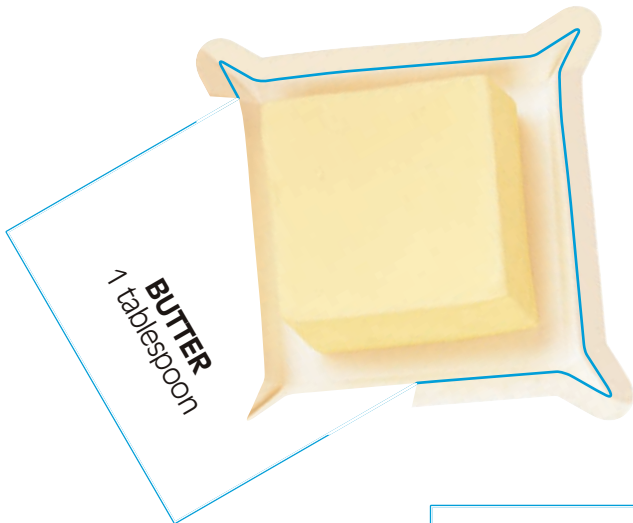


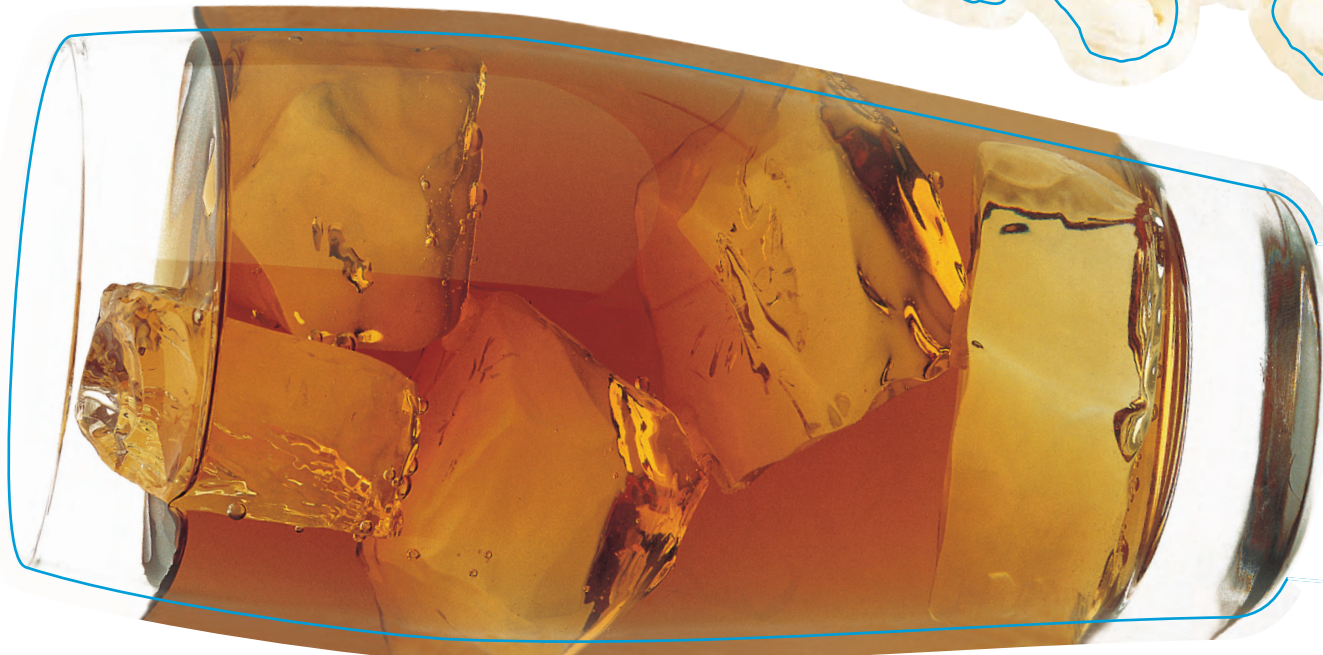
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BUTTER
1 tablespoon



POPCORN
3 cups*
*1 cup of popcorn is shown,
a full serving is 3 cups



ICED TEA
12 fluid ounces

Popcorn	Buttered and Salted 3 cups (24g)	Oil Popped Salted 3 cups (33g)	Air Popped without Salt 3 cups (24g)
Serving Size	3 cups (24g)	3 cups (33g)	3 cups (24g)
Amount Per Serving			
Calories	130	170	90
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	8g	9g	1g
	10%	12%	1%
Saturated Fat	1.5g	1.5g	Less than 1g
Trans Fat	2.5g	0%	0%
Cholesterol	0mg	0mg	0mg
	0%	0%	0%
Sodium	180mg	290mg	0mg
	8%	13%	0%
Total Carbohydrate	13g	19g	19g
	5%	7%	7%
Dietary Fiber	2g	3g	4g
	9%	12%	13%
Total Sugars	0g	0g	0g
Added Sugars	0g	0g	0g
	**	**	**
Protein	2g	3g	3g
	4%	6%	6%
Vitamin D	0mcg†	0mcg†	0mcg†
	0%	0%	0%
Calcium	0mg†	0.4mg	0.6mg
	0%	2%	4%
Iron	0.4mg	0.9mg	0.6mg
	2%	6%	4%
Potassium	60mg†	75mg	70mg
	1%	2%	2%

