

Mineral Food Labels

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%

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

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 of 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.