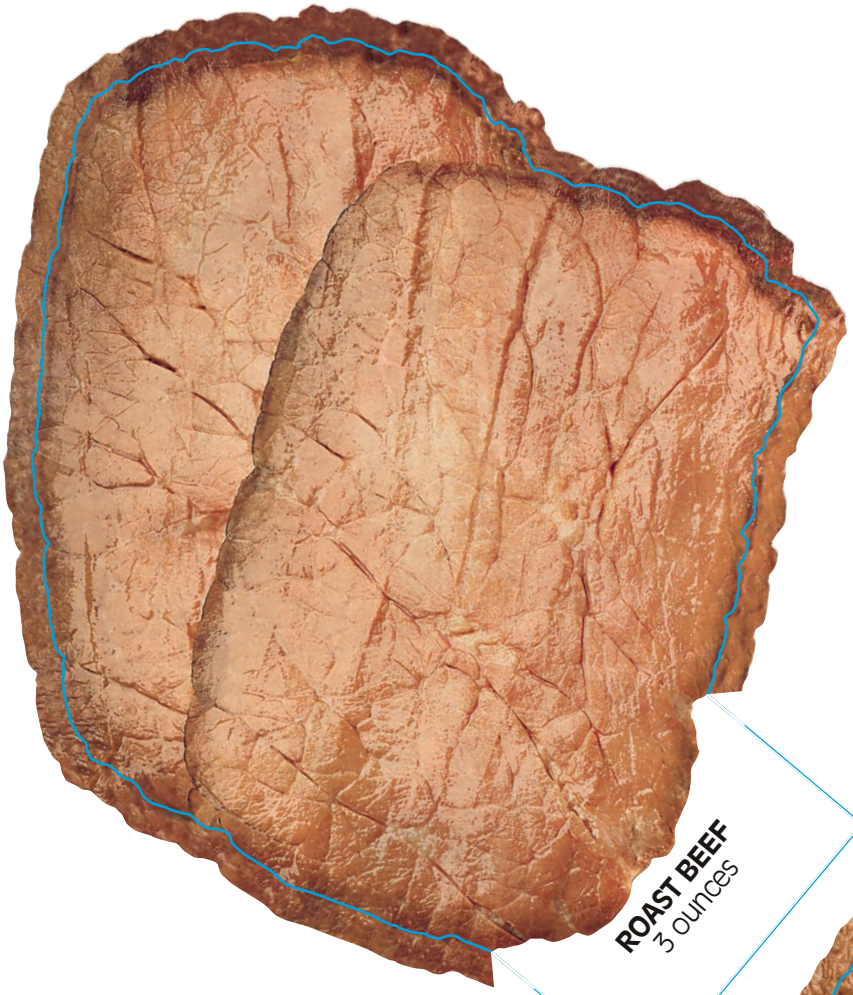
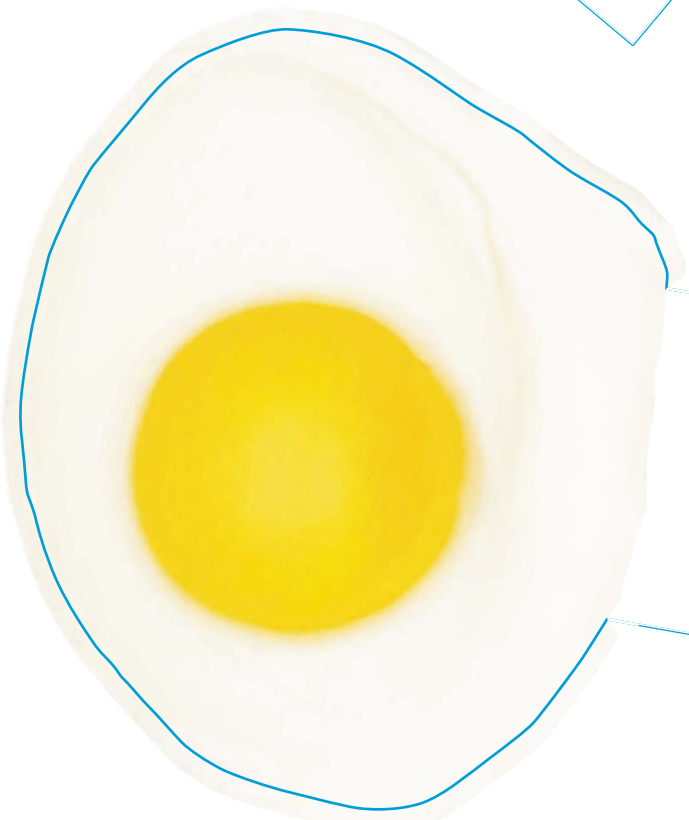
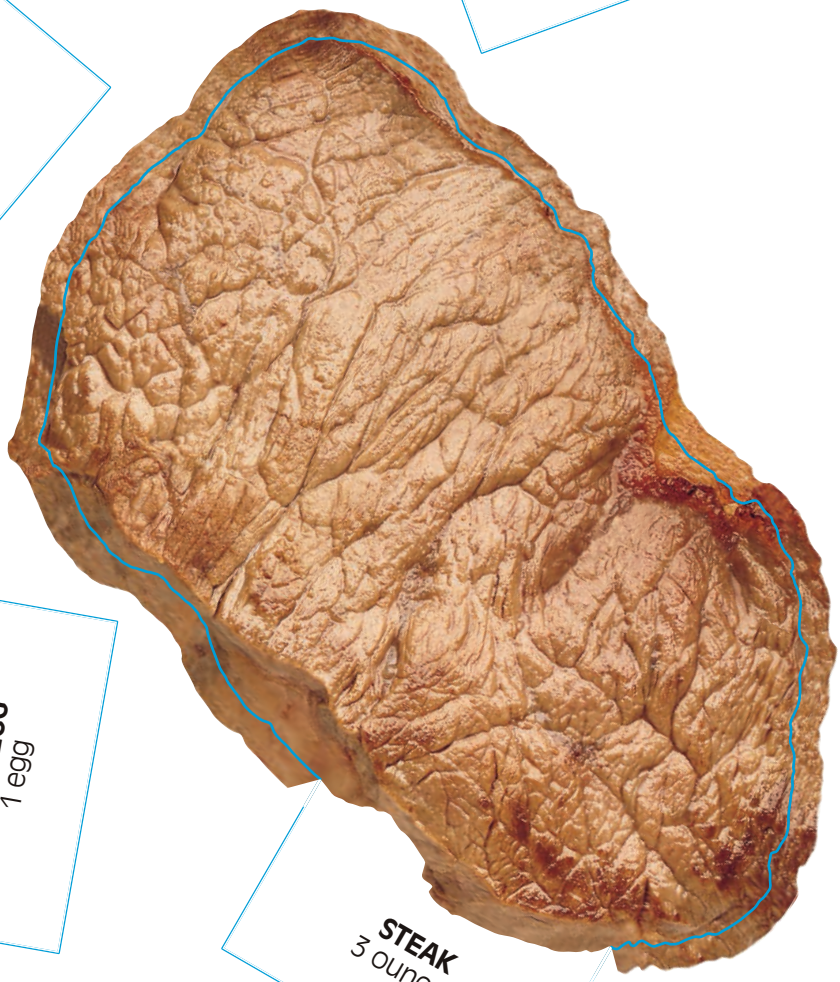


