

ERRATA: EatFit Teacher Curriculum, 5th Edition ANR Publication 3424

Correction to page 14:

Question 13, answer “a” should read NEVER not EVER.

The following, pages (pages 37-57 in the teacher’s curriculum) have been corrected to remove brand names from the depicted products. This is to meet updated guidelines for USDA funded nutrition curricula.

Station 1

Cheddar & Sour Cream Chips

Nutrition Facts

1 servings per package

Serving size 1 (49g)

Amount per serving

Calories 280

%Daily Value*

Total Fat 17g 22%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 14%

Total Carbohydrate 27g 10%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 580mg 12%

* 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 nutritional advice.



Station 1

Whole Milk (3.5% fat)

Nutrition Facts

2 servings per container

Serving size 1 cup (244g)

Amount per serving

Calories 150

%Daily Value*

Total Fat 8g 10%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 24mg 8%

Sodium 105mg 4%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 3mcg 15%

Calcium 276mg 21%

Iron 0mg 0%

Potassium 322mg 7%

* 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 nutritional advice.



Station 1

Reduced Fat Milk (2% fat)

Nutrition Facts

8 servings per container

Serving size 1 cup (244g)

Amount per serving

Calories 122

%Daily Value*

Total Fat 5g 10%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 115mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 8g

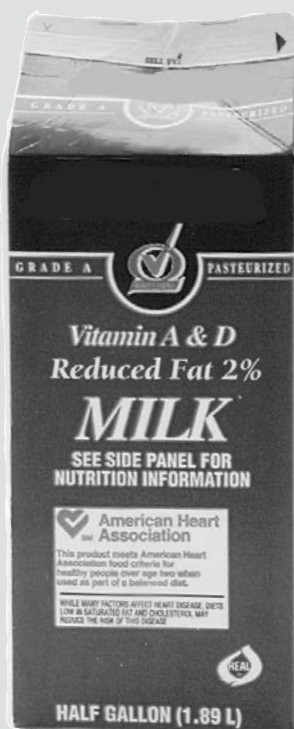
Vitamin D 3mcg 15%

Calcium 293mg 23%

Iron 0mg 0%

Potassium 342mg 7%

* 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 nutritional advice.



Station 1

Low Fat Milk (1% fat)

Nutrition Facts

8 servings per container

Serving size 1 cup (244g)

Amount per serving

Calories 102

%Daily Value*

Total Fat 2g 3%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 12mg 4%

Sodium 107mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 8g

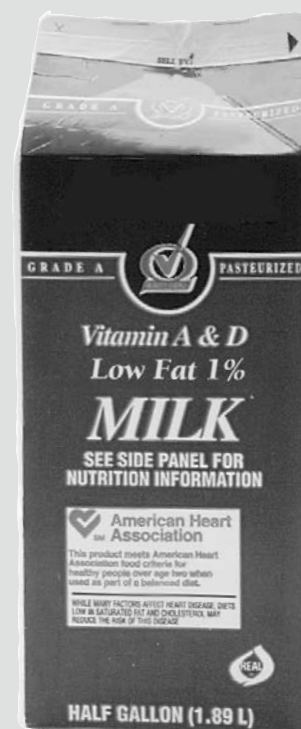
Vitamin D 3mcg 15%

Calcium 305mg 23%

Iron 0.1mg 0%

Potassium 366mg 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 nutritional advice.



Station 1

Fat Free Milk (skim)

Nutrition Facts

8 servings per container

Serving size 1 cup (244g)

Amount per serving

Calories 83

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 4%

Sodium 103mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 8g

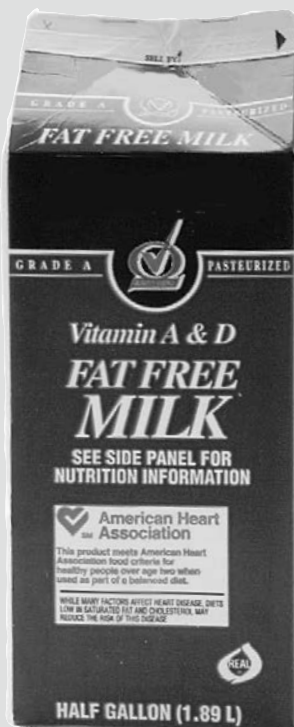
Vitamin D 3mcg 15%

Calcium 300mg 23%

Iron 0mg 0%

Potassium 382mg 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 nutritional advice.