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 †Data not available for nutrient.
 **See manufacturer's label.
 ††Not a significant source of nutrient.
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Butter	Amount Per Serving	% Daily Value*
Serving Size 1 Tbsp (16g)		
Calories	100	
Total Fat 2g		4%
Saturated Fat 1g		2%
Trans Fat 0g		0%
Cholesterol 20mg		40%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Total Sugars 0g		0%
Added Sugars 0g		0%
Protein 0g		0%
Vitamin D 0mcg†		0%
Calcium 0mg†		0%
Iron 0mg†		0%
Potassium 0mg†		0%

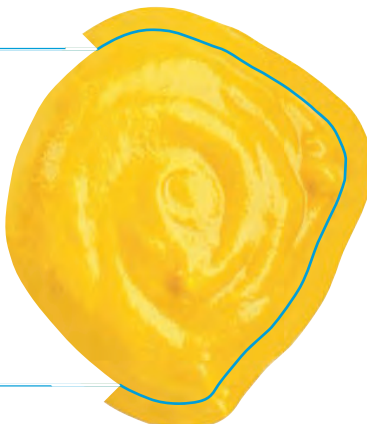
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Ice Tea	Sweetened	Unsweetened
Serving Size	12 fl oz	12 fl oz
Amount Per Serving		
Calories	180	0
	% Daily Value*	% Daily Value*
Total Fat	1g	0g
	1%	0%
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
	0%	0%
Sodium	10mg	10mg
	1%	1%
Total Carbohydrate	44g	0g
	16%	0%
Dietary Fiber	0g	0g
Total Sugars	39g	0g
Added Sugars	39g	0g
	**	**
Protein	0g	0g
	0%	0%
Vitamin D	0mcg†	0mcg†
	0%	0%
Calcium	20mg†	0mg†
	0%	0%
Iron	0mg†	0mg†
	0%	0%
Potassium	55mg†	0mg†
	1%	0%

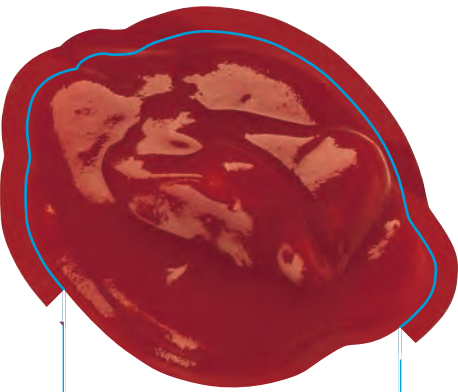
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TORTILLA CHIPS
1 ounce



MUSTARD
1 tablespoon



KETCHUP
1 tablespoon



DILL PICKLE
1 pickle

Mustard
Serving Size 1 Tbsp (15g)

Amount Per Serving
Calories **10**

% Daily Value*

Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrate	Less than 1g	0%
Dietary Fiber	Less than 1g	2%
Total Sugars	0g	**
Added Sugars		**
Protein	Less than 1g	
Vitamin D		◆
Calcium	10mg†	
Iron	0.2mg†	
Potassium	25mg‡	

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Tortilla Chips
Serving Size

Amount Per Serving
Calories

	Flour 1 oz (28g)	Corn 1 oz (28g)
Total Fat	6g	6g
Saturated Fat	1g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	100mg	95mg
Total Carbohydrate	19g	19g
Dietary Fiber	1g	0g
Total Sugars	0g	0g
Added Sugars	0g	0g
Protein	2g	2g
Vitamin D	0mcg†	0mcg†
Calcium	30mg	30mg
Iron	0.4mg	0.4mg
Potassium	60mg†	50mg†

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Bdill Pickle
Serving Size 1 Pickle (1g)

Amount Per Serving
Calories **10**

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	2g	3%
Dietary Fiber	Less than 1g	**
Total Sugars	0g	**
Added Sugars		**
Protein	0g	
Vitamin D	0mcg†	
Calcium	0mg	
Iron	0.2mg†	
Potassium	5mg‡	2%

Ketchup
Serving Size 1 Tbsp (17g)