ROAST BEEF
3 ounces

GROUND BEEF HAMBURGER
3 ounces



FRIED EGG
1 egg



STEAK
3 ounces

Ground Beef Hamburger

Serving Size	Ground Sirloin 3 oz (84g)		Ground Beef 3 oz (85g)	
Amount Per Serving				
Calories	**150**		**200**	
		% Daily Value*		% Daily Value*
Total Fat	8g	**11%**	12g	**16%**
Saturated Fat	3.5g	**17%**	5g	**24%**
Trans Fat	0g		0g	
Cholesterol	55mg	**19%**	70mg	**24%**
Sodium	55mg	**2%**	70mg	**3%**
Total Carbohydrate	0g	**0%**	Less than 1g	**0%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	0g		0g	
Added Sugars	0g	**0%**	0g	**0%**
Protein	17g		21g	
Vitamin D		◆	0.2mcg†	
Calcium	0mg†		20mg†	
Iron	1.5mg	**8%**	2.3mg	**15%**
Potassium		◆	300mg	**6%**

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◆Data not available for nutrient.

†Not a significant source of nutrient.

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Roast Beef

Serving Size	Lean Only 3 oz (85g)		Lean and Fat 3 oz (85g)	
Amount Per Serving				
Calories	**160**		**200**	
		% Daily Value*		% Daily Value*
Total Fat	7g	**9%**	13g	**17%**
Saturated Fat	3g	**15%**	5g	**27%**
Trans Fat	0g		1g	
Cholesterol	70mg	**24%**	70mg	**24%**
Sodium	70mg	**3%**	65mg	**3%**
Total Carbohydrate	0g	**0%**	0g	**0%**
Dietary Fiber	0g	**0%**	0g	**0%**
Total Sugars	0g		0g	
Added Sugars	0g	**0%**	0g	**0%**
Protein	23g		21g	
Vitamin D	0.1mcg†		0.1mcg†	
Calcium	20mg†		20mg†	
Iron	2.1mg	**10%**	1.9mg	**10%**
Potassium	290mg	**6%**	260mg	**6%**

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Steak

Serving Size	Sirloin 3 oz (85g)		T-Bone 3 oz (85g)		Ribeye 3 oz (85g)	
Amount Per Serving						
Calories	**180**		**130**		**180**	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	8g	**11%**	6g	**7%**	10g	**13%**
Saturated Fat	3g	**16%**	2g	**11%**	4g	**20%**
Trans Fat	0g		0g		0g	
Cholesterol	75mg	**25%**	50mg	**17%**	70mg	**23%**
Sodium	50mg	**2%**	35mg	**2%**	50mg	**2%**
Total Carbohydrate	0g	**0%**	0g	**0%**	0g	**0%**
Dietary Fiber	0g	**0%**	0g	**0%**	0g	**0%**
Total Sugars	0g		0g		0g	
Added Sugars	0g	**0%**	0g	**0%**	0g	**0%**
Protein	25g		19g		23g	
Vitamin D	0.2mcg†	**0%**	0.1mcg†	**0%**	0.1mcg†	**0%**
Calcium	20mg†		20mg†		10mg†	
Iron	1.6mg	**8%**	1.4mg	**8%**	2.3mg	**15%**
Potassium	310mg	**6%**	230mg	**4%**	240mg	**6%**

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†Not a significant source of nutrient.

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Fried Egg

Serving Size 1 egg (46g)

Amount Per Serving	
Calories	**90**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 185mg	**61%**
Sodium 95mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Added Sugars 0g	**0%**
Protein 6g	**6%**
Vitamin D 1mcg	**2%**
Calcium 30mg	**4%**
Iron 0.9mg	
Potassium 70mg†	