Station 1

Orange Juice with Calcium

Nutrition Facts

8 servings per container

Serving size 1 cup (244g)

Amount per serving

Calories 117

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 107mg 5%

Total Carbohydrate 26g 10%

Dietary Fiber 0g 0%

Total Sugars 22g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 1mcg 5%

Calcium 347mg 27%

Iron 0mg 0%

Potassium 441mg 9%

* 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 nutritional advice.



Station 1

Soy Milk

(unsweetened, fortified)

Nutrition Facts	
8 servings per container	
Serving size	1 cup (244g)
Amount per serving	
Calories	80
%Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 4g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 3mcg	15%
Calcium 300mg	23%
Iron 1mg	6%
Potassium 292mg	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 nutritional advice.



Station 1

Almond Milk

(unsweetened, fortified)

Nutrition Facts	
8 servings per container	
Serving size	1 cup (244g)
Amount per serving	
Calories	30
%Daily Value*	
Total Fat 3g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 2mcg	10%
Calcium 516mg	40%
Iron 1mg	5%
Potassium 176mg	4%

* 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 nutritional advice.



Station 1

Low Fat Strawberry Greek Yogurt

Nutrition Facts

1 servings per container

Serving size 1 container (5.3 oz)

Amount per serving

Calories 150

%Daily Value*

Total Fat 4g 5%

Saturated Fat 2g 12%

Trans Fat 0g

Cholesterol 18mg 6%

Sodium 50mg 2%

Total Carbohydrate 18g 6%

Dietary Fiber 1.5g 5%

Total Sugars 17g

Includes 10g Added Sugars 20%

Protein 12g

Vitamin D 0mcg 0%

Calcium 132mg 10%

Iron 0mg 0%

Potassium 194mg 4%

* 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 nutritional advice.



Station 2

Carrots

Nutrition Facts

5 servings per container

Serving size 1 cup (122g)

Amount per serving

Calories 50

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 84mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 12%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin A 1020mcg 150%

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 0.5mg 2%

Potassium 390mg 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 nutritional advice.



Station 2

Orange Juice

Contains 100% Juice

Nutrition Facts

8 servings per container

Serving size 1 cup (244g)

Amount per serving

Calories 122

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 29g 11%

Dietary Fiber 1g 4%

Total Sugars 21g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 0mg 0%

Potassium 443mg 9%

* 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 nutritional advice.



Station 2

Fruit Punch (Snapple)

Contains 0% Juice

Nutrition Facts

1 servings per container

Serving size 1 bottle (16oz)

Amount per serving

Calories 317

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 179mg 8%

Total Carbohydrate 80g 29%

Dietary Fiber 0g 0%

Total Sugars 79g

Includes 75g Added Sugars 150%

Protein 0g

Vitamin D 0mcg 0%

Calcium 15mg 1%

Iron 0mg 0%

Potassium 154mg 3%

* 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 nutritional advice.



Station 2

V8 (low sodium)

Contains 100% juice

Nutrition Facts	
1 servings per container	
Serving size	1 can (8oz)
Amount per serving	
Calories	50
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 1mg	4%
Potassium 520mg	11%

* 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 nutritional advice.



Station 2

Sunny Delight

Contains 5% juice

Nutrition Facts	
2 servings per container	
Serving size	1 cup (8oz)
Amount per serving	
Calories	135
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 153mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 0g	0%
Total Sugars 30g	
Includes 24g Added Sugars	48%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 1mg	5%
Potassium 305mg	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 nutritional advice.