Amount Per Serving
Calories **15**

% Daily Value*

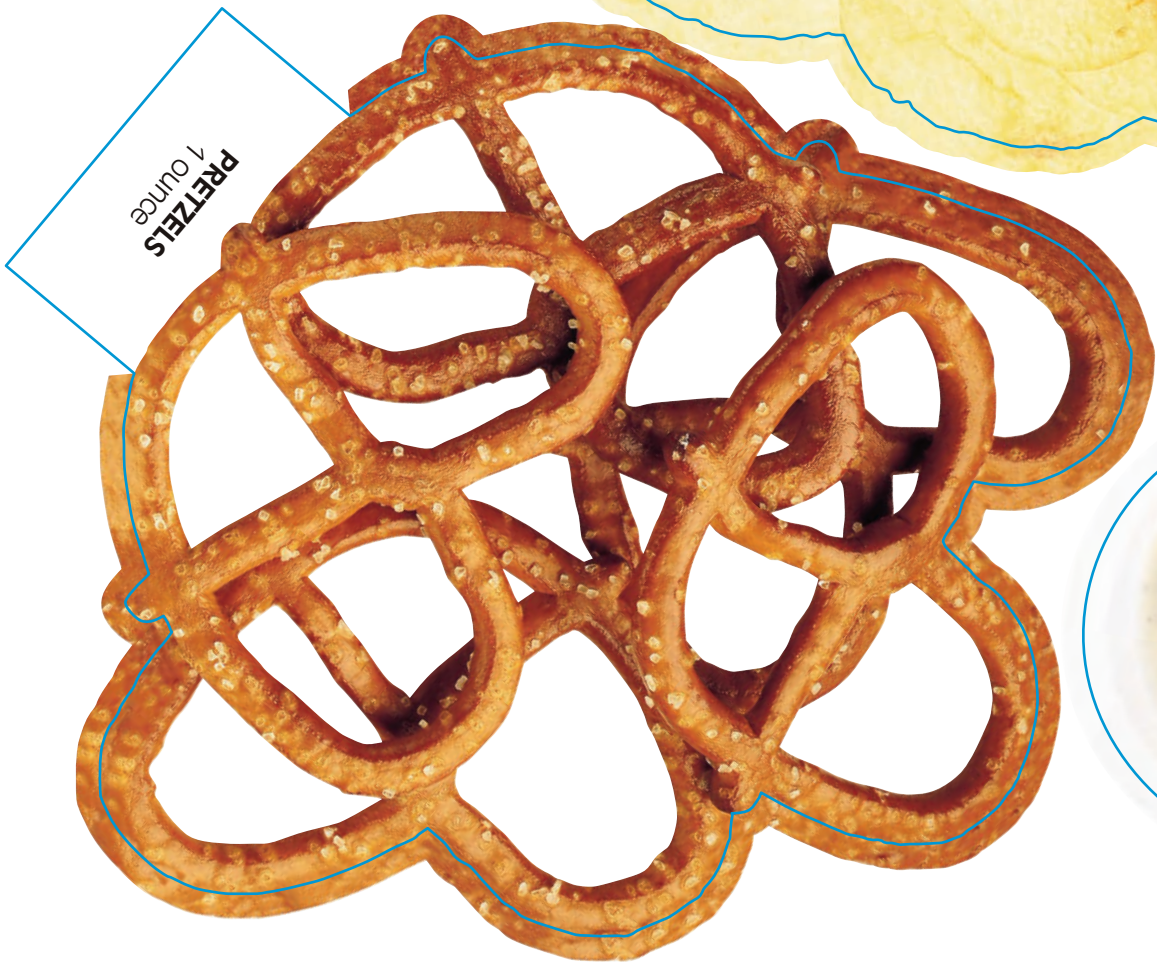
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	5g	2%
Dietary Fiber	0g	0%
Total Sugars	4g	**
Added Sugars		**
Protein	0g	
Vitamin D	0mcg†	
Calcium	0mg†	
Iron	0.1mg†	
Potassium	50mg†	

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Italian Dressing
Amount Per Serving
Serving Size 2 Tbsp (28g)

Calories 70

Total Fat	8g	16%
Saturated Fat	1g	2%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	20mg	0%
Total Carbohydrate	4g	13%
Dietary Fiber	0g	0%
Total Sugars	3g	0%
Protein	0g	**
Vitamin D	0mcg†	
Calcium	0mg†	
Iron	0.1mg†	
Potassium	25mg†	

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Potato Chips
Amount Per Serving
Serving Size 1 oz (28g)

Calories 150

Total Fat	10g	20%
Saturated Fat	2.5g	5%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	150mg	3%
Total Carbohydrate	16g	6%
Dietary Fiber	Less than 1g	0%
Total Sugars	0g	0%
Added Sugars		
Protein	1g	**
Vitamin D	0mcg†	
Calcium	10mg†	
Iron	0.2mg†	
Potassium	180mg	4%

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Pretzels
Amount Per Serving
Serving Size 1 oz (28g)

Calories 110

Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	350mg	8%
Total Carbohydrate	23g	4%
Dietary Fiber	Less than 1g	0%
Total Sugars		**
Added Sugars		**
Protein	3g	6%
Vitamin D	0mcg†	
Calcium	10mg†	
Iron	1.3mg†	
Potassium	65mg†	