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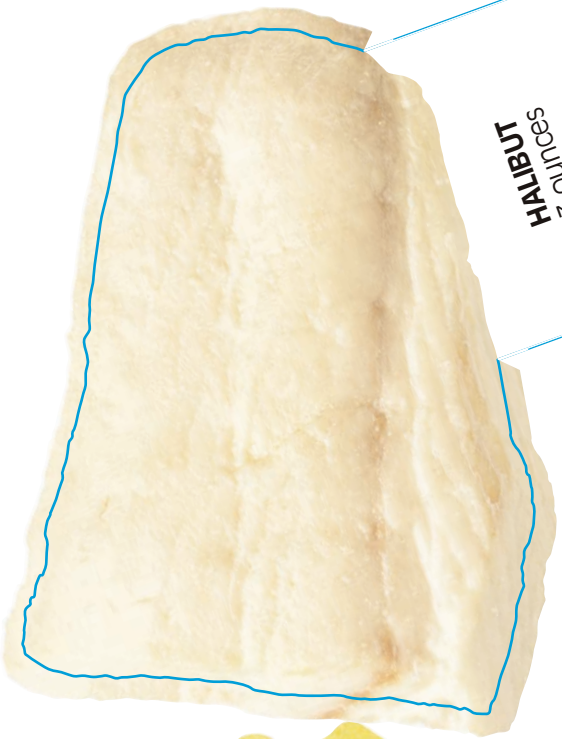
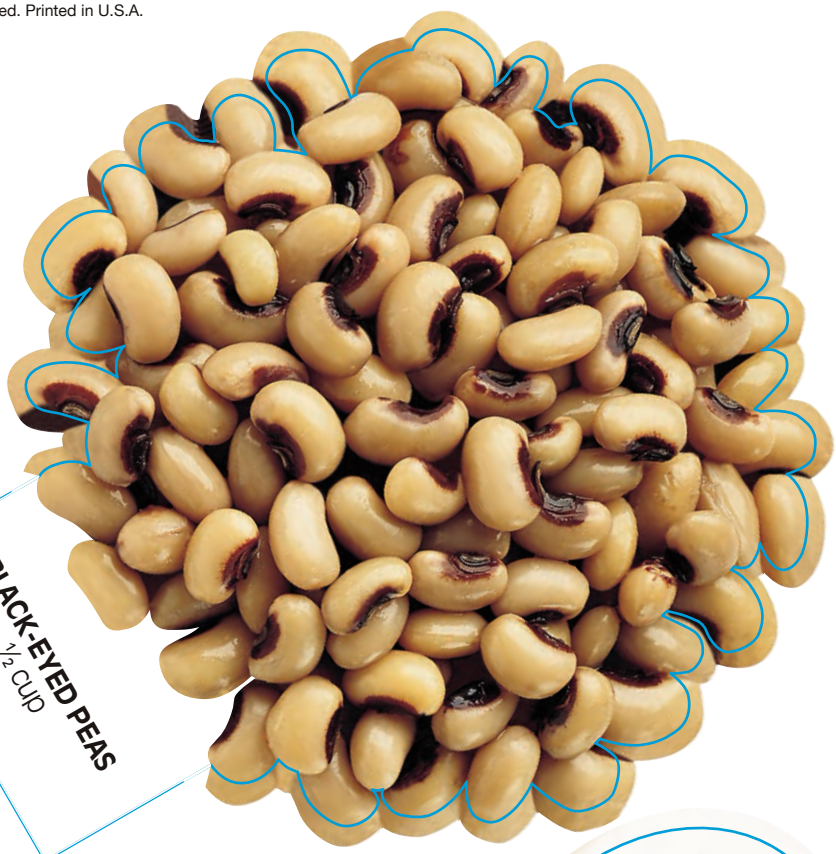


HALIBUT
3 ounces



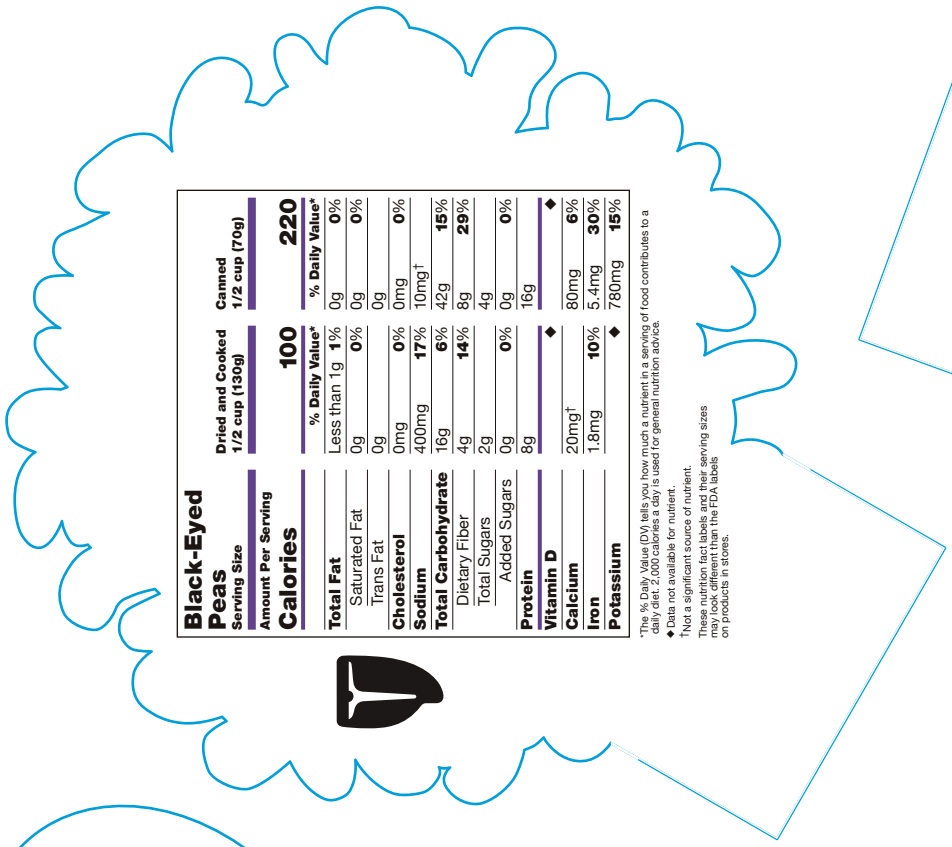
BLACK-EYED PEAS
½ cup

SCRAMBLED EGG
1 egg

HARD-COOKED EGG
1 egg

PEANUTS
1 ounce

CARD 8



Black-Eyed Peas

Serving Size

Amount Per Serving	Dried and Cooked 1/2 cup (130g)		Canned 1/2 cup (70g)	
Calories	100		220	
		% Daily Value*		% Daily Value*
Total Fat	Less than 1g	1%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	400mg	17%	10mg†	
Total Carbohydrate	16g	6%	42g	15%
Dietary Fiber	4g	14%	8g	29%
Total Sugars	2g		4g	
Added Sugars	0g	0%	0g	0%
Protein	8g		16g	
Vitamin D		◆		◆
Calcium	20mg†		80mg	6%
Iron	1.8mg	10%	5.4mg	30%
Potassium		◆	780mg	15%

