

# Canada Food Guide Lab

Name \_\_\_\_\_

**Purpose:** To analyze a hypothetical **16 year old male** diet using the Canada Food Guide and the nutritional labels provided.

**Background:** Food guide *servings* are not necessarily the amount eaten in one sitting. The amount eaten in one sitting is called a *portion*. Some meals may actually include multiple servings of one food group while neglecting others altogether.

**Procedure:** Perform the job of a dietician by analyzing each meal of the diet shown below.

**Breakfast:** 3/4 cup Honey Nut Cheerios, 1 cup milk (1%), 1 muffin, 1 cup orange juice, 1 banana

**Snack at Break:** 1 apple, 2 hot dogs with buns, 2 tbsp ketchup

**Lunch:** 1 sandwich consisting of 2 slices whole wheat bread, 6 slices of turkey, 3 leaves of lettuce, 2 slices of cheddar cheese (56g), 2 tbsp. mayo), 1/2 cup carrots

**Snack after School:** 1 Granola bars, 1 can Coke

**Supper:** 2 thighs and 2 drumsticks roasted chicken with skin on, 1 cup green beans, 2 cup raw spinach salad (170 g) with 1 tomato, 28 ml light Italian dressing, 1 cup brown rice, 1 cup (2 scoops) of ice cream.

**Evening Snack:** half a family size bag of Doritos (8 oz) and 1 can of coke

Fruit Loops

Licorice

**Note**

1 cup = 250 ml

1 gram = 1000 mg

serving size 1 cup (30 g)	
<b>total calories 112</b>	
% daily value*	
<b>total fat</b> 1 g	<b>2%</b>
saturated fat 600 mg	<b>3%</b>
trans fat 0 g	
<b>cholesterol</b> 0 g	<b>0%</b>
<b>sodium</b> 137 mg	<b>6%</b>
<b>total carbohydrates</b> 26 g	<b>9%</b>
dietary fiber 3 g	<b>11%</b>
sugar 13 g	
<b>protein</b> 2 g	<b>3%</b>

serving size 3 pieces (42 g)	
<b>total calories</b> 130	fat calories 10
% daily value*	
<b>total fat</b> 1 g	<b>2%</b>
saturated fat 0 g	<b>0%</b>
trans fat	
<b>cholesterol</b> 0 g	<b>0%</b>
<b>sodium</b> 40 mg	<b>2%</b>
<b>total carbohydrates</b> 28 g	<b>9%</b>
dietary fiber	
sugar 15 g	
<b>protein</b> 1 g	<b>2%</b>

Examples List Food Item	Servings				Total Intake (g)			Calorie Intake
	Veg and fruit	Grain prod.	Milk and Alt.	Meat and Alt.	Total Fat	Total Carbs	Protein	
Fruit Loops 1/2 Cup		1			0.5	13	1	56
Licorice (9 pieces)					3	84	3	390



Evening Snack	Servings				Total Intake (g)			Calorie Intake
List Food Item	Veg and fruit	Grain prod.	Milk and Alt.	Meat and Alt.	Fat	Carbs	Protein	
Doritos								
Coke								
<b>Total</b>								

Overall for the Day	Servings				Total Intake (g)			Total Daily Calorie Intake
	Veg and fruit	Grain prod.	Milk and Alt.	Meat and Alt.	Fat	Carbs	Protein	
<b>Total</b>								

Find the Percentage Daily Cals from Carbs Fats and Protein to fill in his pie chart.

Take the total grams of **fat** consumed in his day and multiply by 9 cal/g.

Now divide that by his total calories consumed in the day and multiply by 100 to change to a %.

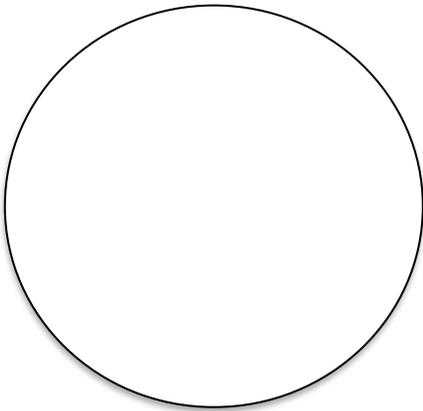
Take the total grams of **carbs** consumed in his day and multiply by 4 cal/g.