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Light Ranch Dressing
Amount Per Serving
Serving Size 2 Tbsp (28g)

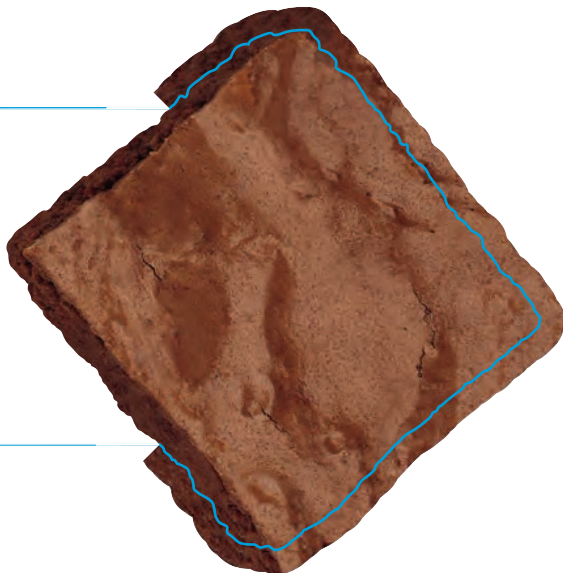
Calories 35

Total Fat	0.5g	1%
Saturated Fat	Less than 1g	1%
Trans Fat	0g	0%
Cholesterol	Less than 5mg	1%
Sodium	250mg	3%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Total Sugars	2g	**
Protein	0g	0%
Vitamin D	0mcg†	
Calcium	10mg†	
Iron	0.3mg†	
Potassium	30mg†	

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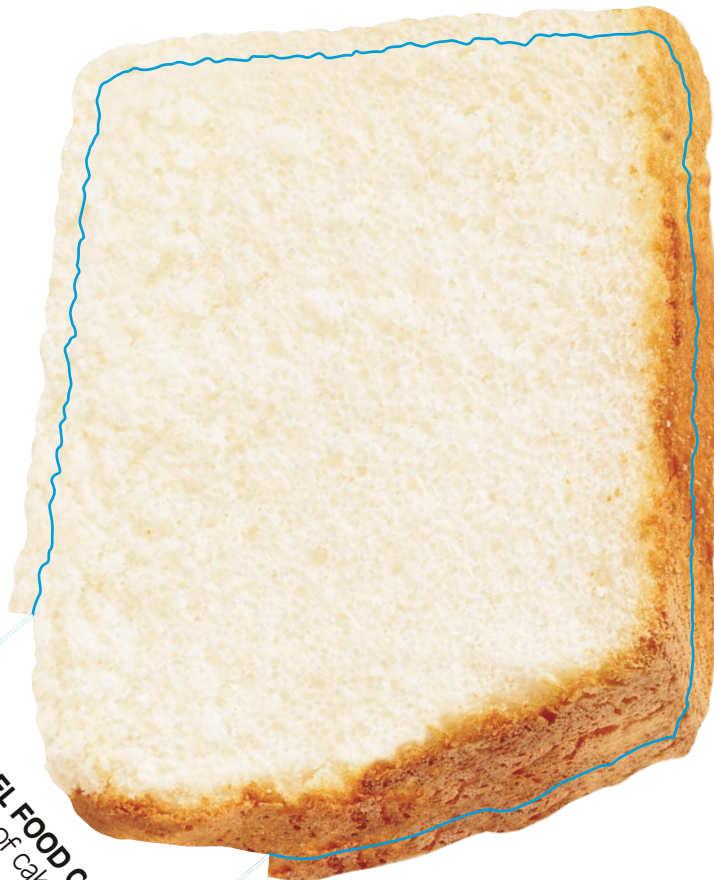
BROWNIE
1 ounce