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◆ Data not available for nutrient.
†Not a significant source of nutrient.
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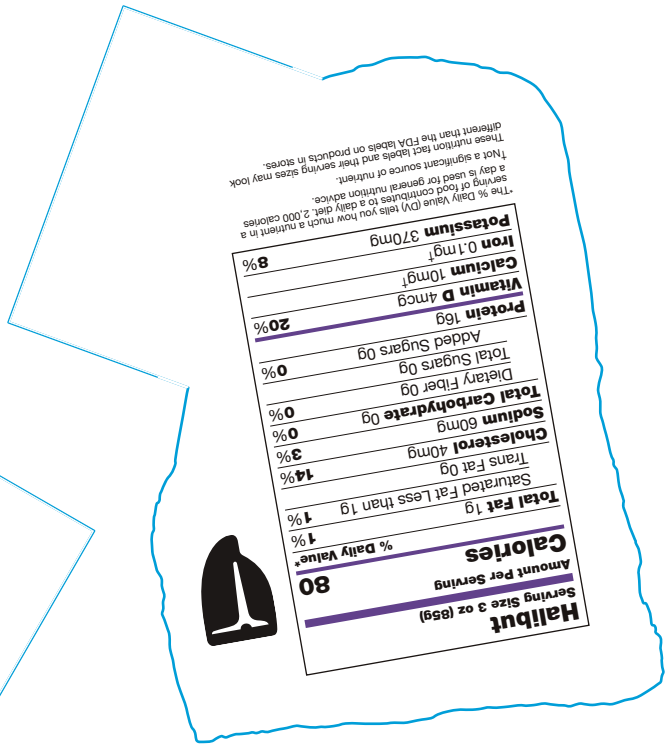

Halibut

Serving Size 3 oz (85g)

Amount Per Serving		
Calories	80	
		% Daily Value*
Total Fat 1g		1%
Saturated Fat less than 1g		1%
Trans Fat 0g		
Cholesterol 40mg		14%
Sodium 60mg		3%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		
Total Sugars 0g		0%
Added Sugars 0g		
Protein 16g		20%
Vitamin D 4mcg		
Calcium 10mg†		
Iron 0.1mg†		8%
Potassium 370mg		

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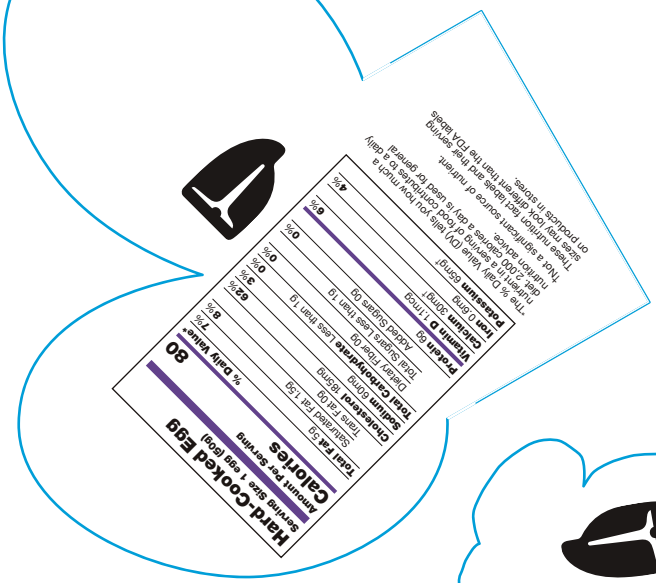

Hard-Cooked Egg

Serving Size 1 egg (50g)

Amount Per Serving		
Calories	80	
		% Daily Value*
Total Fat 5g		7%
Saturated Fat 1.5g		8%
Cholesterol 185mg		62%
Sodium 70mg		3%
Total Carbohydrate less than 1g		0%
Dietary Fiber 0g		
Total Sugars less than 1g		
Added Sugars 0g		0%
Protein 6g		
Vitamin D 1.1mcg†		6%
Calcium 30mg†		
Iron 0.6mg		4%
Potassium 90mg†		

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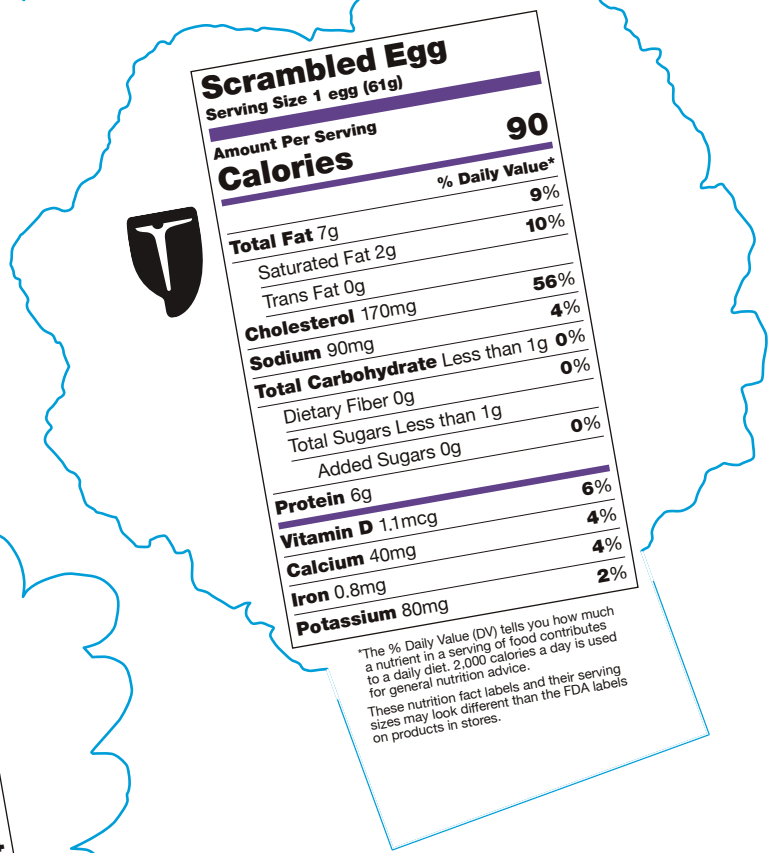

Scrambled Egg

Serving Size 1 egg (61g)

Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 170mg	56%
Sodium 90mg	4%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars Less than 1g	
Added Sugars 0g	0%
Protein 6g	6%
Vitamin D 1.1mcg	4%
Calcium 40mg	4%
Iron 0.8mg	2%
Potassium 80mg	

