

# Nutrition Facts

Serving Size 1 Pack/20 pieces/138g

Servings Per Container 1

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## 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

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**Protein** 1g

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---

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     |

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**1A**

**100-calorie  
pack of  
cookies**

# Nutrition Facts

Serving Size 4.5 fl. oz.

Servings Per Container 1

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## 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%

---

\* 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     |

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**2A**

**Rich  
ice cream  
bar**

# Nutrition Facts

Serving Size 1 cookie (38g)

Servings Per Container 1

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## 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%

---

\* 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     |

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**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%

---

\* 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     |

---

**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%

---

\* 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     |

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**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%

---

\* 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     |

---

**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%

---

\* 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     |

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**10B**

**Cheddar  
cheese**