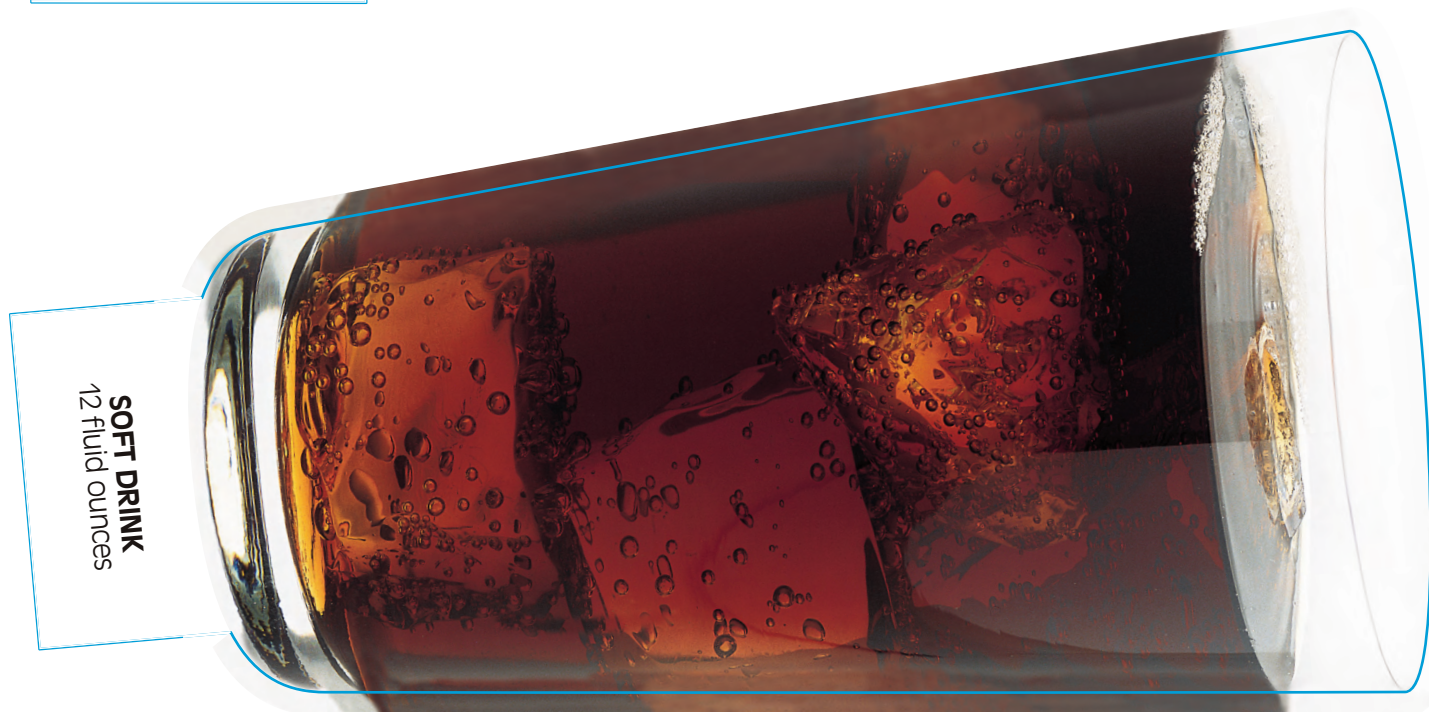
MAYONNAISE
1 tablespoon



ANGEL FOOD CAKE
 $\frac{1}{12}$ Of cake



SOFT DRINK
12 Fluid ounces



Angel Food Cake	
Serving Size 1/12 of cake (30g)	
Amount Per Serving	
Calories 90	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber Less than 1g	2%
Total Sugars 14g	
Added Sugars	**
Protein 2g	
Vitamin D	◆
Calcium 0mg†	
Iron 0mg†	
Potassium	◆

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Brownie	
Serving Size 1 oz (28g) [1-3/4"x1-3/4"x3/4"]	
Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	2%
Trans Fat 0.5g	
Cholesterol Less than 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber Less than 1g	2%
Total Sugars 10g	
Added Sugars	**
Protein 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.6mg	
Potassium 40mg†	4%

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Mayonnaise	
Serving Size 1 Tbsp (14g)	
Amount Per Serving	
Calories 100	
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 2.9mg	15%
Potassium 0mg†	

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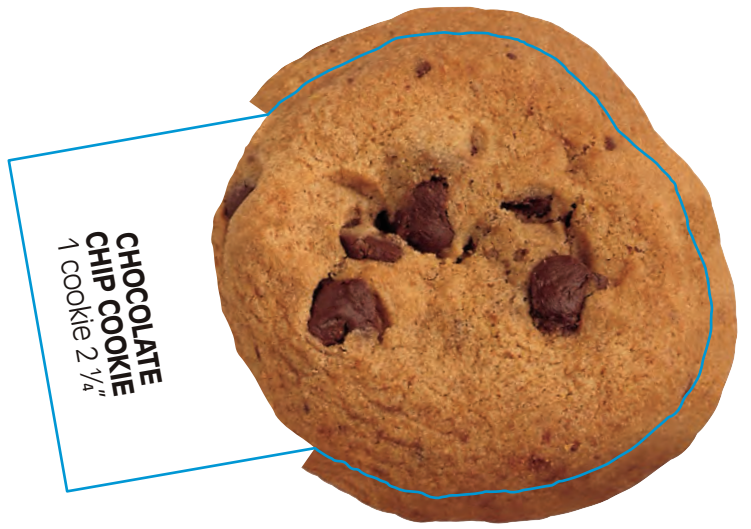
Soft Drink		Low Calorie	
Serving Size 12 fl oz (370g)		Serving Size 12 fl oz (355g)	
Amount Per Serving		Amount Per Serving	
Calories 160		5	
	% Daily Value*		% Daily Value*
Total Fat	1g	1%	0%
Saturated Fat	0g	0%	0%
Trans Fat	0g	0%	0%
Cholesterol	0mg	0%	0%
Sodium	10mg	0%	0%
Total Carbohydrate	38g	0%	1%
Dietary Fiber	0g	14%	0%
Total Sugars	37g	0%	0%
Added Sugars	0g		**
Protein	0g		**
Vitamin D	0mcg†		0g
Calcium	0mg†		0mcg†
Iron	0.1mg†		10mg†
Potassium	20mg†		0.4mg
			2%
			30mg†