Station 2

Strawberry Pop-Tart

Nutrition Facts

2 servings per package	
Serving size	1 pastry (52g)
Amount per serving	
Calories	208
%Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 168mg	7%
Total Carbohydrate 39g	14%
Dietary Fiber 1g	3.5%
Total Sugars 17g	
Includes 16g Added Sugars	32%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 2mg	11%
Potassium 46mg	1%

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Ingredients:
 Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Corn Syrup, High Fructose Corn Syrup, Dextrose, Soybean And Palm Oil (With TBHQ For Freshness), Bleached Wheat Flour, Polydextrose, Glycerin, Fructose, Contains Two Percent Or Less Of Wheat Starch, Dried Strawberries, Dried Pears, Dried Apples, Calcium Carbonate, Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda), Sodium Stearoyl Lactylate, Citric Acid, Modified Wheat Starch, Gelatin, Yellow Corn Flour, Palm Oil, Caramel Color, Xanthan Gum, Cornstarch, Turmeric Extract Color, Strawberry Juice Concentrate, Natural And Artificial Flavors, Soy Lecithin, Vitamin A Palmitate, Red 40, Niacinamide, Reduced Iron, Yellow 6, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Blue 1, Color Added



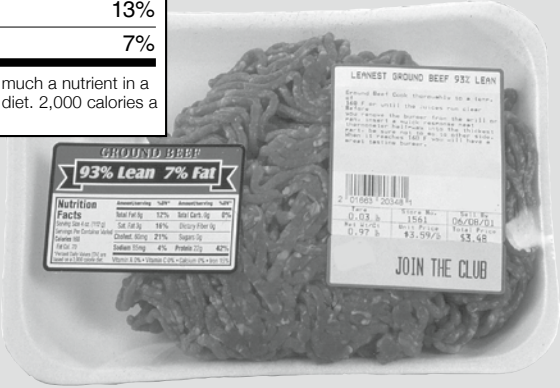
Station 3

Lean Ground Beef

Nutrition Facts

Servings per package varies	
Serving size	3 ounces (85g)
Amount per serving	
Calories	155
%Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 71mg	24%
Sodium 61mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 2mg	13%
Potassium 315mg	7%

* 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 nutritional advice.



Station 3

Regular Ground Beef

Nutrition Facts

Servings per package varies
Serving size 3 ounces (85g)

Amount per serving
Calories 209

%Daily Value*

Total Fat 14g **17%**

Saturated Fat 5g **26%**

Trans Fat 1g

Cholesterol 71mg **24%**

Sodium 71mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 20g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 2mg **12%**

Potassium 285mg **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 nutritional advice.



Station 3

Refried Beans (fat free)

Nutrition Facts

3 servings per can
Serving size ½ cup (85g)

Amount per serving
Calories 91

%Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 509mg **22%**

Total Carbohydrate 16g **6%**

Dietary Fiber 5g **19%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0mcg **0%**

Calcium 39mg **3%**

Iron 2mg **10%**

Potassium 397mg **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 nutritional advice.



Station 3

Tuna Sandwich with mayonnaise, lettuce & tomato (Subway)

Nutrition Facts

1 serving
Serving size 6 inch (237g)

Amount per serving
Calories 524

%Daily Value*

Total Fat 29g 37%

Saturated Fat 5g 26%

Trans Fat 0g

Cholesterol 66mg 22%

Sodium 780mg 34%

Total Carbohydrate 38g 14%

Dietary Fiber 2g 6%

Total Sugars 5g

Includes 5g Added Sugars 10%

Protein 29g

Vitamin D 1mcg 5%

Calcium 322mg 25%

Iron 4mg 21%

Potassium 419mg 9%

* The % Daily Value (DV) tells you how much serving of food contributes to a daily diet. 2,000 day is used for nutritional advice.



Station 3

Cheese & Veggie Sandwich with mayonnaise (Subway)

Nutrition Facts

1 serving
Serving size 6 inch (162g)

Amount per serving
Calories 390

%Daily Value*

Total Fat 19g 24%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 450mg 20%

Total Carbohydrate 44g 16%

Dietary Fiber 5g 18%

Total Sugars 7g

Includes 6g Added Sugars 12%

Protein 7g

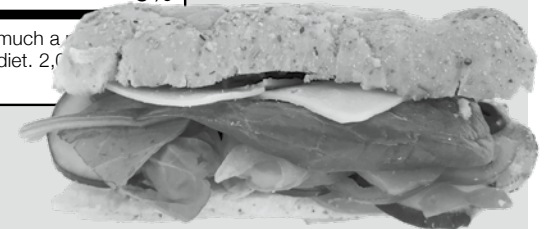
Vitamin D 0mcg 0%

Calcium 125mg 10%

Iron 2mg 11%

Potassium 225mg 5%

* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,000 day is used for nutritional advice.



