

# 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

---

**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

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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

---

**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

---

**3A**

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

# Nutrition Facts

Serving Size 1 piece/198g/7oz

Servings Per Container 1

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## 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%

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\* 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

**6A**

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

# Nutrition Facts

Serving Size 1 Bar (32g)

Servings Per Container 1

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## 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

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## 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

---

**10B**

**Cheddar  
cheese**