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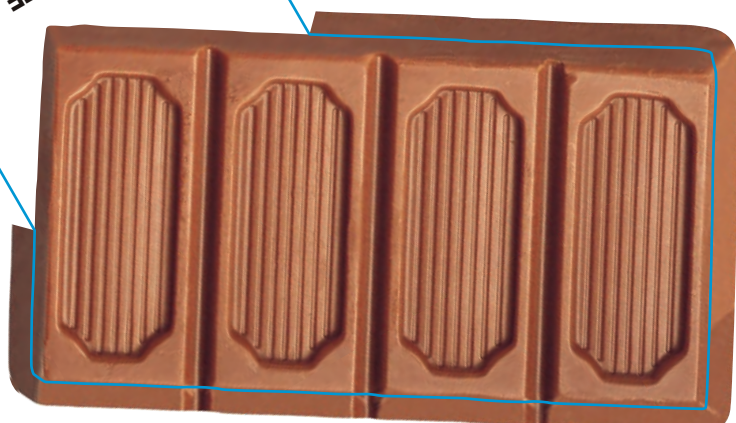
GRAVY
1/4 cup



CHOCOLATE CHIP COOKIE
1 cookie 2 1/4"



CHOCOLATE CANDY BAR
1 bar



CHOCOLATE CAKE
1/2 of cake



Chocolate Chip Cookie
 Amount Per Serving: 1 Cookie (16g)
Calories 80

	% Daily Value*
Total Fat 4.5g	9%
Saturated Fat 2.5g	5%
Trans Fat 0g	0%
Cholesterol 11mg	22%
Sodium 40mg	8%
Total Carbohydrate 15g	30%
Dietary Fiber 3g	6%
Total Sugars 9g	18%
Added Sugars 3g	6%
Protein 1g	2%
Vitamin D 0mcg†	0%
Calcium 10mg‡	2%
Iron 0.5mg‡	1%
Potassium 20mg‡	4%

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Beef Gravy
 Amount Per Serving: 1/4 cup (59g)
Calories 30

	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0.5g	1%
Trans Fat 0mg	0%
Cholesterol 30mg	6%
Sodium 370mg	74%
Total Carbohydrate 3g	6%
Dietary Fiber 1g	2%
Total Sugars 1g	2%
Added Sugars 0mg	0%
Vitamin D 0mcg†	0%
Calcium 17mg‡	4%
Iron 0.4mg‡	7%
Potassium 47mg‡	10%

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Chocolate Cake
 Serving Size 1 piece (138g) (1/12 of cake)
Calories 540

	% Daily Value*
Total Fat 28g	56%
Saturated Fat 8g	16%
Trans Fat 2g	4%
Cholesterol 30mg	6%
Sodium 480mg	96%
Total Carbohydrate 73g	146%
Dietary Fiber 3g	6%
Total Sugars 55g	110%
Added Sugars	**
Protein 5g	10%
Vitamin D 0mcg†	0%
Calcium 40mg	8%
Iron 4.2mg	76%
Potassium 370mg	74%

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Chocolate Candy Bar
 Amount Per Serving: 1 Bar (44g)
Calories 240

	% Daily Value*
Total Fat 13g	26%
Saturated Fat 8g	16%
Trans Fat 0g	0%
Cholesterol 10mg	2%
Sodium 35mg	7%
Total Carbohydrate 25g	50%
Dietary Fiber 2g	4%
Total Sugars 23g	46%
Added Sugars	**
Protein 2g	4%
Vitamin D 0mcg†	0%
Calcium 80mg	16%
Iron 1mg	2%
Potassium 160mg	32%

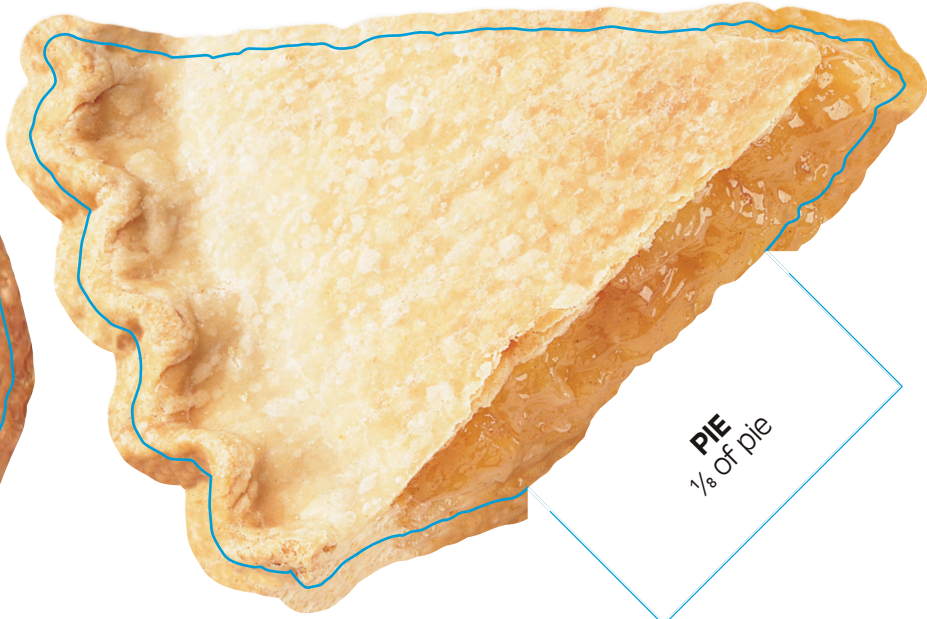
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DOUGHNUT
1 doughnut