Now divide that by his total calories consumed in the day and multiply by 100 to change to a %.

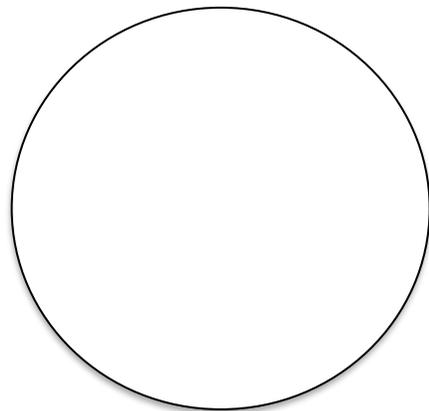
Take the total grams of **protein** consumed in his day and multiply by 4 cal/g.

Now divide that by his total calories consumed in the day and multiply by 100 to change to a %.

Hypothetical Teenager's **Food Energy pie chart**



Recommended **Food Energy pie chart**  
(look online or in text)



**Answer the following questions:**

1. According to the Canada Food Guide, what are the five healthy food choices that are recommended as good habits for our daily diet? (Look this up online)

2. How does this hypothetical boy's diet compare to the Canada Food Guide daily recommended servings?
  
3. Time to "sit down" with this young man and discuss his eating habits.
  - a. How does his energy pie chart compare with your recommended energy pie chart? How are they different?
  
  - b. Would you consider this person's **total calorie intake** for this day high, medium or low? What information would you need to obtain from him before you can make an informed comment on the amount of food he is eating? Explain.
  
  - c. What comments would you make to him to help him understand the concept of "High Calorie Density Foods"? Provide an example from his diet that fits into the High Calorie Density category and offer an alternative.
  
  - d. Provide an example from his diet that fits into the Low Calorie Density category.
  
  - e. What comments would you make to him to help him understand the concept of "High Nutrient Density Foods"? Provide an example from his diet that fits into the High Nutrient Density category.
  
  - f. Provide an example from his diet that fits into the Low Nutrient Density category and offer an alternative.
  
  - g. What comments would you make to him to help him understand the concept of "Empty Calories"? Provide an example from his diet that fits into the Empty Calories category and offer an alternative.
  
  - h. Any other general comments or concluding recommendations you as a nutritionist would make to this young man in regards to his diet?



## Nutrition Facts Valeur nutritive

For 1 serving (250 mL)  
Par portion de 250 mL

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 110</b>	
<b>Fat / Lipides 2.5 g</b>	<b>4 %</b>
Saturated / Saturés 1.5 g	8 %
+ Trans / Trans 0.0 g	
<b>Cholesterol / Cholestérol 10 mg</b>	
<b>Sodium / Sodium 120 mg</b>	<b>5 %</b>
<b>Carbohydrate / Glucides 12 g</b>	<b>4 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 12 g	
<b>Protein / Protéines 9 g</b>	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %

with **8** General Mills **Whole Grain**



CAN HELP LOWER CHOLESTEROL



15 VITAMINS AND MINERALS



110 CALORIES PER SERVING

# Honey Nut Cheerios

Can Help Lower Cholesterol & Reduce the Risk of Heart Disease\*



©2007 General Mills

Sweetened Whole Grain Oat Cereal with Real Honey & Natural Almond Flavor

\*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios has 75% per serving.

NET WT 1 LB 1 OZ (17 OZ) (481g)

**INGREDIENTS:** WHOLE GRAIN OATS, SUGAR, OAT BRAN, MODIFIED CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, CALCIUM CARBONATE, TRIPOTASSIUM PHOSPHATE, CANOLA AND/OR RICE BRAN OIL, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B<sub>12</sub>, VITAMIN D, NATURAL ALMOND FLAVOR, WHEAT FLOUR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

**CONTAINS ALMOND AND WHEAT INGREDIENTS.**

DISTRIBUTED BY **General Mills Cereals, LLC**  
GENERAL OFFICES, MINNEAPOLIS, MN 55440 USA

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## Nutrition Facts

Serving Size ¾ cup (28g)

Servings Per Container about 17

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
<b>Calories</b>	110	150
Calories from Fat	15	15

	% Daily Value**	
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		

<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 190mg	<b>8%</b>	<b>11%</b>
<b>Potassium</b> 115mg	<b>3%</b>	<b>9%</b>

<b>Total Carbohydrate</b> 22g	<b>7%</b>	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>	<b>8%</b>
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		

<b>Protein</b> 3g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	50%	50%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	10%	20%
Magnesium	8%	10%
Zinc	25%	30%

\* Amount in cereal. A serving of cereal plus skim milk provides 1.5g total fat, less than 5mg cholesterol, 250mg sodium, 320mg potassium, 28g total carbohydrate (15g sugars) and 7g protein.