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Oil Roasted Peanuts

Serving Size 1 oz (28g)

Amount Per Serving		
Calories	170	
		% Daily Value*
Total Fat 15g		19%
Saturated Fat 2g		11%
Trans Fat 0mg		◆
Cholesterol 0mg		0%
Sodium 220mg		10%
Total Carbohydrate 5g		2%
Dietary Fiber 3g		9%
Total Sugars		◆
Added Sugars 0g		0%
Protein 8g		
Vitamin D 0mcg†		
Calcium 20mg†		2%
Iron 0.5mg		4%
Potassium 170mg		

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†Not a significant source of nutrient.
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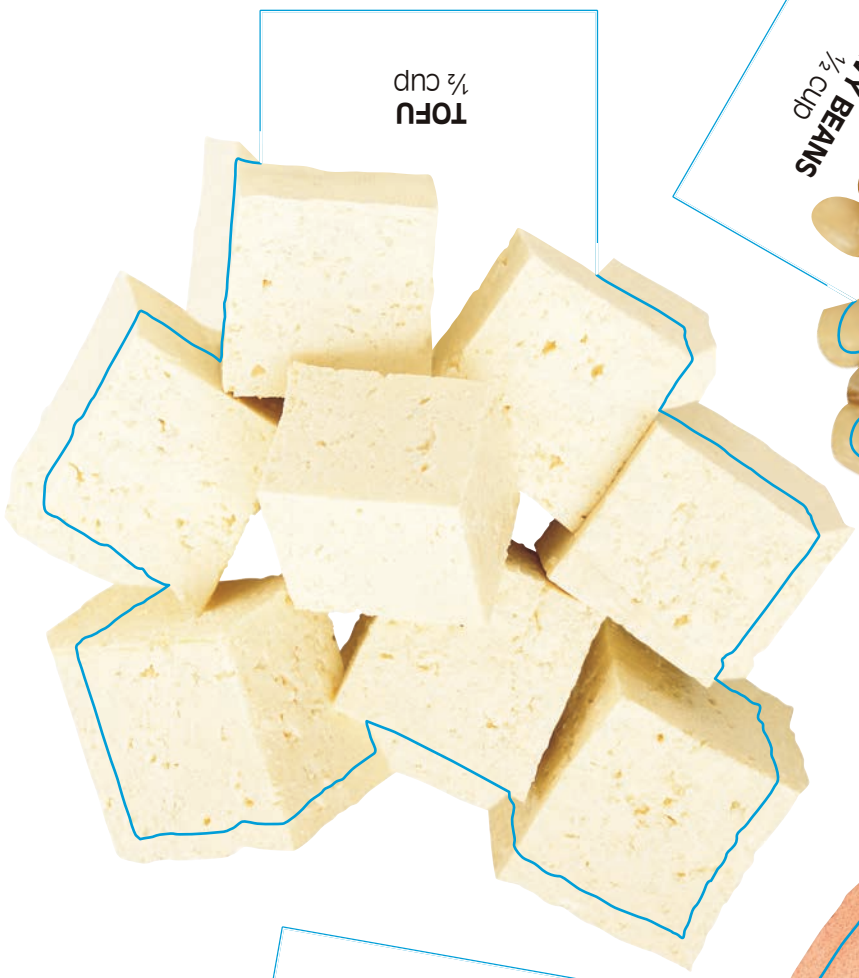
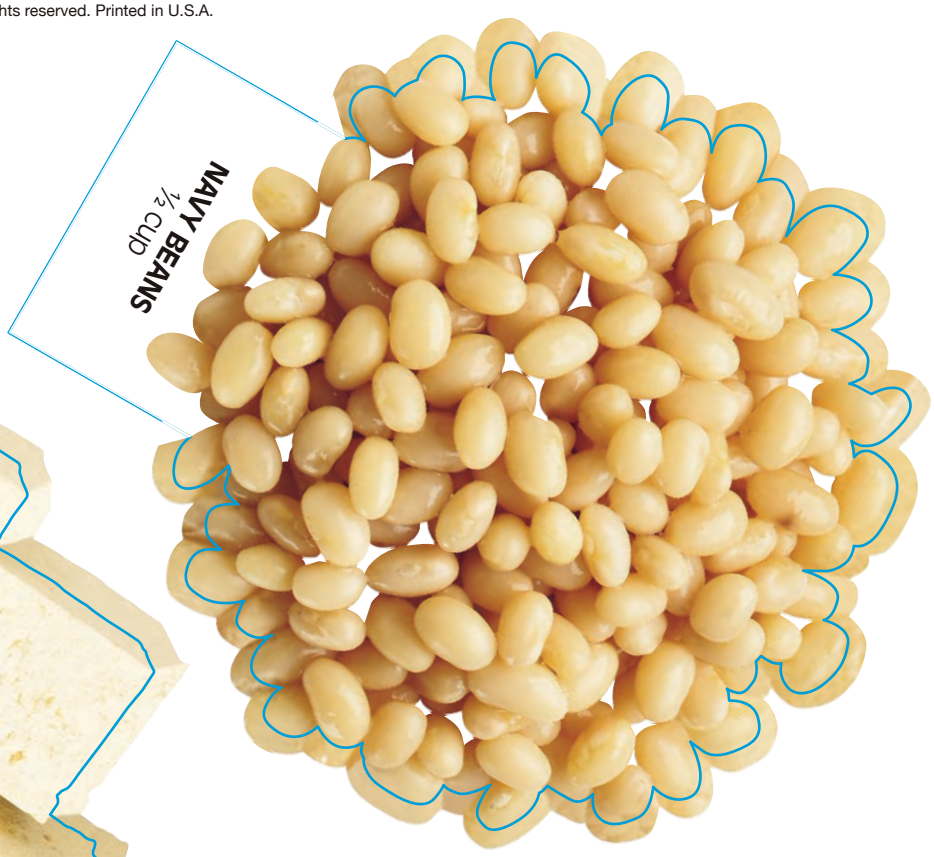
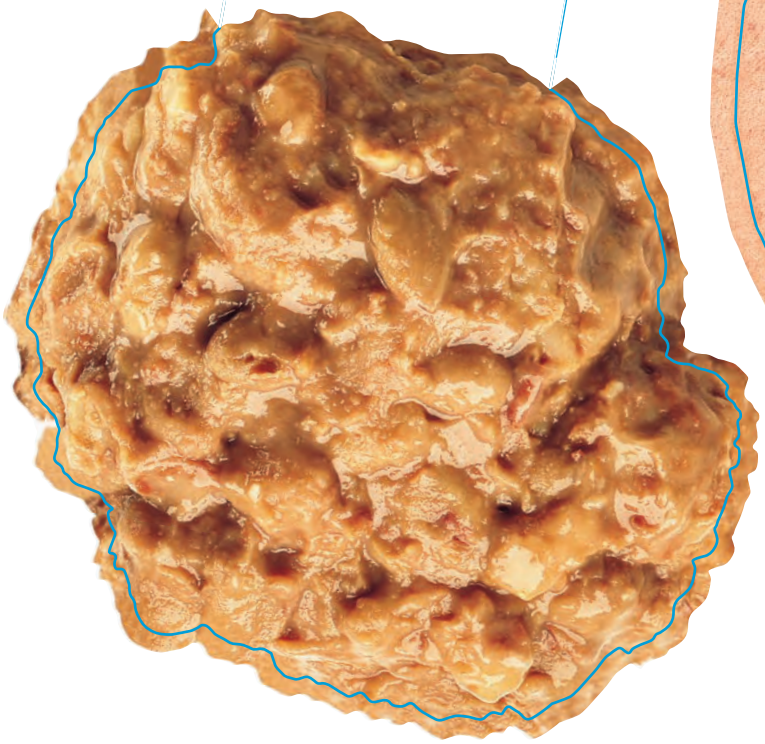


