

Nutrition Food Labels –

Which Meal Provides Less Fat?

Milkshake, Vanilla

Serving Size 10 fl oz (283g)

Amount Per Serving

Calories	314	Calories from Fat	72
		%DailyValue	
Total Fat	8g		12%
Saturated Fat	5g		25%
Cholesterol	32mg		11%
Sodium	232mg		10%
Total Carbohydrate	51g		17%
Sugars	51g		
Protein	10g		20%

Cheeseburger

Serving Size 1 Sandwich (154g)
Servings 1

Calories	359	Calories from Fat	180
		%DailyValue	
Total Fat	20g		31%
Saturated Fat	9g		45%
Sodium	976mg		41%
Total Carbohydrate	28g		9%
Sugars	8g		
Protein	18g		36%

Ice Cream Bar

Serving Size 1 Bar (61g)
Servings Per Container 6

Amount Per Serving

Calories	180	Calories from Fat	90
		%DailyValue	
Total Fat	10g		15%
Saturated Fat	2.5g		25%
Trans Fat	2g		25%
Cholesterol	10mg		3%
Sodium	30mg		1%
Total Carbohydrate	22g		7%
Dietary Fiber	1g		4%
Sugars	17g		
Protein	2g		4%

Milk 1%, Low Fat

Serving Size 1 cup (244g)

Amount Per Serving

Calories	120	Calories from Fat	27
		%DailyValue	
Total Fat	3g		12%
Saturated Fat	2g		10%
Cholesterol	15mg		5%
Sodium	120mg		5%
Total Carbohydrate	12g		4%
Protein	8g		16%

Turkey Sandwich on Whole Wheat Bread

Serving Size 1 Sandwich (126g)
Servings 1

Calories	267	Calories from Fat	45
		%DailyValue	
Total Fat	5g		8%
Saturated Fat	1g		
Cholesterol	45mg		16%
Sodium	408mg		16%
Total Carbohydrate	33g		11%
Fiber	5g		21%
Protein	24g		48%

Watermelon

Serving Size 1/2 cup (80g)

Amount Per Serving

Calories	25	Calories from Fat	0
		%DailyValue	
Total Fat	0g		0%
Sodium	2mg		0%
Total Carbohydrate	7g		2%
Sugars	7g		
Protein	0g		0%