

2% Reduced-Fat Milk

2% REDUCED-FAT MILK	
Nutrition Facts	
Serving Size 1 cup (240 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 45
% Daily Value	
Total Fat 5g	8%
Saturated Fat 3 g	15%
Cholesterol 50 mg	17%
Sodium 125mg	5%
Total Carbohydrate 12 g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

<http://health.mo.gov/living/families/wic/wicfamilies/education/foodlabels.php>

Whole Milk

Whole Milk
 Serving Size 8 fl oz (240mL)
 Servings Per Container 2

Amount Per Serving
Calories 150 **Calories from Fat 70**
 % Daily Value*

Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	

Protein 8g

Vitamin A 6% • Vitamin C 4%
 Calcium 30% • Iron 0% • Vitamin D 25%

* 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

<http://www.vaughns-1-pagers.com/food/label-milk.gif>

Skim Milk

Skim Milk			
Serving Size 8 fl oz (240mL)			
Servings Per Container 2			
Amount Per Serving			
Calories 80	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Cholesterol less than 5mg	1%		
Sodium 130mg	5%		
Total Carbohydrate 12g	4%		
Dietary Fiber 0g	0%		
Sugars 11g			
Protein 8g			
•			
Vitamin A 8%	Vitamin C 4%		
•			
Calcium 30%	Iron 0% • Vitamin D 25%		
* 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

<http://ag.arizona.edu/maricopa/fcs/bb/Images/label-skimmilk.gif>

Fat Free Half and Half



The image shows a Nutrition Facts label for a product. The label is rectangular with a black border and is set against a white background. The text is in a standard sans-serif font. The label is divided into several sections by horizontal lines. The top section is the title 'Nutrition Facts' in a large, bold font. Below it, the serving size and servings per container are listed. The next section is 'Amount Per Serving', which includes 'Calories 20' and 'Calories from Fat 0'. The main body of the label is a table with two columns: the nutrient name and amount on the left, and the percentage of daily value on the right. The nutrients listed are Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carbohydrate, Dietary Fiber, Sugars, and Protein. At the bottom, there are four vitamins listed in two columns: Vitamin A, Calcium, Vitamin C, and Iron.

Nutrition Facts	
Serving Size 2 Tbsp (30 mL)	
Servings Per Container 32	
Amount Per Serving	
Calories 20	Calories from Fat 0
<hr/>	
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 30 mg	1%
Total Carbohydrate 3 g	1%
Dietary Fiber 0 g	0%
Sugars 2 g	
Protein 1 g	
<hr/>	
Vitamin A 2%	• Vitamin C 0%
Calcium 4%	• Iron 0%

<http://ask-dj-lyons.hubpages.com/hub/Ask-DJ-Lyons-How-to-make-Vegetable-Quiche>

Sour Cream

Nutrition Facts	Amount/serving		%DV*		Amount/serving		%DV*	
	Serv. Size 2 Tbsp. (30g) Servings about 8 Calories 60 Fat Cal. 45 <small>* Percent Daily Values (DV) are based on a 2,000 calorie diet.</small>	Total Fat	5g	8%	Total Carb	1g	1%	
Sat Fat		3.5g	18%	Fiber	0g	0%		
Trans Fat		0g		Sugars	1g			
Cholest		20mg	7%	Protein	1g			
Sodium		15mg	1%					
Vitamin A 4% • Vitamin C 0% • Calcium 2% • Iron 0%								

Ingredients: Grade A cultured cream

<http://www.drgourmet.com/askdrgourmet/foods/smartbalance.shtml>

Plain Yogurt

Plain Yogurt Nonfat Serving Size 1 cup (227g)	
Amount Per Serving	5
Calories	127
% Daily Value	
Total Fat 0 g	0%
Cholesterol 4mg	1%
Sodium 174 mg	7%
Total Carbohydrate 17 g	6%
Protein 13 g	26%
Vitamin C	3%
Calcium	45%
Thiamin	7%
Riboflavin	31%
Not a significant source of calories from fat, saturated fat, vitamin A, iron and niacin. Values are not available for fiber and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet.	

<http://health.mo.gov/living/families/wic/wicfamilies/education/img/YogurtNutritionFacts.gif>

American Cheese

American Cheese	
Nutrition Facts	
Serving Size 2 Slices	
Servings Per Container 16	
Amount Per Serving	
Calories 210	Calories from Fat 150
%Daily Value*	
Total Fat 17g	26 %
Saturated Fat 11g	54 %
Cholesterol 50mg	17 %
Sodium 790mg	33 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0g	0 %
Sugars 1g	
Protein 12g	
Vitamin A 15%	• Vitamin C 0%
Calcium 35%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

↓
↓
LOW=5% or less HIGH=20% or more
↑
↑

<http://hes.ucfsd.org/gclaypo/nutri/foodlabels/americancheese.jpg>

Stick Butter

Nutrition Facts

Serving Size: 1 tbsp (14g)

Servings Per Container: Will depend on package size

Amount Per Serving

Calories 100

Calories from Fat 100

	% Daily Value*
Total Fat 11 g	17%
Saturated Fat 7 g	37%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 95 mg	4%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 0 g	
	Vitamin A 8 %
	Calcium 0 %
	Vitamin C 0 %
	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.

<http://www.landolakes.com/product/15136/salted-butter>