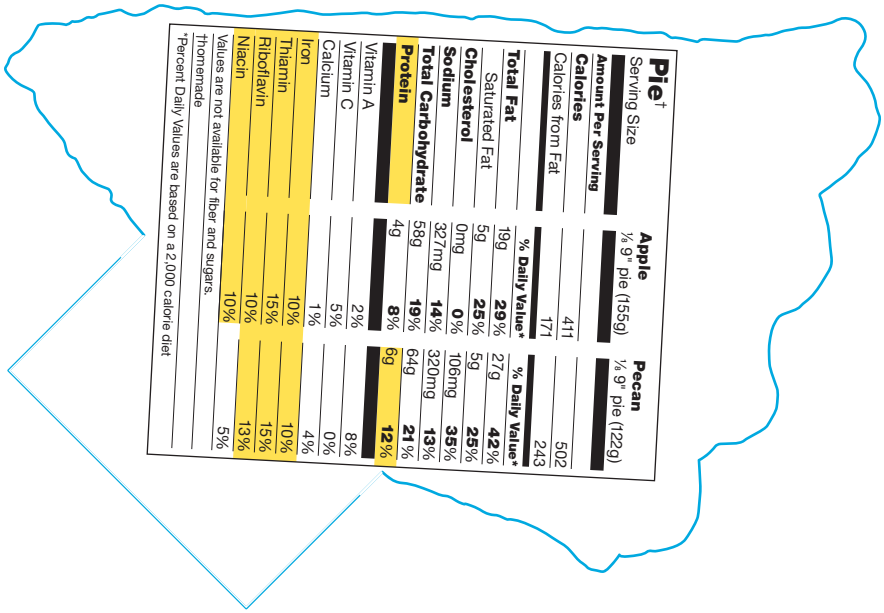


**PIE**
1/8 of pie

**GRANOLA BAR**
1 ounce

**SWEET ROLL**
1 ROLL

**SOUR CREAM**
1 tablespoon



**Pie**†

Serving Size

| Amount Per Serving | Apple ⅛ 9" pie (155g) | | Pecan ⅛ 9" pie (122g) | |
|---|---|---|---|---|
| **Calories** | | | | |
| Calories from Fat | 411 | | 502 | |
| | 171 | | 243 | |
| | | **% Daily Value*** | | **% Daily Value*** |
| **Total Fat** | 19g | **29%** | 27g | **42%** |
| Saturated Fat | 5g | **25%** | 5g | **25%** |
| **Cholesterol** | 0mg | **0%** | 106mg | **35%** |
| **Sodium** | 327mg | **14%** | 320mg | **13%** |
| **Total Carbohydrate** | 58g | **19%** | 64g | **21%** |
| **Protein** | 4g | **8%** | 6g | **12%** |
| Vitamin A | | 2% | | 8% |
| Vitamin C | | 5% | | 0% |
| Calcium | | 1% | | 4% |
| Iron | | 4% | | 13% |
| Thiamin | | 15% | | 15% |
| Riboflavin | | 10% | | 15% |
| Niacin | | 10% | | 13% |

Values are not available for fiber and sugars.

†Homemade

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

**Doughnut**

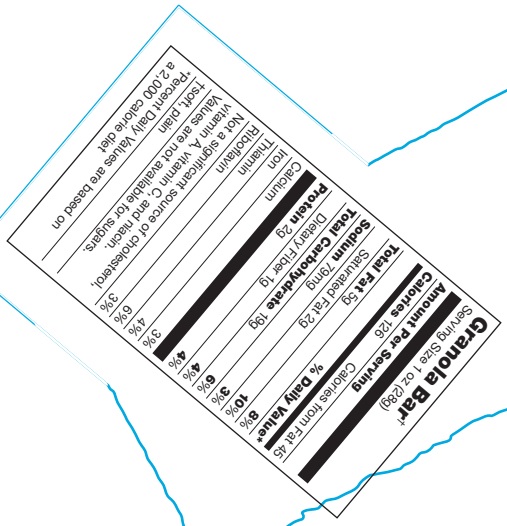
Serving Size

| Amount Per Serving | Cake-type, plain 1 doughnut (47g) | | Yeast, glazed 1 doughnut (60g) | |
|---|---|---|---|---|
| **Calories** | 198 | | 242 | |
| Calories from Fat | 99 | | 126 | |
| | | **% Daily Value*** | | **% Daily Value*** |
| **Total Fat** | 11g | **17%** | 14g | **22%** |
| Saturated Fat | 2g | **10%** | 3g | **15%** |
| **Cholesterol** | 18mg | **6%** | 4mg | **1%** |
| **Sodium** | 257mg | **11%** | 205mg | **9%** |
| **Total Carbohydrate** | 23g | **8%** | 27g | **9%** |
| Dietary Fiber | 1g | **4%** | 1g | **4%** |
| Sugars | 8g | | 4g | |
| **Protein** | 2g | | 4g | |
| Calcium | | 4% | | 8% |
| Iron | | 4% | | 3% |
| Thiamin | | 2% | | 7% |
| Riboflavin | | 5% | | 15% |
| Niacin | | 7% | | 8% |
| | | 7% | | 9% |
| | | 4% | | |

