

Canned Tuna

Nutrition Facts

Amount Per 1 cup, NFS

Calories 160.08

Calories from Fat 10.18

% Daily Value *

Total Fat 1.13g 2%

Saturated Fat 0.323g 2%

Polyunsaturated Fat 0.465g

Monounsaturated Fat 0.219g

Cholesterol 41.4mg 14%

Sodium 466.44mg 19%

Potassium 327.06mg 9%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Protein 35.2g 70%

Alcohol 0g

Vitamin A 2 % Vitamin C 0 %

Calcium 2 % Iron 12 %

Vitamin D 0 % Vitamin E 2 %

Thiamin 2 % Riboflavin 5 %

Niacin 92 % Folate 1 %

Vitamin B-6 24 % Vitamin B-12 69 %

Phosphorus 22 % Magnesium 9 %

Zinc 7 % Copper 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.

Carrots

Nutrition Facts

Amount Per 1 cup, NFS

Calories 47.3

Calories from Fat 1.88

% Daily Value *

Total Fat 0.209g

0%

Saturated Fat 0.033g

0%

Polyunsaturated Fat 0.0847g

Monounsaturated Fat 0.0088g

Cholesterol 0mg

0%

Sodium 38.5mg

2%

Potassium 355.3mg

10%

Total Carbohydrate 11.15g

4%

Dietary Fiber 3.3g

13%

Protein 1.13g

2%

Alcohol 0g

Vitamin A 619 % Vitamin C 17 %

Calcium 3 % Iron 3 %

Vitamin D 0 % Vitamin E 1 %

Thiamin 5 % Riboflavin 3 %

Niacin 5 % Folate 4 %

Vitamin B-6 8 % Vitamin B-12 0 %

Phosphorus 5 % Magnesium 4 %

Zinc 1 % Copper 3 %

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

Chocolate Doughnut

Nutrition Facts

Amount Per 1 large doughnut (3-5/8" dia)

Calories 241.86

Calories from Fat 103.88

% Daily Value *

Total Fat 11.54g 18%

Saturated Fat 2.98g 15%

Polyunsaturated Fat 1.44g

Monounsaturated Fat 6.54g

Cholesterol 33.06mg 11%

Sodium 197.2mg 8%

Potassium 61.48mg 2%

Total Carbohydrate 33.29g 11%

Dietary Fiber 1.28g 5%

Protein 2.61g 5%

Alcohol 0g

Vitamin A 0 % Vitamin C 0 %

Calcium 12 % Iron 7 %

Vitamin D 0 % Vitamin E 3 %

Thiamin 1 % Riboflavin 2 %

Niacin 1 % Folate 6 %

Vitamin B-6 1 % Vitamin B-12 1 %

Phosphorus 9 % Magnesium 5 %

Zinc 2 % Copper 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.

Frozen Strawberries

Nutrition Facts

Amount Per 1 cup, thawed

Calories 77.35

Calories from Fat 2.19

% Daily Value *

Total Fat 0.243g 0%

Saturated Fat 0.0133g 0%

Polyunsaturated Fat 0.119g

Monounsaturated Fat 0.0331g

Cholesterol 0mg 0%

Sodium 4.42mg 0%

Potassium 327.08mg 9%

Total Carbohydrate 20.18g 7%

Dietary Fiber 4.64g 19%

Protein 0.95g 2%

Alcohol 0g

Vitamin A 2 % Vitamin C 152 %

Calcium 4 % Iron 9 %

Vitamin D 0 % Vitamin E 1 %

Thiamin 2 % Riboflavin 4 %

Niacin 5 % Folate 9 %

Vitamin B-6 3 % Vitamin B-12 0 %

Phosphorus 3 % Magnesium 6 %

Zinc 2 % Copper 5 %

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

Fruit Juice

Nutrition Facts

Amount Per 1 cup
Calories 114.88
Calories from Fat 2.05

% Daily Value *

Total Fat 0.228g 0%

Saturated Fat 0.0313g 0%

Polyunsaturated Fat 0.0524g

Monounsaturated Fat 0.0313g

Cholesterol 0mg 0%

Sodium 3.63mg 0%

Potassium 432.19mg 12%

Total Carbohydrate 27.61g 9%

Dietary Fiber 0.433g 2%

Protein 1.38g 3%

Alcohol 0g

Vitamin A 4 % Vitamin C 128 %

Calcium 2 % Iron 3 %

Vitamin D 0 % Vitamin E 1 %

Thiamin 8 % Riboflavin 3 %

Niacin 3 % Folate 19 %

Vitamin B-6 5 % Vitamin B-12 0 %

Phosphorus 3 % Magnesium 6 %

Zinc 1 % Copper 5 %

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

Low-Fat Yogurt

Nutrition Facts

Amount Per 1 cup (8 fl oz)

Calories 155.05

Calories from Fat 34.18

% Daily Value *

Total Fat 3.8g

6%

Saturated Fat 2.45g

12%

Polyunsaturated Fat 0.108g

Monounsaturated Fat 1.04g

Cholesterol 14.94mg

5%

Sodium 171.99mg

7%

Potassium 572.81mg

16%

Total Carbohydrate 17.25g

6%

Dietary Fiber 0g

0%

Protein 12.86g

26%

Alcohol 0g

Vitamin A 3 % Vitamin C 3 %

Calcium 45 % Iron 1 %

Vitamin D 0 % Vitamin E 0 %

Thiamin 5 % Riboflavin 26 %

Niacin 1 % Folate 7 %

Vitamin B-6 6 % Vitamin B-12 23 %

Phosphorus 35 % Magnesium 11 %

Zinc 15 % Copper 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.

Raisin Bran Cereal

Nutrition Facts

Amount Per 1 cup (1 NLEA serving)

Calories 187.03

Calories from Fat 9.56

% Daily Value *

Total Fat 1.06g 2%

Saturated Fat 0.177g 1%

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 360.49mg 15%

Potassium 356.95mg 10%

Total Carbohydrate 46.08g 15%

Dietary Fiber 7.73g 31%

Protein 4.66g 9%

Alcohol 0g

Vitamin A 15 % Vitamin C 0 %

Calcium 3 % Iron 60 %

Vitamin D 10 % Vitamin E 0 %

Thiamin 19 % Riboflavin 21 %

Niacin 25 % Folate 25 %

Vitamin B-6 25 % Vitamin B-12 25 %

Phosphorus 21 % Magnesium 22 %

Zinc 15 % Copper 13 %

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

Snickers Bar

Nutrition Facts

Amount Per 1 bar (2 oz)

Calories 273.03

Calories from Fat 126.1

% Daily Value *

Total Fat 14.01g 22%

Saturated Fat 5.13g 26%

Polyunsaturated Fat 2.8g

Monounsaturated Fat 5.96g

Cholesterol 7.41mg 2%

Sodium 151.62mg 6%

Potassium 184.68mg 5%

Total Carbohydrate 33.75g 11%

Dietary Fiber 1.42g 6%

Protein 4.56g 9%

Alcohol 0g

Vitamin A 2 % Vitamin C 1 %

Calcium 5 % Iron 2 %

Vitamin D 0 % Vitamin E 2 %

Thiamin 3 % Riboflavin 4 %

Niacin 12 % Folate 6 %

Vitamin B-6 3 % Vitamin B-12 1 %

Phosphorus 13 % Magnesium 10 %

Zinc 9 % Copper 14 %

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