\*\* Percent Daily Values are based on a 2,000 caloric diet. Your daily values may be higher or lower depending on your caloric needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Exchange: 1½ Starch

Exchange calculations based on the *Exchange Lists for Meal Planning*. ©2003 the American Dietetic Association, the American Diabetes Association.



Caspers Famous Hot Dogs®  
**Casper Dog Frankfurter**

**Nutrition Facts**

Serving Size: 1 Frank (76g)  
 Servings Per Container: Varied

Amount Per Serving		
<b>Calories</b> 175	Calories from Fat 121	
		<b>% Daily Value*</b>
<b>Total Fat</b> 13g		20%
Saturated Fat 3g		15%
<b>Cholesterol</b> 44mg		15%
<b>Sodium</b> 597mg		25%
<b>Total Carbohydrate</b> 1g		0%
Dietary Fiber <1g		0%
Sugars 0g		
<b>Protein</b> 12g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 4%	• Iron 7%	

\* Percent Daily Values are based on a 2,000 calorie diet.

**Nutrition Facts**

Serving Size 1 bun (71g)  
 Servings Per Container 4

**Amount Per Serving**

<b>Calories</b> 220	Calories from Fat 70	
		<b>% Daily Value*</b>
<b>Total Fat</b> 8g		12%
Saturated Fat 3.5g		18%
Trans Fat 0g		
<b>Cholesterol</b> 75mg		25%
<b>Sodium</b> 50mg		2%
<b>Total Carbohydrate</b> 32g		11%
Dietary Fiber 1g		6%
Sugars 3g		
<b>Protein</b> 4g		



## NUTRITION FACTS

## Valeur nutritive

Per 2 slices (43 g) / pour 2 tranches (43 g)

Amount	% Daily Value
Teneur	% valeur quotidienne

**Calories / Calories** 45

**Fat / Lipides** 0 g **0 %**

Saturated / saturés 0 g **0 %**  
 + Trans / trans 0 g

**Cholesterol / Cholestérol** 20 mg

**Sodium / Sodium** 280 mg **12 %**

**Carbohydrate / Glucides** 3 g **1 %**

Fibre / Fibres 0 g **0 %**

Sugars / Sucres 0 g

**Protein / Protéines** 8 g



## Nutrition Facts

Serving Size 1 slice (43g)

Amount Per Serving

**Calories** 100

Calories from Fat 15

% Daily Values\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 140mg 6%

**Potassium** 65mg

**Total Carbohydrate** 17g 6%

Dietary Fiber 6g 24%

Sugars 2g

**Protein** 5g

21

Generic  
Whole Grains



5 Grains  
Foods



Heart  
Healthy

Whole Wheat with a Touch of Pure Maltiness

B R E A D

Whole Grain  
100%  
WHOLE  
WHEAT



NO High Fructose  
Corn Syrup

NET WT 24 OZ (1 LB 8 OZ) 685g





## Nutrition Facts

## Valeur nutritive

Per 1 tbsp (15 mL) / pour 1 c. à soupe (15 mL)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 35	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g	<b>0 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 170 mg	<b>7 %</b>
<b>Carbohydrate / Glucides</b> 8 g	<b>3 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 7 g	
<b>Protein / Protéines</b> 0.1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %



## Nutrition Facts

Serving Size 1Tbsp (13g)

Servings per container VARIES

Amount Per Serving

Calories 90

Calories from fat 90

	% Daily Value *
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrates 0g	0%
Protein 0g	

Not a significant source of Dietary Fiber, Sugars, Vitamin A, Vitamin C, Calcium, Iron.

\*Percent Daily Values are based on a 2,000 calorie diet.