Not a significant source of vitamin A.

Values are not available for vitamin C.

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



**Granola Bar**†

Serving Size 1 oz (28g)

| Amount Per Serving | | |
|---|---|---|
| **Calories** 126 | Calories from Fat 45 | |
| | | **% Daily Value*** |
| **Total Fat** 5g | Saturated Fat 2g | **8%** |
| **Cholesterol** 7mg | | **2%** |
| **Sodium** 79mg | | **3%** |
| **Total Carbohydrate** 19g | Dietary Fiber 1g | **6%** |
| **Protein** 2g | | **4%** |
| Calcium | | 4% |
| Iron | | 6% |
| Thiamin | | 3% |
| Riboflavin | | 4% |
| Not a significant source of vitamin A, vitamin C and niacin. | | |
| Values are not available for sugars. | | |
| †Percent Daily Values are based on a 2,000 calorie diet. | | |

**Sweet Roll**

Serving Size

| Amount Per Serving | Fruit† 1 roll (71g) | | Cinnamon 1 roll (65g) | |
|---|---|---|---|---|
| **Calories** | 264 | | 262 | |
| Calories from Fat | 117 | | 135 | |
| | | **% Daily Value*** | | **% Daily Value*** |
| **Total Fat** | 13g | **20%** | 15g | **23%** |
| Saturated Fat | 3g | **15%** | 4g | **20%** |
| **Sodium** | 251mg | **10%** | 241mg | **10%** |
| **Total Carbohydrate** | 34g | **11%** | 29g | **10%** |
| Dietary Fiber | 1g | **4%** | 1g | **4%** |
| **Protein** | 4g | **8%** | 5g | **10%** |
| Vitamin C | | 5% | | — |
| Calcium | | 3% | | 5% |
| Iron | | 7% | | 7% |
| Thiamin | | 12% | | 13% |
| Riboflavin | | 9% | | 10% |
| Niacin | | 7% | | 9% |

Not a significant source of vitamin A.

Values are not available for cholesterol and sugars.

†Includes apple, strawberry, raspberry

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

**Sour Cream**

Serving Size 1 tbsp (12g)

| Amount Per Serving | |
|---|---|
| **Calories** 26 | Calories from Fat 23 |
| | **% Daily Value*** |
| **Total Fat** 3g | **5%** |
| Saturated Fat 2g | **10%** |
| **Cholesterol** 5mg | **2%** |
| **Sodium** 6mg | **0%** |
| **Total Carbohydrate** 1g | **0%** |
| **Protein** 0g | **0%** |
| Vitamin A | 2% |

Not a significant source of vitamin C, calcium, iron, thiamin, riboflavin, and niacin. Values are not available for fiber and sugars.

