

# 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	
<b>Calories</b> 109	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 156mg	<b>6%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 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 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: 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	
<b>Calories</b> 79	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.2g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 147mg	<b>6%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0.8g	<b>3%</b>
Sugars 1.5g	
<b>Protein</b> 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	
<b>Calories</b> 190	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 2g	
<b>Protein</b> 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 ½ cup (125g) Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 8g	
<b>Protein</b> 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 8	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 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			
<b>Calories</b>	120	Calories from Fat 0	
		% Daily Value*	
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b>	10mg		<b>3%</b>
<b>Sodium</b>	95mg		<b>4%</b>
<b>Total Carbohydrate</b>	9g		<b>3%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 9g			
<b>Protein</b>	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.