**Calories 110** **Calories from Fat 80**

**% Daily Values\***

<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol 28mg</b>	<b>9%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 7g</b>	

- |              |                |
|--------------|----------------|
| Vitamin A 6% | ● Vitamin C 0% |
| Calcium 20%  | ● Iron 0%      |

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



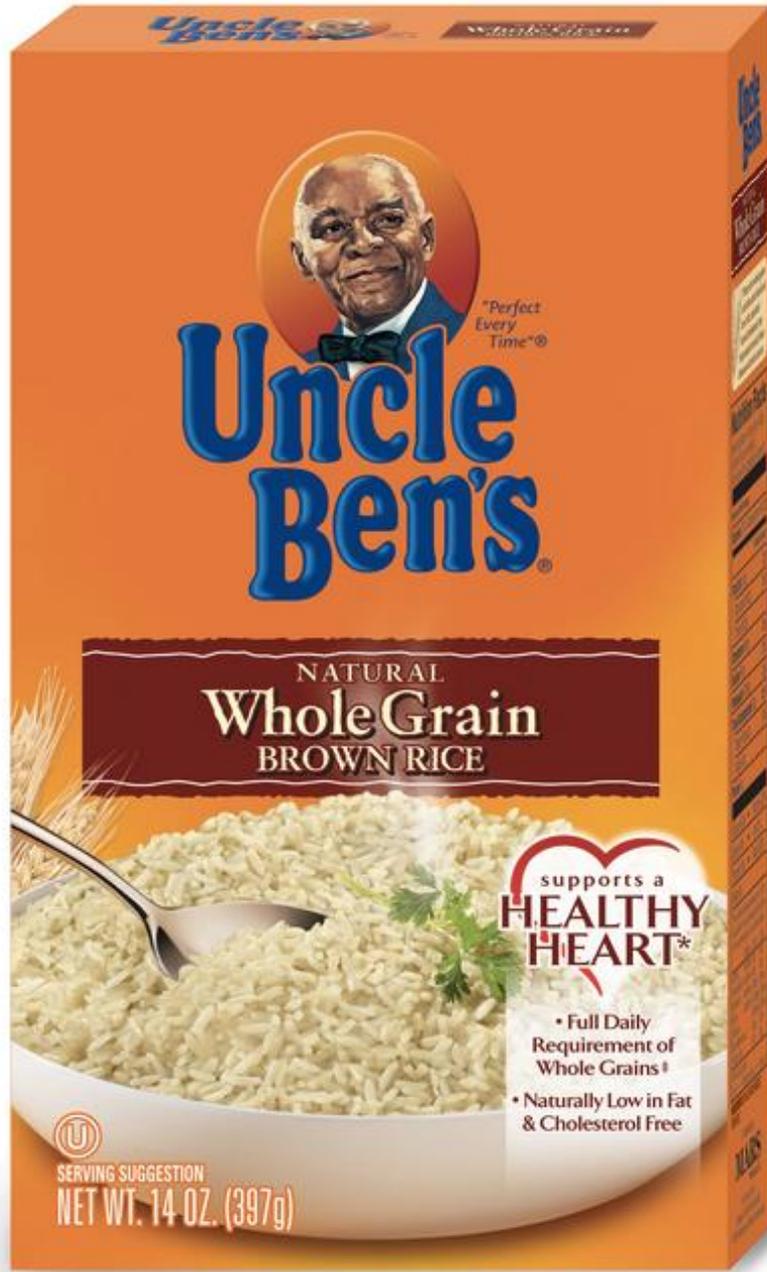
**INGREDIENTS:** GRANOLA (QUAKER ROLLED OATS, ROLLED WHOLE WHEAT, BROWN SUGAR, BARLEY FLAKES, SUNFLOWER OIL, INULIN, HONEY, NATURAL FLAVOUR, MODIFIED MILK INGREDIENTS), GLUCOSE, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, SALT, VANILLIN), WHOLE GRAIN BROWN RICE CRISPS (WHOLE GRAIN BROWN RICE FLOUR, SUGAR, BARLEY MALT, SALT, MIXED TOCOPHEROLS), GLYCERIN, SHORTENING (CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS), BROWN SUGAR, SORBITOL, INULIN, SALT, NATURAL AND ARTIFICIAL FLAVOUR, SOY LECITHIN, BHT (PRESERVATIVE).  
**CONTAINS OAT, WHEAT, BARLEY, MILK, AND SOY INGREDIENTS.**