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

**CREAM CHEESE**
1 ounce



**JELLY**
1 teaspoon





**GELATIN**
½ cup

**MAPLE SYRUP**
1 tablespoon



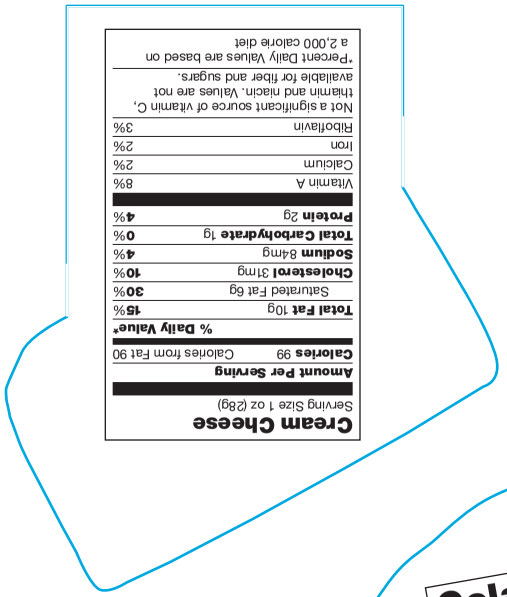
**SUGAR**
1 teaspoon

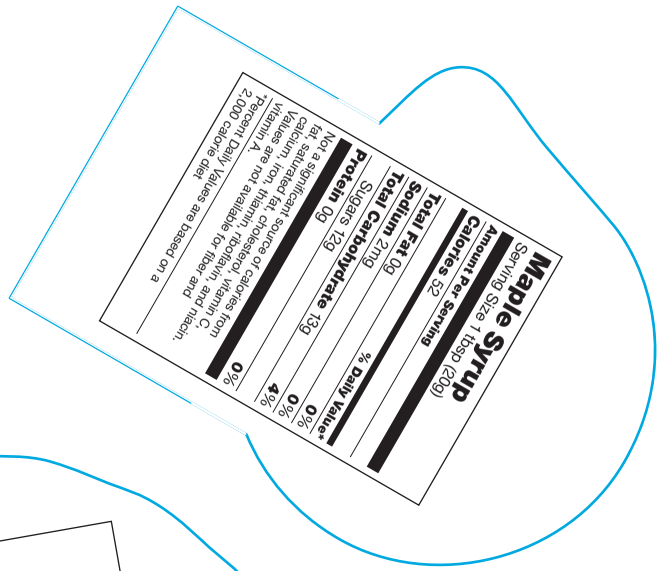


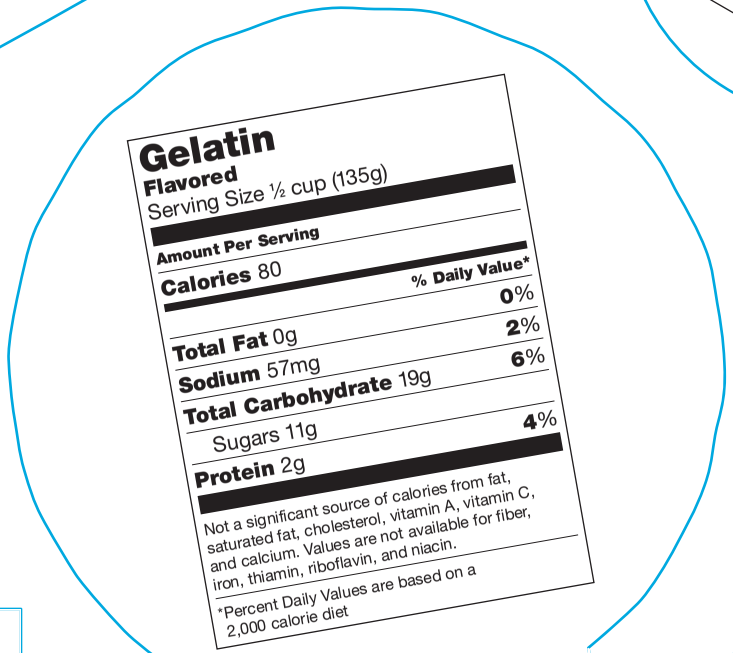


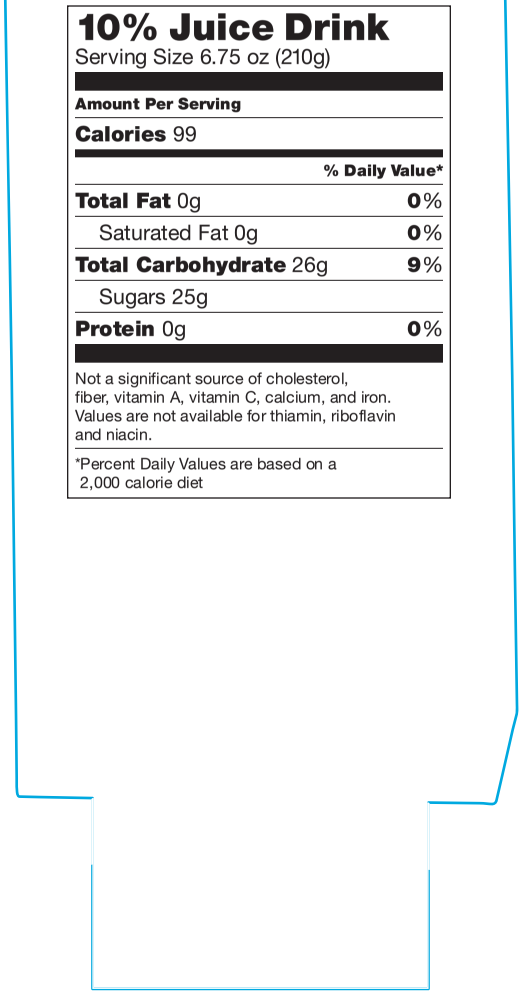

**10% JUICE DRINK**
6.75 fluid ounces

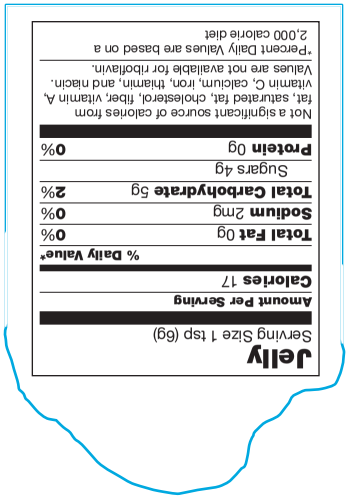
CARD 54

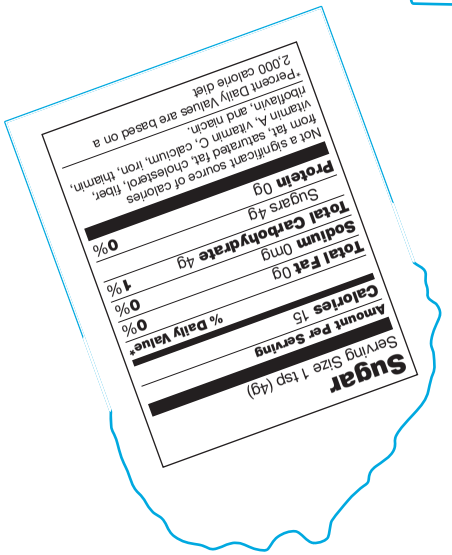

Cream Cheese
Serving Size 1 oz (28g)
Amount Per Serving
Calories 99 Calories from Fat 90
% Daily Value*
Total Fat 10g 15%
Saturated Fat 6g 30%
Cholesterol 31mg 10%
Sodium 84mg 4%
Total Carbohydrate 1g 0%
Protein 2g 4%
Vitamin A 8%
Calcium 2%
Iron 2%
Riboflavin 3%
Not a significant source of vitamin C, thiamin and niacin. Values are not available for fiber and sugars.
*Percent Daily Values are based on a 2,000 calorie diet


Maple Syrup
Serving Size 1 tbsp (20g)
Amount Per Serving
Calories 52
Total Fat 0g
Sodium 2mg
Total Carbohydrate 13g
Sugars 12g
Protein 0g
% Daily Value*
0%
0%
4%
0%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin C, calcium, iron, thiamin, riboflavin, and niacin. Values are not available for fiber and vitamin A.
*Percent Daily Values are based on a 2,000 calorie diet


Gelatin
Flavored
Serving Size ½ cup (135g)
Amount Per Serving
Calories 80
% Daily Value*
Total Fat 0g 0%
Sodium 57mg 2%