TOFU
½ cup



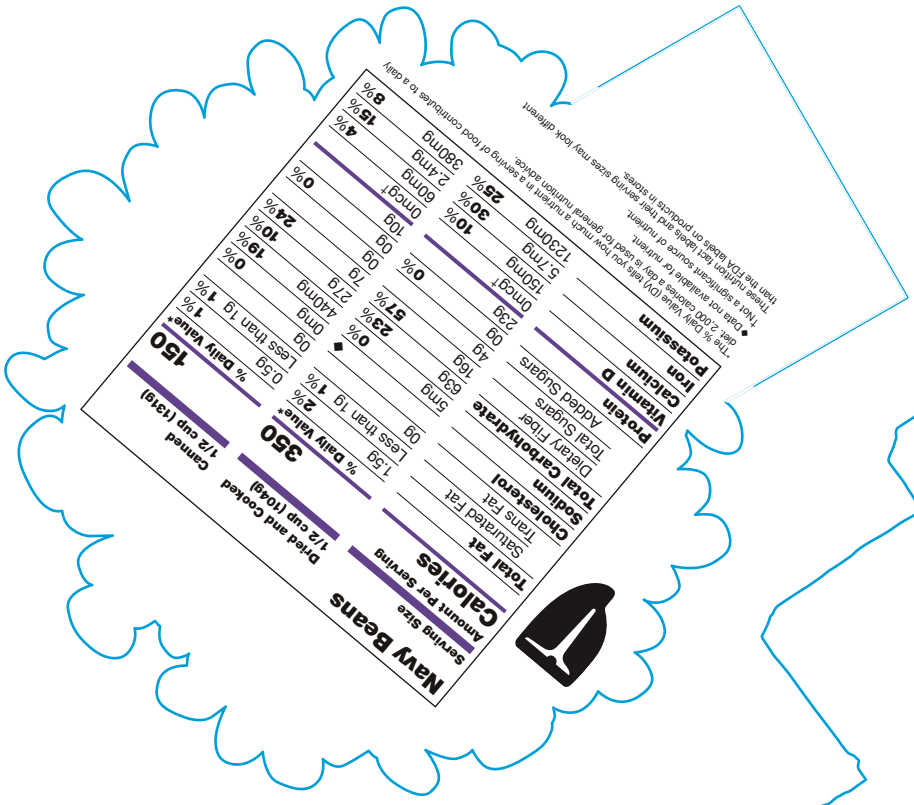
NAVY BEANS
½ cup



REFRIED BEANS
½ cup

BOLOGNA
1 ounce

CARD 9


Navy Beans
Serving Size
Amount Per Serving
Calories
Total Fat
Saturated Fat
Trans Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Total Sugars
Added Sugars
Protein
Vitamin D
Calcium
Iron
Potassium
Canned 1/2 cup (131g)
Dried and Cooked 1/2 cup (104g)
% Daily Value*
150
350
2%
1%
0%
19%
24%
0%
4%
15%
8%
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.
Not a significant source of nutrient.
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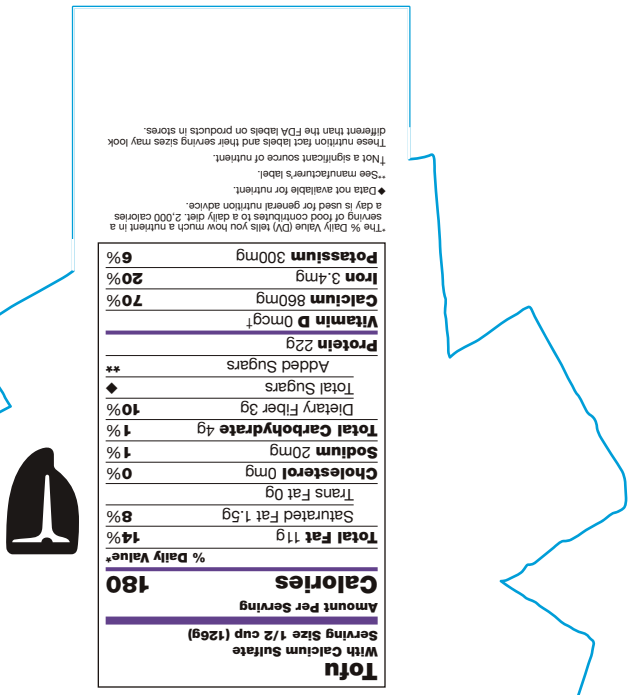
Tofu
With Calcium Sulfate
Serving Size 1/2 cup (126g)
Amount Per Serving
Calories 180
% Daily Value*
Total Fat 11g 14%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 20mg 1%