## Nutrition Facts

Per 1 bar (26 g)

Amount	% DV*
<b>Calories</b> 110	
<b>Fat</b> 3 g	5 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 60 mg	2 %
<b>Potassium</b> 65 mg	2 %
<b>Carbohydrate</b> 19 g	6 %
Fibre 2 g	8 %
Sugars 5 g	
Sugar Alcohol 0 g	
<b>Protein</b> 1 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %

\* DV = Daily Value



serving size 1 cup (125 g)	
<b>total calories</b> 190	fat calories 30
% daily value*	
<b>total fat</b> 3 g	<b>5%</b>
saturated fat 0 g	<b>0%</b>
trans fat 0 g	
<b>cholesterol</b> 0 g	<b>0%</b>
<b>sodium</b> 15 mg	<b>1%</b>
<b>total carbohydrates</b> 39 g	<b>13%</b>
dietary fiber	
sugar 0 g	
<b>protein</b> 5 g	<b>10%</b>
iron 6%	thiamin 6%
niacin 25%	

\*percent daily values are based on a 2000 calorie diet



← OPEN

NO PULP



2 SERVINGS OF FRUIT\*

NO PULP

**Tropicana**  
PURE PREMIUM

NEVER  
FROM  
CONCENTRATE

100% PURE  
**FLORIDA**  
ORANGE JUICE

190  
CALORIES  
PER CARTON

14 FL. OZ. (414 mL) PASTEURIZED

## Nutrition Facts Valeur nutritive

Per 250 mL / par 250 mL

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 110</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	0 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>
<b>Potassium / Potassium 470 mg</b>	<b>13 %</b>
<b>Carbohydrate / Glucides 27 g</b>	<b>9 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 23 g	
<b>Protein / Protéines 2 g</b>	
<b>Vitamin A / Vitamine A</b>	<b>0 %</b>
<b>Vitamin C / Vitamine C</b>	<b>120 %</b>
<b>Calcium / Calcium</b>	<b>2 %</b>
<b>Iron / Fer</b>	<b>0 %</b>
<b>Folate / Folate</b>	<b>25 %</b>



## Nutrition Facts

Serving Size: 12 fl. oz. (355ml)

Servings Per Container: 1

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Amount Per Serving

---

**Calories** 160

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% Daily Value \*

---

**Total Fat** 0g **0%**

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**Sodium** 0mg\* **1%**

---

**Total Carbohydrate** 42g **14%**

---

**Sugars** 42g

---

**Protein** 0g

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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.



## Nutrition Facts

Serving Size: 28 ml

### Amount Per Serving

**Calories** 60      **Calories from Fat** 36

### % Daily Value\*

**Total Fat** 4 g      **6%**

Saturated Fat 0.5 g      **2%**

Trans Fat 0 g

**Cholesterol** 0 mg      **0%**

**Sodium** 320 mg      **13%**

### Potassium

**Total Carbohydrate** 6 g      **2%**

Dietary Fiber 0 g      **0%**

Sugars 2 g

Sugar Alcohols

**Protein** 0.2 g

**Vitamin A** 0 IU      **0%**

**Vitamin C** 0 mg      **0%**

**Calcium** 0 mg      **0%**

**Iron** 0 mg      **0%**



# Nutrition Facts

Serving Size 1 Medium Apple (182g / 6.4oz)

## Amount Per Serving

Calories 95

Calories from Fat 3

### % Daily Value\*

<b>Total Fat</b> 0g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrates</b> 25g	<b>8%</b>
Dietary Fiber 4g	<b>17%</b>
Sugars 19g	

## Protein 0g

Vitamin A 2% • Vitamin C 14%

Calcium 1% • 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g







## Nutrition Facts

Serving Size: ½ cup carrots,  
sliced (61g)

Calories 25      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	
Vitamin A 204%	Calcium 2%
Vitamin C 6%	Iron 1%



# Nutrition Facts

Serving Size: 1 thigh, bone removed (94g)

