

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

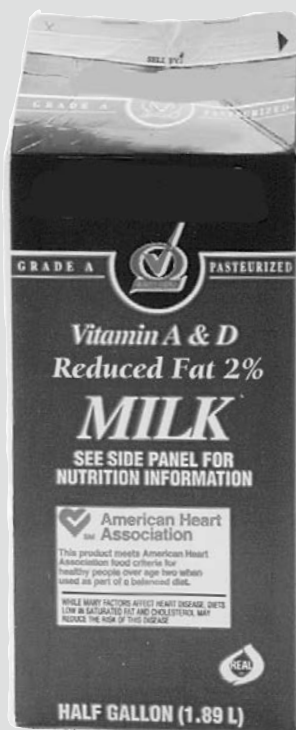
Vitamin D 3mcg 15%

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

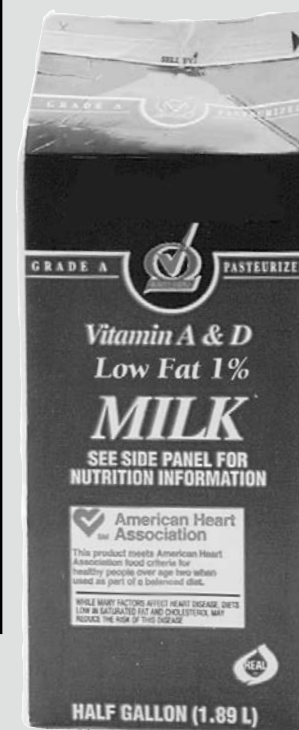
Vitamin D 3mcg 15%

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)

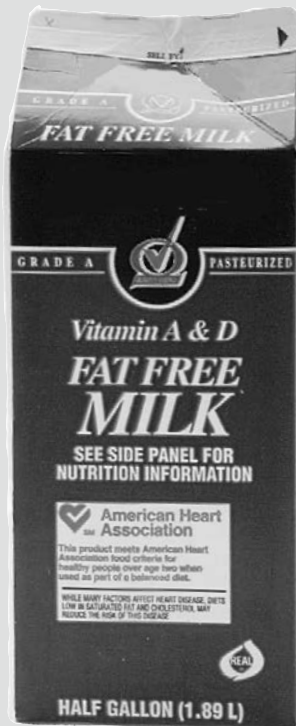
Nutrition Facts

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%
<i>Trans Fat</i> 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%
<i>Trans Fat</i> 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%

Trans Fat 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%

Trans Fat 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%
<i>Trans</i> 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%

* 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.

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

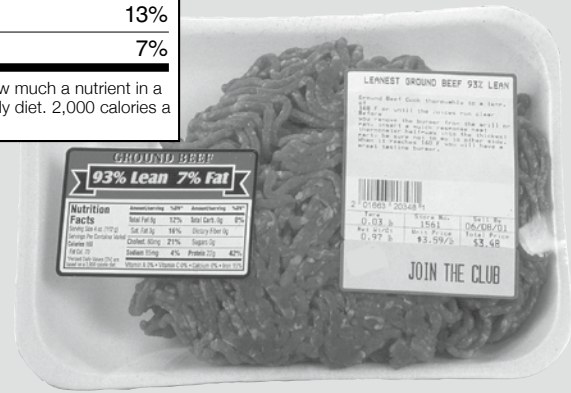
Nutrition Facts

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

Amount per serving
Calories 155

	%Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	14%
<i>Trans</i> 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%
<i>Trans Fat</i> 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 1/2 cup (85g)

Amount per serving
Calories 91

%Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 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%
<i>Trans Fat</i> 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 calories a day is used for nutritional advice.



Station 3

Cheese & Veggie Sandwich with mayonnaise (Subway)

Nutrition Facts

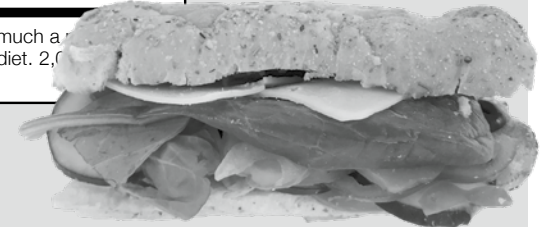
1 serving
Serving size 6 inch (162g)

Amount per serving
Calories 390

%Daily Value*	
Total Fat 19g	24%
Saturated Fat 5g	25%
<i>Trans Fat</i> 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 calories a day is used for nutritional advice.