Total Carbohydrate 19g 6%
Sugars 11g
Protein 2g 4%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, vitamin C, and calcium. Values are not available for fiber, iron, thiamin, riboflavin, and niacin.
*Percent Daily Values are based on a 2,000 calorie diet


10% Juice Drink
Serving Size 6.75 oz (210g)
Amount Per Serving
Calories 99
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Total Carbohydrate 26g 9%
Sugars 25g
Protein 0g 0%
Not a significant source of cholesterol, fiber, vitamin A, vitamin C, calcium, and iron. Values are not available for thiamin, riboflavin and niacin.
*Percent Daily Values are based on a 2,000 calorie diet


Jelly
Serving Size 1 tsp (6g)
Amount Per Serving
Calories 17
% Daily Value*
Total Fat 0g 0%
Sodium 2mg 0%
Total Carbohydrate 5g 2%
Sugars 4g
Protein 0g 0%
Not a significant source of calories from fat, saturated fat, cholesterol, fiber, vitamin A, vitamin C, calcium, iron, thiamin, and niacin. Values are not available for riboflavin.
*Percent Daily Values are based on a 2,000 calorie diet


Sugar
Serving Size 1 tsp (4g)
Amount Per Serving
Calories 15
% Daily Value*
Total Fat 0g 0%
Sodium 0mg 0%
Total Carbohydrate 4g 1%
Sugars 4g
Protein 0g 0%
Not a significant source of calories from fat, saturated fat, cholesterol, fiber, vitamin A, vitamin C, calcium, iron, thiamin, riboflavin, and niacin.
*Percent Daily Values are based on a 2,000 calorie diet