

Low-fat vanilla yogurt

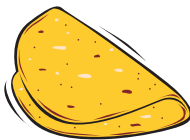


Nutrition Facts

1 serving per container	
Serving size	6 oz (170g)
Amount Per Serving	
Calories	140
%Daily Value*	
Total Fat	2g 3%
Saturated Fat	1.5g 7%
Trans Fat	0g
Cholesterol	10mg 3%
Sodium	110mg 5%
Total Carbohydrate	24g 9%
Dietary Fiber	0g 0%
Total Sugars	23g
Includes	11g Added Sugars 23%
Protein	8g
Vitamin D	~ ~%
Calcium	291mg 20%
Iron	0mg 0%
Potassium	370mg 8%

*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.

Corn tortilla



Nutrition Facts

10 servings per container	
Serving size	2 tortillas
Amount Per Serving	
Calories	120
%Daily Value*	
Total Fat	1.5g 2%
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	85mg 3%
Total Carbohydrate	24g 8%
Dietary Fiber	3g 11%
Total Sugars	0g
Includes	0g Added Sugars 0%
Protein	3g
Vitamin D	~ ~%
Calcium	40mg 4%
Iron	0.8mg 4%
Potassium	45mg 1%

*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.

Raisins



Nutrition Facts

1 serving per container	
Serving size	1/4 cup (41g)
Amount Per Serving	
Calories	120
%Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	10mg 0%
Total Carbohydrate	32g 12%
Dietary Fiber	2g 7%
Total Sugars	27g
Includes	0g Added Sugars 0%
Protein	1g
Vitamin D	~ ~%
Calcium	25mg 2%
Iron	0.8mg 4%
Potassium	298mg 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.

Cooked broccoli

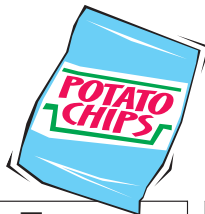


Nutrition Facts

6 serving per container	
Serving size	1/2 cup (92g)
Amount Per Serving	
Calories	27
%Daily Value*	
Total Fat	0.3g 0%
Saturated Fat	0.1g 0%
Trans Fat	~
Cholesterol	0mg 0%
Sodium	32mg 1%
Total Carbohydrate	5.6g 2%
Dietary Fiber	2.6g 10%
Total Sugars	1.1g
Includes	0g Added Sugars 0%
Protein	8g
Vitamin D	~ ~%
Calcium	31.2mg 3%
Iron	0.5mg 3%
Potassium	229mg 10%

*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.

Potato chips

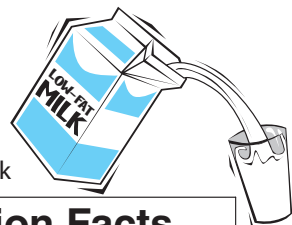


Nutrition Facts

9 serving per container	
Serving size	12 chips (28g)
Amount Per Serving	
Calories	160
%Daily Value*	
Total Fat	10g 13%
Saturated Fat	1.5g 7%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	150mg 7%
Total Carbohydrate	15g 6%
Dietary Fiber	1g 5%
Total Sugars	less than 1g
Includes	0g Added Sugars 0%
Protein	2g
Vitamin D	~ ~%
Calcium	8mg 0%
Iron	1mg 2%
Potassium	350mg 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.

Low-fat milk



Nutrition Facts

4 serving per container	
Serving size	1 cup (245g)
Amount Per Serving	
Calories	105
%Daily Value*	
Total Fat	2.5g 4%
Saturated Fat	1.5g 8%
Trans Fat	0g
Cholesterol	15mg 5%
Sodium	130mg 5%
Total Carbohydrate	13g 4%
Dietary Fiber	0g 0%
Total Sugars	12g
Includes	0g Added Sugars 0%
Protein	8g
Vitamin D	2.5mcg 25%
Calcium	300mg 30%
Iron	0.12mg 0%
Potassium	397mg 10%

*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.