Station 3

Tofu (firm)

Nutrition Facts

Servings per package varies
Serving size ½ cup

Amount per serving
Calories **70**

%Daily Value*

Total Fat 3.5g	5%
Saturated Fat 0g	0%
<i>Trans Fat</i> 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%

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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%
<i>Trans Fat</i> 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 Fat</i> 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.

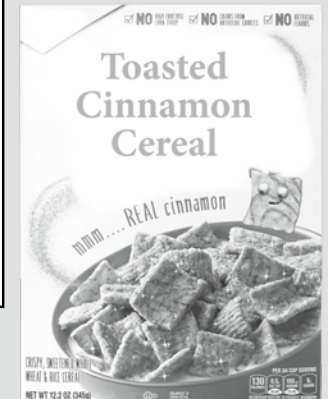


Station 4

Cinnamon Toast Crunch Cereal

Nutrition Facts	
Servings per package varies	
Serving size	3/4 cup (31g)
Amount per serving	
Calories	127
%Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.3g	2%
<i>Trans Fat</i> 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

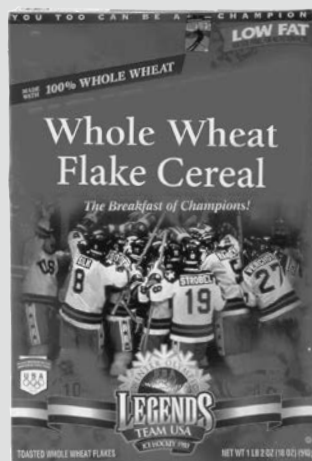
Servings per package varies
Serving size $\frac{3}{4}$ cup (27g)

Amount per serving
Calories **95**

	%Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> 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

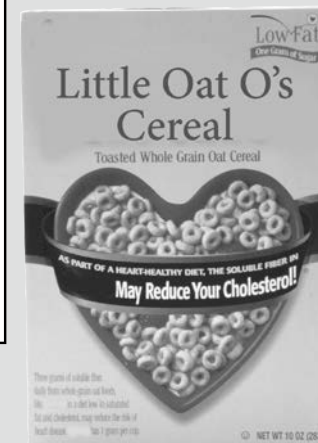
Servings per package varies
Serving size $\frac{3}{4}$ cup (28g)

Amount per serving
Calories **105**

	%Daily Value*
Total Fat 2g	2%
Saturated Fat 0.4g	2%
<i>Trans</i> 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	3/4 cup (31g)
Amount per serving	
Calories	121
%Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.7g	3%
<i>Trans Fat</i> 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%
<i>Trans Fat</i> 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%
<i>Trans Fat</i> 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%
<i>Trans Fat</i> 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%
<i>Trans</i> 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%
<i>Trans</i> 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

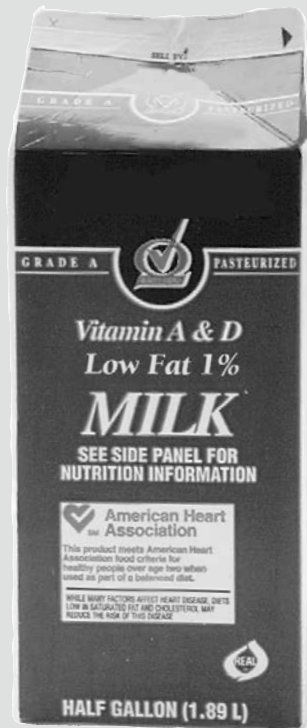
8 servings per container
Serving size 1 cup (244g)

Amount per serving
Calories 102

%Daily Value*

Total Fat 2g	3%
Saturated Fat 1.5g	7%
<i>Trans Fat</i> 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%
<i>Trans Fat</i> 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

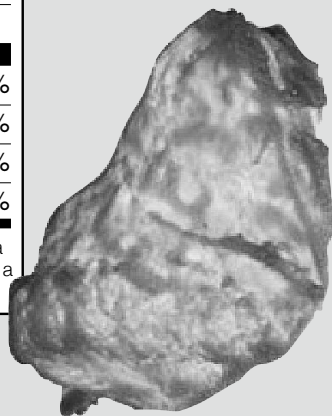
Vitamin D 0.1mcg 1%

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%**

Trans 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%**

Trans 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

Station 6

Pepperoni

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%
<i>Trans Fat</i> 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.



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%
<i>Trans Fat</i> 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.