Station 3

Tofu (firm)

Nutrition Facts

Servings per package varies

Serving size $\frac{1}{2}$ cup

Amount per serving

Calories **70**

%Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0mcg **0%**

Calcium 150mg **12%**

Iron 1.4mg **8%**

Potassium 115mg **2%**

* 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 nutritional advice.



Station 4

Wheat Thins (whole grain)

Nutrition Facts

8 servings per container

Serving size **16 pieces (31g)**

Amount per serving

Calories **140**

%Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 22g **8%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 0.9mg **4%**

Potassium 90mg **0%**

* 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 nutritional advice.



Station 4

Chocolate Chip Cookies

Nutrition Facts	
Servings per package varies	
Serving size	3 cookies (33g)
Amount per serving	
Calories	154
%Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 97mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	11%
Potassium 53mg	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 nutritional advice.



Station 4

Cinnamon Toast Crunch Cereal

Nutrition Facts	
Servings per package varies	
Serving size	¾ cup (31g)
Amount per serving	
Calories	127
%Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.3g	2%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 176mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	8%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 1.6mcg	8%
Calcium 138mg	11%
Iron 6mg	35%
Potassium 62mg	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 nutritional advice.



Station 4

Wheaties Cereal

Nutrition Facts

Servings per package varies

Serving size $\frac{3}{4}$ cup (27g)

Amount per serving

Calories **95**

%Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 198mg **9%**

Total Carbohydrate 22g **8%**

Dietary Fiber 3g **10%**

Total Sugars 4g

Includes 3g Added Sugars **6%**

Protein 2g

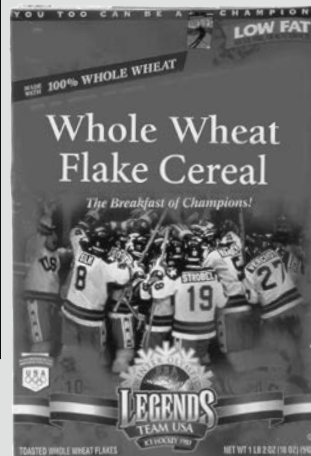
Vitamin D 1mcg 5%

Calcium 20mg 2%

Iron 9mg 50%

Potassium 89mg 2%

* 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 nutritional advice.



Station 4

Cheerios Cereal

Nutrition Facts

Servings per package varies

Serving size $\frac{3}{4}$ cup (28g)

Amount per serving

Calories **105**

%Daily Value*

Total Fat 2g **2%**

Saturated Fat 0.4g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 139mg **6%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **9%**

Total Sugars 1g

Includes 1g Added Sugars **2%**

Protein 3g

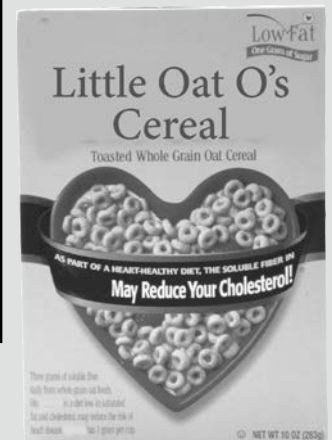
Vitamin D 1mcg 5%

Calcium 112mg 9%

Iron 9mg 51%

Potassium 179mg 4%

* 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 nutritional advice.



Station 4

Coco Krispies Cereal

Nutrition Facts

Servings per package varies

Serving size $\frac{3}{4}$ cup (31g)

Amount per serving

Calories **121**

%Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.7g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 131mg **6%**

Total Carbohydrate 27g **10%**

Dietary Fiber 0.4g **1%**

Total Sugars 12g

Includes 11g Added Sugars **22%**

Protein 1g

Vitamin D 1.5mcg **8%**

Calcium 39mg **3%**

Iron 4.5mg **25%**

Potassium 61mg **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 nutritional advice.