Total Carbohydrate 4g 1%
Dietary Fiber 3g 10%
Total Sugars ◆
Added Sugars **
Protein 22g
Vitamin D 0mcg†
Calcium 860mg 70%
Iron 3.4mg 20%
Potassium 300mg 6%
*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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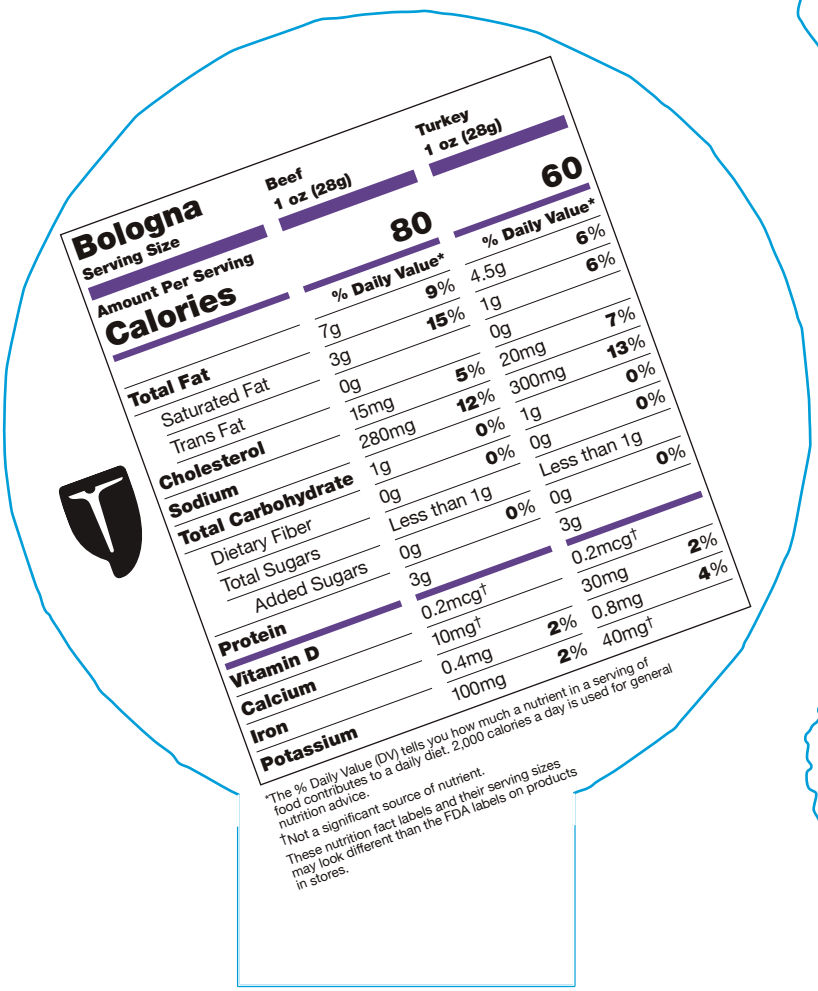
Bologna
Serving Size
Beef 1 oz (28g)
Turkey 1 oz (28g)
Amount Per Serving
Calories 80 60
% Daily Value*
Total Fat 7g 9% 4.5g 6%
Saturated Fat 3g 15% 1g 6%
Trans Fat 0g
Cholesterol 15mg 5% 20mg 7%
Sodium 280mg 12% 300mg 13%
Total Carbohydrate 1g 0% 1g 0%
Dietary Fiber 0g 0g
Total Sugars Less than 1g 0% Less than 1g 0%
Added Sugars 0g 0g
Protein 3g 3g
Vitamin D 0.2mcg† 0.2mcg† 2%
Calcium 10mg† 30mg 4%
Iron 0.4mg 2% 0.8mg 2%
Potassium 100mg 2% 40mg† 2%
