

Mini Chips Ahoy!

Nutrition Facts

Serving Size 14 cookies (31 g)
Servings Per Container About 10

Amount Per Serving
Calories 150 Calories from Fat 70

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	14%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber Less than 1g	3%
Sugars 10g	

Protein 2g
Vitamin A 0% • Vitamin C 0%
Calcium 0% • 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:

	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 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (CONTAINS NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂]), SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, DEXTROSE, AND SOY LECITHIN—AN EMULSIFIER), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), SUGAR, BROWN SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, BAKING SODA, WHEY, NATURAL AND ARTIFICIAL FLAVOR.

RITZ

Nutrition Facts

Serving Size 5 crackers (16g)
Servings Per Container About 21

Amount Per Serving
Calories 80 Calories from Fat 35

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	4%
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	

Cholesterol 0mg 0%
Sodium 135mg 6%

Total Carbohydrate 10g 3%
Dietary Fiber Less than 1 gram 1%

Sugars 1g
Protein 1g

Vitamin A 0% • Vitamin C 0%
Calcium 2% • 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:

	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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (CONTAINS NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂]), VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL), SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), MALTED BARLEY FLOUR, SOY LECITHIN (EMULSIFIER).

Nutrition Facts

Serving Size 1 Cup (30g/1.1 oz.)
Servings per Container 7

Amount Per Serving	Cereal	Cereal with 1/2 Cup Skim Milk
Calories	110	150
Fat Calories	0	0

	% Daily Value**	% Daily Value**
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 250mg	10%	13%
Potassium 55mg	2%	7%

Total Carbohydrate 21g 7% 9%
Dietary Fiber 1g 4% 4%

Sugars 3g
Other Carbohydrate 17g

Protein 6g

Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	35%	40%
Riboflavin	35%	45%
Niacin	35%	35%
Vitamin B ₆	35%	35%
Folate	25%	25%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	25%	30%
Copper	6%	8%

*Amount in cereal. One half cup skim milk contributes an additional 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

**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
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Rice, wheat gluten, sugar, defatted wheat germ, salt, corn syrup, whey, malt flavoring, calcium caseinate.
Vitamins and Minerals: ascorbic acid (vitamin C), iron, niacinamide, zinc oxide, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), vitamin A palmitate, folic acid, and vitamin D. To maintain quality, BHT has been added to the packaging.

MADE BY KELLOGG USA INC.
BATTLE CREEK, MI 49016 U.S.A.
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Nutrition Facts

Serving Size 1/2 Pizza (111g)
Servings Per Container 2

Amount Per Serving
Calories 290 Calories from Fat 140

	% Daily Value*
Total Fat 16g	25%
Saturated Fat 3.5g	18%
Cholesterol 10mg	3%
Sodium 640mg	27%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 3g	

Protein 10g
Calcium 15% • Iron 4%

Not a significant source of vitamin A and vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: CRUST: ENRICHED FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN), WATER, HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR CANOLA), CONTAINS LESS THAN 2% OF THE FOLLOWING: DRY YEAST, BAKING POWDER (MONOCALCIUM PHOSPHATE, BAKING SODA), SOY FLOUR, SALT, DEXTROSE, SORBITAN MONOSTEARATE. TOPPING: COOKED PORK SAUSAGE (PORK, SALT, SPICE, NATURAL FLAVOR), MOZZARELLA CHEESE SUBSTITUTE (WATER, CASEIN, HYDROGENATED SOYBEAN OIL, MALTODEXTRIN, CONTAINS LESS THAN 2% OF THE FOLLOWING: SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM CITRATE, SODIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], ARTIFICIAL COLOR, CITRIC ACID, ZINC OXIDE, FERRIC ORTHOPHOSPHATE, VITAMIN A PALMITATE, RIBOFLAVIN, FOLIC ACID, MAGNESIUM OXIDE, VITAMIN B₆ HYDROCHLORIDE, NIACIN, THIAMINE MONONITRATE), COOK CHEESE (SKIM MILK, CHEESE CULTURE, CALCIUM CHLORIDE, ENZYMES), TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR CANOLA), SAUCE: TOMATO PUREE (WATER, TOMATO PASTE), WATER, SUGAR, MODIFIED CORN STARCH, SALT, SPICE, HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR CANOLA), BEET POWDER, XANTHAN GUM, NATURAL FLAVOR, ARTIFICIAL COLOR.

MANUFACTURED BY THE PILLSBURY COMPANY, 2866 PILLSBURY CENTER, MINNEAPOLIS, MN 55402-1464.

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Nutrition Facts

Serving Size 1/2 cup (120mL)
Servings Per Container about 7

Amount Per Serving
Calories 150 Calories from Fat 50

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 640mg	27%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 14g	

Protein 2g
Vitamin A 25% • Vitamin C 25%
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:

	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 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Nutrition Facts

Serving Size 2 oz. (56g / 1/6 pkg)
Servings Per Container 6

Calories 200
Calories from Fat 10

Amount/serving	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	

Cholesterol 0mg 0%

Iron 8% • Thiamin 30% • Riboflavin 10% • Niacin 15%

Not a significant source of vitamin A, vitamin C, and calcium.

Amount/serving	% Daily Value*
Sodium 15mg	1%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 9g	

*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
Cholest.	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb.	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SEMOLINA; EGG WHITES; NIACIN; IRON (FERROUS SULFATE); THIAMIN MONONITRATE; RIBOFLAVIN.

NAME _____

CLASS _____

1. Food with the lowest % of calories due to fat?
2. Percent of calories due to fat in chips ahoy.
3. Highest protein food as a percent of calories.
4. Percent of calories due to fat in the Pasta.
5. How many Ritz crackers would you need to eat to consume 100% of your Recommended Daily Allowance of sodium (salt)?
6. Which is a better source of dietary fiber?
Pizza or Pasta. ON A PER CALORIE BASIS
7. If you eat 3000 calories per day what % of your recommended total carbohydrates would you get from a cup of Special K? WITHOUT MILK
8. If you eat 1200 calories per day what % of your recommended total fat allowance would you get from eating 1/2 a pizza?