Station 4

Regular Soda

Nutrition Facts

1 can

Serving size 12 fl oz (355ml)

Amount per serving

Calories **150**

%Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 28mg **1%**

Total Carbohydrate 41g **15%**

Dietary Fiber 0g **0%**

Total Sugars 41g

Includes 41g Added Sugars **82%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

* 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 nutritional advice.



Station 4

Bottled Water

Nutrition Facts

1 bottle

Serving size 16.9 fl oz

Amount per serving

Calories 0

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

* 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 nutritional advice.



Station 5

Potato Chips

Nutrition Facts

Servings per package varies

Serving size 22 chips (1oz)

Amount per serving

Calories 149

%Daily Value*

Total Fat 10g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 148mg 6%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 3%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 0.4mg 2%

Potassium 335mg 7%

* 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 nutritional advice.



Station 5

Bottled Water

Nutrition Facts

1 bottle

Serving size 16.9 fl oz

Amount per serving

Calories 0

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

* 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 nutritional advice.



Station 5

Regular Soda

Nutrition Facts

1 can

Serving size 12 fl oz (355ml)

Amount per serving

Calories 150

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 28mg 1%

Total Carbohydrate 41g 15%

Dietary Fiber 0g 0%

Total Sugars 41g

Includes 41g Added Sugars 82%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

* 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 nutritional advice.



Station 5

Low Fat Milk (1% fat)

Nutrition Facts

8 servings per container

Serving size 1 cup (244g)

Amount per serving

Calories 102

%Daily Value*

Total Fat 2g 3%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 12mg 4%

Sodium 107mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 8g

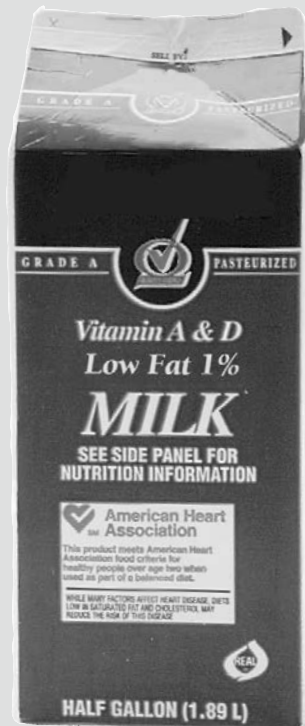
Vitamin D 3mcg 15%

Calcium 305mg 23%

Iron 0.1mg 0%

Potassium 366mg 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 nutritional advice.



Station 5

Orange Juice

Nutrition Facts

8 servings per container

Serving size 1 cup (244g)

Amount per serving

Calories 122

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 29g 11%

Dietary Fiber 1g 4%

Total Sugars 21g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 0mg 0%

Potassium 443mg 9%

* 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 nutritional advice.



Station 6

Chicken with Skin

Nutrition Facts

Servings per package varies

Serving size 3 ounces (86g)

Amount per serving

Calories 170

%Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 72mg **24%**

Sodium 61mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 26g

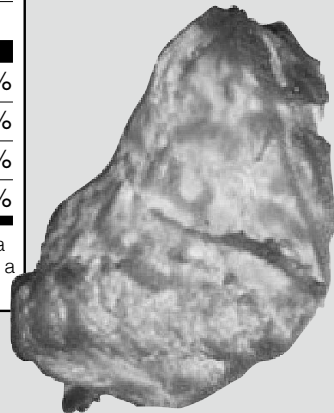
Vitamin D 0.1mcg **1%**

Calcium 12mg **1%**

Iron 1mg **5%**

Potassium 211mg **5%**

* 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 nutritional advice.