PIE
1/8 Of pie



GRANOLA BAR
1 bar



SWEET ROLL
1 roll



SOUR CREAM
1 tablespoon

Doughnut		Coke-type Doughnut		Yeast Doughnut	
Serving Size Amount Per Serving		1 doughnut (40g)		1 doughnut (50g)	
Calories		170	170	240	240
Total Fat	10g	10g	14g	17g	17g
Saturated Fat	4.5g	4.5g	3.5g	5g	5g
Trans Fat	0g	0g	Less than 5mg	1g	1g
Cholesterol	10mg	10mg	8mg	20mg	20mg
Sodium	130mg	130mg	7mg	27g	27g
Total Carbohydrate	33g	33g	Less than 1g	3g	3g
Dietary Fiber	1g	1g	**	**	**
Total Sugars	29g	29g	4g	4g	4g
Added Sugars	**	**	**	**	**
Protein	4g	4g	30mg	30mg	30mg
Vitamin D	0mcg†	0mcg†	20mg†	20mg†	20mg†
Calcium	1mg	1mg	65mg†	65mg†	65mg†
Iron	2%	2%	2%	2%	2%
Potassium	2%	2%	2%	2%	2%

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 †Not a significant source of nutrient.
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Pie		Apple		Pecan	
Serving Size Amount Per Serving		1/8 pie (155g)		1/8 pie (122g)	
Calories		410	500		
Total Fat	19g	25%	27g	35%	35%
Saturated Fat	4.5g	24%	5g	24%	24%
Trans Fat	0mg	0%	105mg	35%	35%
Cholesterol	330mg	14%	320mg	14%	14%
Sodium	58g	21%	64g	23%	23%
Total Carbohydrate	0g	0%	0g	0%	0%
Dietary Fiber	0g	0%	0g	0%	0%
Total Sugars	**	**	**	**	**
Added Sugars	**	**	**	**	**
Protein	4g	4g	6g	6g	6g
Vitamin D	10mg†	10mg†	40mg	4%	4%
Calcium	17mg	40%	18mg	10%	10%
Iron	120mg	2%	160mg	4%	4%
Potassium					

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Granola Bar		Serving Size 1 bar (1 cal label)	
Amount Per Serving		% Daily Value*	
Calories		130	
Total Fat 6g	0%		
Saturated Fat 0.5g	1%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 80mg	5%		
Total Carbohydrate 18g	**		
Dietary Fiber 6g	**		
Total Sugars 6g	**		
Added Sugars	**		
Protein 5g	10%		
Vitamin D 0mcg†	0%		
Calcium 20mg†	4%		
Iron 0.5mg	1%		
Potassium 50mg	1%		

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Sweet Roll		Serving Size 1 roll (71g)	
Amount Per Serving		% Daily Value*	
Calories		260	
Total Fat	13g	17%	15g
Saturated Fat	3.5g	17%	3.5g
Trans Fat	0g	0%	0g
Cholesterol	80mg	27%	15mg
Sodium	340mg	14%	270mg
Total Carbohydrate	32g	12%	29g
Dietary Fiber	1g	5%	Less than 1g
Total Sugars	20g	**	13g
Added Sugars	**	**	**
Protein	4g	8%	5g
Vitamin D	0mcg†	0%	0mcg†
Calcium	30mg	8%	1.3mg
Iron	1.3mg	8%	1.3mg
Potassium	60mg†	2%	80mg

