

Comparing Nutrition Labels

Wonder what the difference is between whole grain and wheat bread? Or one pasta sauce over another?



Whole-Grain Bread

Nutrition Facts		
Serving Size 1 slice (41g)		
Servings Per Container 23		
Amount Per Serving		
Calories 109	Calones from Fat 10	
		% Daily Value*
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 156mg		6%
Total Carbohydrate 15g		5%
Dietary Fiber 3g		12%
Sugars 2g		
Protein 5g		
Vitamin A		0%
Vitamin C		2%
Calcium		4%
Iron		5%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calone 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

INGREDIENTS: ORGANIC SPROUTED WHEAT, FILTERED WATER, ORGANIC SPROUTED BARLEY, ORGANIC SPROUTED MILLET, ORGANIC MALTED BARLEY, ORGANIC SPROUTED LENTILS, ORGANIC SPROUTED SOYBEANS, ORGANIC SPROUTED SPELT, FRESH YEAST, ORGANIC WHEAT GLUTEN, SEA SALT.

Wheat Bread

Nutrition Facts		
Serving Size 1 slice (30g)		
Servings Per Container 20		
Amount Per Serving		
Calories 79	Calories from Fat 10	
% Daily Value*		
Total Fat 1g	1%	
Saturated Fat 0.2g	1%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 147mg	6%	
Total Carbohydrate 15g	5%	
Dietary Fiber 0.8g	3%	
Sugars 1.5g		
Protein 2.7g		
Vitamin A 0%		
Vitamin C 2%		
Calcium 7%		
Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

INGREDIENTS: ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, SUGAR, YEAST, SALT, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, CALCIUM SULFATE, DATEM, MONOGLYCERIDES, SOY LECITHIN.

Pasta

Nutrition Facts		
Serving Size 2oz (56g – about 1/7 box)		
Servings Per Container 7		
Amount Per Serving		
Calories 190	Calories from Fat 15	
% Daily Value*		
Total Fat 1.5g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 10mg	0%	
Total Carbohydrate 43g	14%	
Dietary Fiber 6g	24%	
Sugars 2g		
Protein 7g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	3%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

INGREDIENTS: WHOLE-GRAIN DURUM WHEAT FLOUR, SEMOLINA (WHEAT), DURUM WHEAT FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

Marinara Sauce (Canned)

Nutrition Facts	
Serving Size 1/2 cup (125g)	
Servings Per Container 5	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 2g	
Vitamin A	15%
Vitamin C	0%
Calcium	4%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

INGREDIENTS: TOMATOES, TOMATO PASTE, ONIONS, OLIVE OIL, SUNFLOWER OIL, SUGAR, SALT, GARLIC, BLACK PEPPER, BASIL, PARSLEY, OREGANO, NATURAL FLAVOR, CITRIC ACID.

Alfredo Sauce (Canned)

Nutrition Facts		
Serving Size ¼ cup (60g)		
Servings Per Container 6		
Amount Per Serving		
Calories 110	Calories from Fat 90	
% Daily Value*		
Total Fat 10g	15%	
Saturated Fat 4.5g	23%	
<i>Trans</i> Fat 0g		
Cholesterol 40mg	13%	
Sodium 390mg	16%	
Total Carbohydrate 2g	1%	
Dietary Fiber 0g	0%	
Sugars 1g		
Protein 1g		
Vitamin A	4%	
Vitamin C	0%	
Calcium	4%	
Iron	0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

INGREDIENTS: WATER, CREAM (MILK), BUTTER (CREAM, SALT), PARMESAN CHEESE, SOYBEAN OIL, MODIFIED CORN STARCH, SHERRY WINE, ROMANO CHEESE, PART SKIM MILK, SALT, ENZYMES, DISODIUM PHOSPHATE, GARLIC POWDER, SPICES, NATURAL FLAVOR.

Trail Mix

Nutrition Facts	
Serving Size 3 Tablespoons (30g)	
Servings Per Container 3	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 5g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

INGREDIENTS: PEANUTS, RAISINS, CHOCOLATE CANDIES (MILK CHOCOLATE (SUGAR, COCOA BUTTER, MILK POWDER, MILK FAT, LACTOSE, SOY LECITHIN, VANILLA), SUGAR, BEESWAX), SUGAR, CORNSTARCH, CORN SYRUP, COLORING (RED 40, YELLOW 6, BLUE 2), ALMONDS, CASHEWS, PEANUT OIL, VEGETABLE OIL, SALT.

Chips

Nutrition Facts	
Serving Size 1oz (28g, about 15 chips)	
Servings Per Container 3	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin A	0%
Vitamin C	10%
Calcium	0%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

INGREDIENTS: CORN, CORN OIL, MALTODEXTRIN, SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, ONION POWDER, CORN FLOUR, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (INCLUDING YELLOW 6, YELLOW 5, AND RED 40), LACTIC ACID, SUGAR, GARLIC POWDER, DISODIUM GUANYLATE.

Cookies

Nutrition Facts	
Serving Size 2 cookies (32g)	
Servings Per Container 11	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	3%
Sugars 10g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, FOLIC ACID), SUGAR, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, DEXTROSE, COCOA BUTTER, SOY LECITHIN), PARTIALLY HYDROGENATED SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, SALT, NATURAL AND ARTIFICIAL FLAVOR.

What makes up these treats?
And how different can one yogurt be from another?



Plain Nonfat Greek Yogurt

Nutrition Facts	
Serving Size 1 cup (225g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 23g	
Vitamin A	0%
Vitamin C	0%
Calcium	30%
Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK.

Strawberry Yogurt

Nutrition Facts	
Serving Size 1 container (170g) [6oz]	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 25
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 33g	11%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 6g	
Vitamin A	15%
Vitamin C	0%
Calcium	30%
Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

INGREDIENTS: CULTURED PASTEURIZED GRADE A LOW-FAT MILK, SUGAR, STRAWBERRIES, MODIFIED CORN STARCH, KOSHER GELATIN, CITRIC ACID, TRICALCIUM PHOSPHATE, COLORED WITH CARMINES, NATURAL FLAVOR, VITAMIN A, VITAMIN D.

Note: All labels shown in this handout represent fictional products.