## Amount Per Serving

<b>Calories</b>	198	Calories from Fat	129
<b>% Daily Value*</b>			
<b>Total Fat</b>	14.34 g		<b>22%</b>
Saturated Fat	4.12 g		<b>21%</b>
Trans Fat	0.21 g		
<b>Cholesterol</b>	78.96 mg		<b>26%</b>
<b>Sodium</b>	71.44 mg		<b>3%</b>
<b>Potassium</b>	180.48 mg		<b>5%</b>
<b>Total Carbohydrate</b>	0 g		<b>0%</b>
Dietary Fiber	0 g		<b>0%</b>
Sugars	0 g		
Sugar Alcohols	0 g		
<b>Protein</b>	16.23 g		
<b>Vitamin A</b>	140.06 IU		3%
<b>Vitamin C</b>	2.16 mg		4%
<b>Calcium</b>	9.4 mg		1%
<b>Iron</b>	0.93 mg		5%

serving size 1 drumstick (52 g)

<b>total calories</b>	109	fat calories	47
<b>% daily value*</b>			
<b>total fat</b>	5 g		<b>8%</b>
saturated fat	1 g		<b>7%</b>
trans fat			
<b>cholesterol</b>	46 mg		<b>15%</b>
<b>sodium</b>	59 mg		<b>2%</b>
<b>total carbohydrates</b>	732 mg		<b>0%</b>
dietary fiber	30 mg		<b>0%</b>
sugar	0 g		
<b>protein</b>	14 g		<b>27%</b>
vitamin A	1%	calcium	1%
iron	4%	vitamin E	1%
thiamin	3%	riboflavin	7%
niacin	14%	vitamin B6	8%
vitamin B12	3%	folate	1%
phosphorus	9%	magnesium	3%
zinc	10%		

\*percent daily values are based on a 2000 calorie diet



## Nutrition Facts

Serving Size: 1 cup (135g)

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### Amount Per Serving

---

**Calories** 35 Calories from Fat 2

---

**% Daily Value\***

---

**Total Fat** 0.23 g **0%**

---

Saturated Fat 0.06 g **0%**

---

Trans Fat

---

**Cholesterol** 0 mg **0%**

---

**Sodium** 330.75 mg **14%**

---

**Potassium** 214.65 mg **6%**

---

**Total Carbohydrate** 7.91 g **3%**

---

Dietary Fiber 4.05 g **16%**

---

Sugars 1.66 g

---

Sugar Alcohols

---

**Protein** 2.01 g

---

**Vitamin A** 751.95 IU 15%

---

**Vitamin C** 5.53 mg 9%

---

**Calcium** 56.7 mg 6%

---

**Iron** 0.89 mg 5%





serving size 85 g	
<b>total calories</b> 20	fat calories 3
% daily value*	
<b>total fat</b> 332 mg	<b>1%</b>
saturated fat 54 mg	<b>0%</b>
trans fat	
<b>cholesterol</b> 0 g	<b>0%</b>
<b>sodium</b> 67 mg	<b>3%</b>
<b>total carbohydrates</b> 3 g	<b>1%</b>
dietary fiber 2 g	<b>7%</b>
sugar 357 mg	
<b>protein</b> 2 g	<b>5%</b>
vitamin A 159%	vitamin C 40%
calcium 8%	iron 13%
vitamin E 9%	thiamin 4%
riboflavin 9%	niacin 3%
vitamin B6 8%	folate 41%
phosphorus 4%	magnesium 17%
zinc 3%	
*percent daily values are based on a 2000 calorie diet	



# Nutrition Facts

Serving Size 1 muffin

**Amount Per Serving**

**Calories** 293

**% Daily Values\***

**Total Fat** 24g **37%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 62mg **21%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 5g **20%**

Sugars 13g

**Protein** 11g **22%**

\* Percent Daily Values are based on a 2,000 calorie diet.



**Ingredients:** Corn, Vegetable Oil (Sunflower, Canola, and/or Corn Oil), Maltodextrin (Made From Corn), Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, and Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.

**CONTAINS MILK INGREDIENTS.**

# Nutrition Facts

Serving Size 1 oz (28g/About 11 chips)

## Amount Per Serving

**Calories** 140      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 210mg      **9%**

**Total Carbohydrate** 16g      **5%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein** 2g

Vitamin A 2%      •      Vitamin C 0%

Calcium 0%      •      Iron 0%

Thiamin 2%      •      Vitamin B<sub>6</sub> 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	
Sat 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	

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4