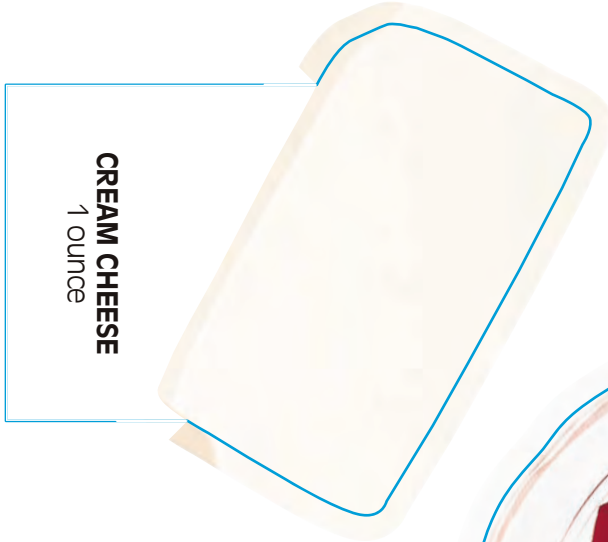
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
 †Data not available for nutrient.
 **See manufacturer's label.
 †Not a significant source of nutrient.
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Sour Cream		Serving Size 1 Tbsp (12g)	
Amount Per Serving		% Daily Value*	
Calories		25	
Total Fat 2.5g	3%		
Saturated Fat 1g	6%		
Trans Fat 0g	0%		
Cholesterol 5mg	2%		
Sodium 0mg	0%		
Total Carbohydrate Less than 1g	0%		
Dietary Fiber 0g	0%		
Total Sugars 0g	**		
Added Sugars	**		
Protein Less than 1g			
Vitamin D 0mcg†			
Calcium 10mg†			
Iron 0mg†			
Potassium 15mg†			

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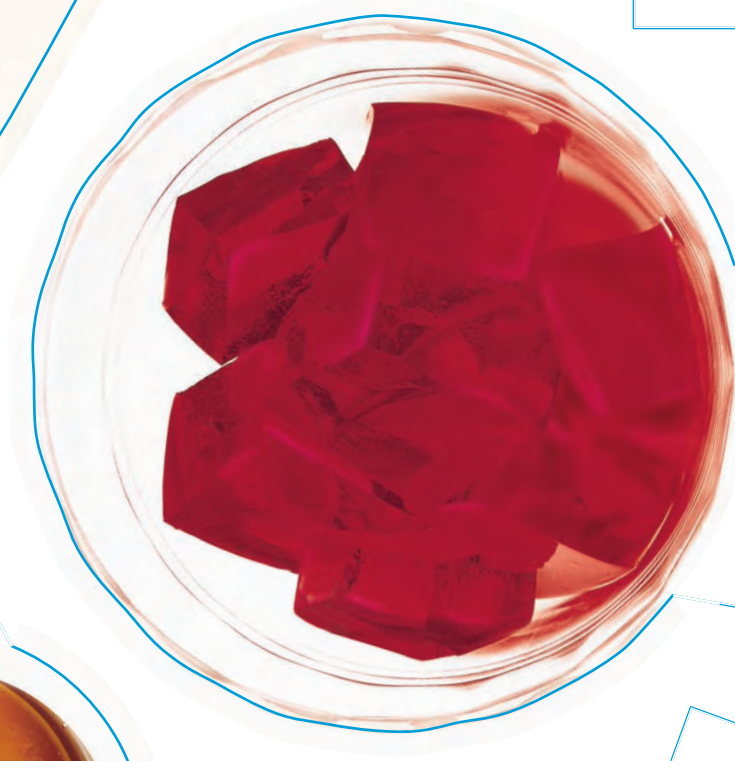
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CREAM CHEESE
1 ounce



JELLY
1 teaspoon



FLAVORED GELATIN
 $\frac{1}{2}$ cup



MAPLE SYRUP
1 tablespoon



SUGAR
1 teaspoon



10% JUICE DRINK
6 fluid ounces

Jelly
Serving Size 1 tsp (7g)

Amount Per Serving	% Daily Value*
Calories 20	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	0%
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0mg†	
Potassium 0mg†	

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Cream Cheese
Serving Size 1 oz (28g)

Amount Per Serving	% Daily Value*
Calories 100	
Total Fat 10g	20%
Saturated Fat 6g	12%
Trans Fat 0g	0%
Cholesterol 30mg	10%
Sodium 90mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	0%
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 30mg	2%
Iron 0mg†	
Potassium 35mg†	

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Flavored Gelatin
Serving Size 1/2 cup (135g)

Amount Per Serving	% Daily Value*
Calories 80	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	7%
Total Carbohydrate 19g	0%
Dietary Fiber 0g	0%
Total Sugars 18g	**
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0mg†	
Potassium 0mg†	

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Maple Syrup
Serving Size 1 tsp (5g)

Amount Per Serving	% Daily Value*
Calories 50	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	0%
Dietary Fiber 0g	0%
Total Sugars 13g	**
Added Sugars 13g	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0mg†	
Potassium 40mg†	

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Sugar
Serving Size 1 tsp (5g)

Amount Per Serving	% Daily Value*
Calories 15	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	**
Added Sugars 5g	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0mg†	
Potassium 0mg†	

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10% Juice Drink
Serving Size 6 fl oz

Amount Per Serving	% Daily Value*
Calories 90	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 25g	**
Added Sugars	**
Protein 0g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0mg†	
Potassium 0mg†	

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