Station 6

Chicken without Skin

Nutrition Facts

Servings per package varies

Serving size 3 ounces (86g)

Amount per serving

Calories 142

%Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 73mg **24%**

Sodium 64mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 27g

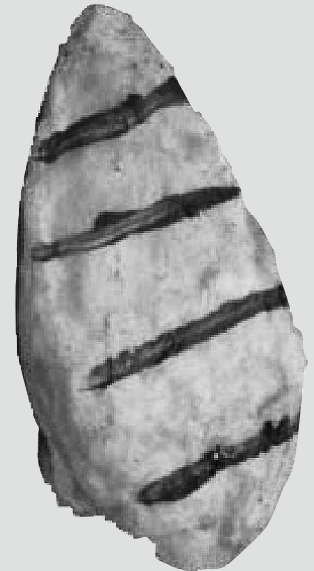
Vitamin D 0.1mcg **1%**

Calcium 13mg **1%**

Iron 1mg **5%**

Potassium 220mg **5%**

* 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 nutritional advice.



Station 6

Plain Hamburger

Nutrition Facts	
Servings per package varies	
Serving size	1 item (78g)
Amount per serving	
Calories	232
%Daily Value*	
Total Fat 9g	12%
Saturated Fat 4g	18%
<i>Trans</i> Fat 0.4g	
Cholesterol 26mg	9%
Sodium 258mg	11%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	5%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 13g	
Vitamin D 0.1mcg	1%
Calcium 48mg	4%
Iron 2mg	13%
Potassium 154mg	3%
* 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 nutritional advice.	



Station 6

Small Hamburger with Cheese

Nutrition Facts	
Servings per package varies	
Serving size	1 item (127g)
Amount per serving	
Calories	343
%Daily Value*	
Total Fat 16g	21%
Saturated Fat 7g	37%
<i>Trans</i> Fat 0.4g	
Cholesterol 50mg	17%
Sodium 798mg	35%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	5%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 17g	
Vitamin D 0.1mcg	1%
Calcium 156mg	12%
Iron 3mg	16%
Potassium 234mg	5%
* 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 nutritional advice.	



Station 6

Double Cheeseburger (1/4 lb meat)

Nutrition Facts

Servings per package varies

Serving size 1 item

Amount per serving

Calories 751

%Daily Value*

Total Fat 48g 62%

Saturated Fat 18g 90%

Trans Fat 0.8g

Cholesterol 122mg 41%

Sodium 1586mg 69%

Total Carbohydrate 43g 16%

Dietary Fiber 3g 11%

Total Sugars 10g

Includes 6g Added Sugars 12%

Protein 38g

Vitamin D 1mcg 5%

Calcium 356mg 27%

Iron 6mg 33%

Potassium 560mg 12%

* 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 nutritional advice.



Station 6

Extra Large Cheeseburger with Bacon and Onion Rings (1/3 lb meat)

Nutrition Facts

Servings per package varies

Serving size 1 item

Amount per serving

Calories 1260

%Daily Value*

Total Fat 84g 108%

Saturated Fat 33g 165%

Trans Fat 1g

Cholesterol 235mg 78%

Sodium 2544mg 111%

Total Carbohydrate 53g 19%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 6g Added Sugars 12%

Protein 68g

Vitamin D 1mcg 5%

Calcium 946mg 73%

Iron 8mg 44%

Potassium 884mg 19%

* 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 nutritional advice.



Station 6

Canadian Bacon

Nutrition Facts

Servings per package varies

Serving size 1 oz

Amount per serving

Calories 40

%Daily Value*

Total Fat 1g 1%

Saturated Fat 0.3g 1%

Trans Fat 0g

Cholesterol 18mg 6%

Sodium 274mg 12%

Total Carbohydrate 0.5g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0.2mg 1%

Potassium 276mg 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 nutritional advice.



Station 6

Pepperoni

Nutrition Facts

Servings per package varies

Serving size 1 oz

Amount per serving

Calories 141

%Daily Value*

Total Fat 13g 17%

Saturated Fat 5g 24%

Trans Fat 0.4g

Cholesterol 27mg 9%

Sodium 443mg 19%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0.4mcg 2%

Calcium 5mg 0%

Iron 0.4mg 2%

Potassium 77mg 2%

* 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 nutritional advice.

