

# Food Labels

**Ingredients:** Donut: Enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamin mononitrate, enzyme, riboflavin, folic acid), palm oil, water, dextrose, soybean oil, whey (a milk derivative), skim milk, yeast. Contains less than 2% of the following: Salt, leavening (sodium acid pyrophosphate, baking soda), defatted soy flour, wheat starch, mono- and diglycerides, sodium stearoyl lactylate, cellulose gum, soy lecithin, guar gum xanthan gum, artificial flavor, sodium caseinate (a milk derivative), enzyme, colored with turmeric and annatto extracts and beta carotene, eggs. Strawberry icing: Sugar, water, corn syrup, high-fructose corn syrup, partially hydrogenated soybean and/or cottonseed oil. Contains 2% or less of the following: Maltodextrin, dextrose, soybean oil, cornstarch, salt, titanium dioxide (color), sodium propionate and potassium sorbate (preservatives), citric acid, polyglycerol esters of fatty acids, agar, soy lecithin (emulsifier), natural and artificial flavor, red 40

Plums	
Nutrition Facts	
Serving Size 2 medium	
Amount Per Serving	
<b>Calories</b> 61	Calories from Fat 4
% Daily Value*	
<b>Total Fat</b> 0.4g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 207mg	<b>6%</b>
<b>Total Carbohydrate</b> 15g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 13g	
<b>Protein</b> 1g	
Vitamin A 10%	Vitamin C 20%
Calcium 0%	Iron 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.	

**Ingredients:** Plums

## Strawberry Frosted Doughnut

### Nutrition Facts

Serving Size 1 doughnut

Servings Per Container 1

#### Amount Per Serving

**Calories** 280    Calories from Fat 140

% Daily Value\*

**Total Fat** 15g    **23%**

Saturated Fat 7g    **35%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 340mg    **14%**

**Total Carbohydrate** 32g    **11%**

Dietary Fiber 1g    **4%**

Sugars 14g

**Protein** 3g

Vitamin A 2%    •    Vitamin C 0%

Calcium 0%    •    Iron 6%

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

**Sweet Potatoes****Nutrition Facts**

Serving Size 1 medium

**Amount Per Serving****Calories** 103      **Calories from Fat** 0**% Daily Value\*****Total Fat** 0g      **0%**Saturated Fat 0g      **0%***Trans* Fat 0g      **0%****Cholesterol** 0mg      **0%****Sodium** 40mg      **2%****Potassium** 540mg      **15%****Total Carbohydrate** 24g      **8%**Dietary Fiber 4g      **15%**

Sugars 10g

**Protein** 2g

Vitamin A 440% • Vitamin C 35%

Calcium 4% • Iron 4%

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

Ingredients: Sweet potatoes

**Chicken****Nutrition Facts**

Serving Size 1/2 chicken breast (86g)

Serving Per Container 6

**Amount Per Serving****Calories** 140      **Calories from Fat** 25**% Daily Value\*****Total Fat** 5g      **6%**Saturated Fat 1g      **6%***Trans* Fat 0g      **0%****Cholesterol** 6mg      **25%****Sodium** 65mg      **4%****Total Carbohydrate** 0g      **0%****Protein** 27g      **6%****Iron**      **6%**

Not a significant source or dietary fiber, sugars, vitamin A, vitamin C, or calcium

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

Ingredients: Chicken breast, bones and skin removed

**1% Milk****Nutrition Facts**

Serving Size ½ pint (236 ml)

Serving Per Container 1

**Amount Per Serving****Calories** 100      **Calories from Fat** 20**% Daily Value\*****Total Fat** 2.5g      **4%**Saturated Fat 1.5g      **8%***Trans* Fat 0g      **0%****Cholesterol** 10mg      **3%****Sodium** 125mg      **5%****Total Carbohydrate** 12g      **4%**Dietary Fiber 0g      **0%**

Sugars 12g

**Protein** 8g

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

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