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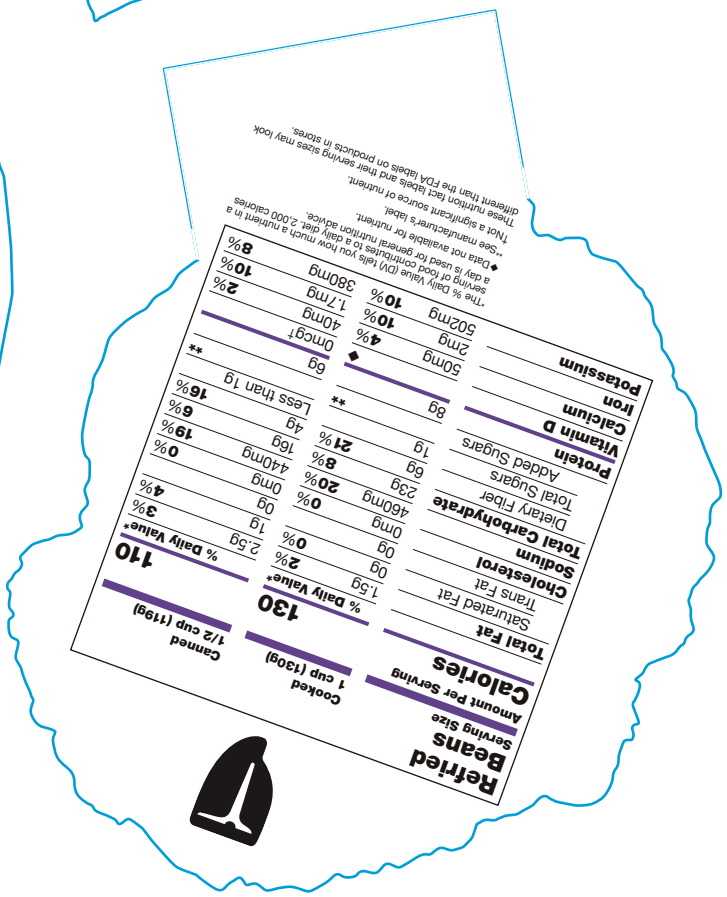
Refried Beans
Serving Size
Amount Per Serving
Calories 130 110
Cooked 1 cup (130g)
Canned 1/2 cup (119g)
% Daily Value*
Total Fat 1.5g 2% 2.5g 3%
Saturated Fat 0g 0% 1g 4%
Trans Fat 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 460mg 20% 440mg 19%
Total Carbohydrate 23g 8% 16g 6%
Dietary Fiber 6g 21% 4g 16%
Total Sugars 1g Less than 1g
Added Sugars ** **
Protein 8g 6g
Vitamin D 0mcg† 0mcg†
Calcium 50mg 4% 40mg 2%
Iron 2mg ◆ 1.7mg 10%
Potassium 502mg 10% 380mg 8%
*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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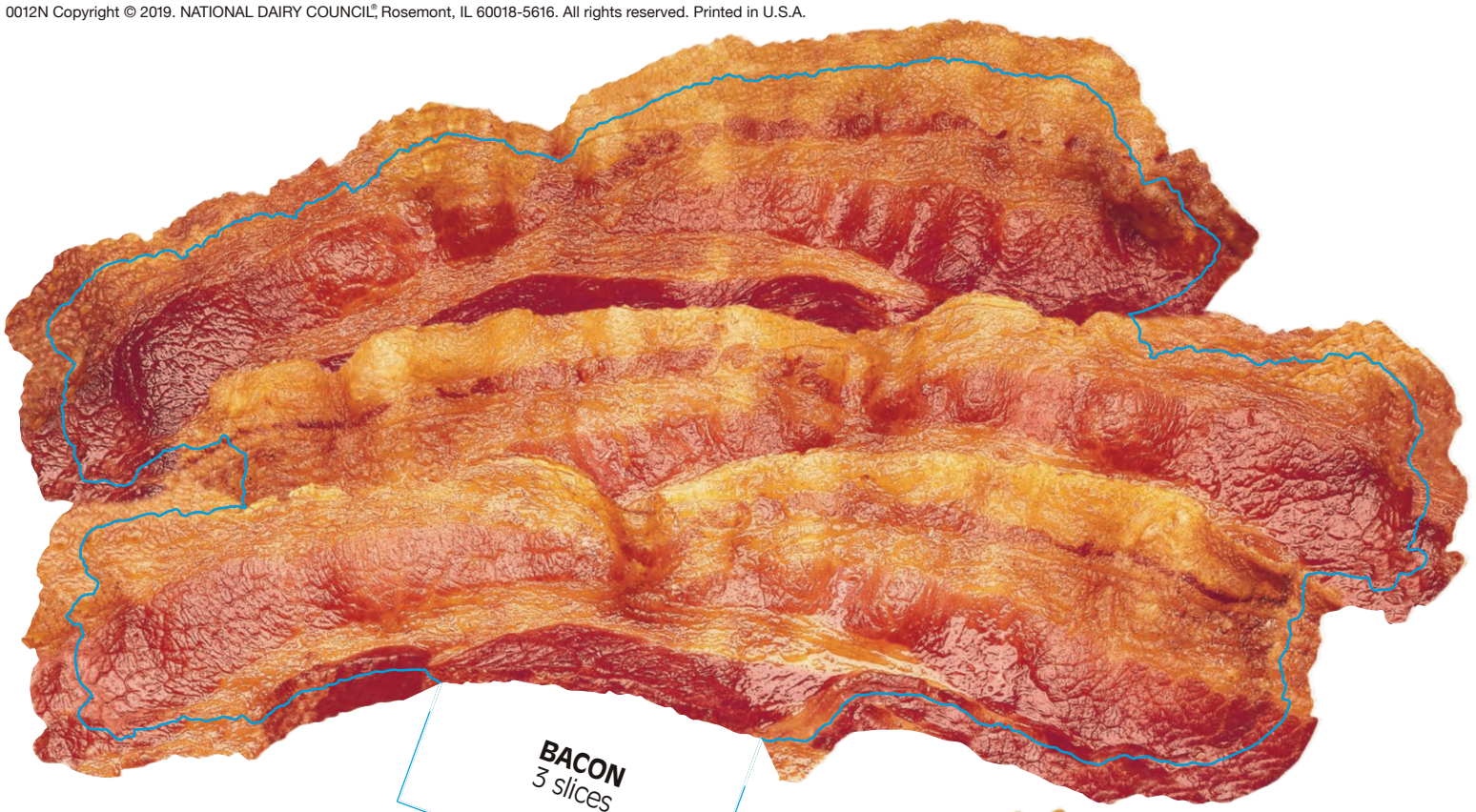
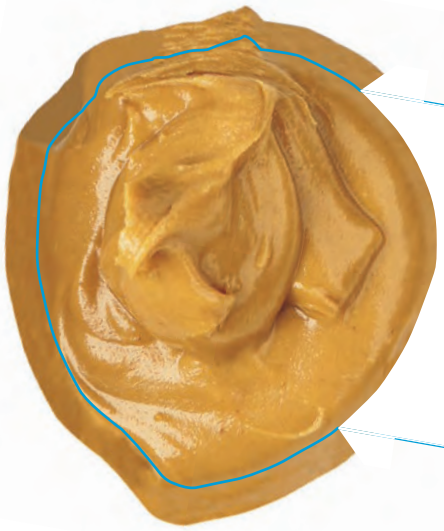


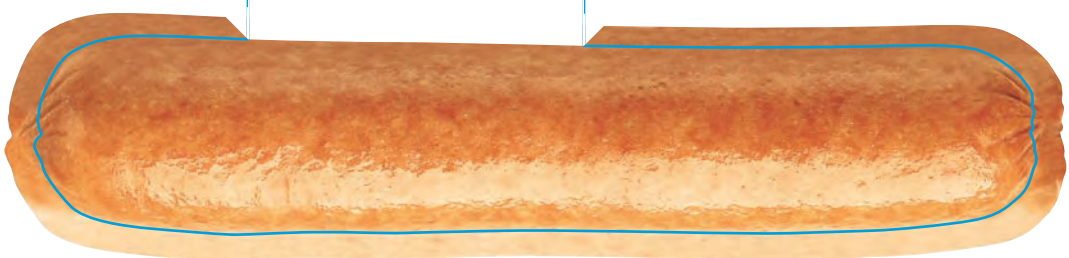
BACON
3 slices

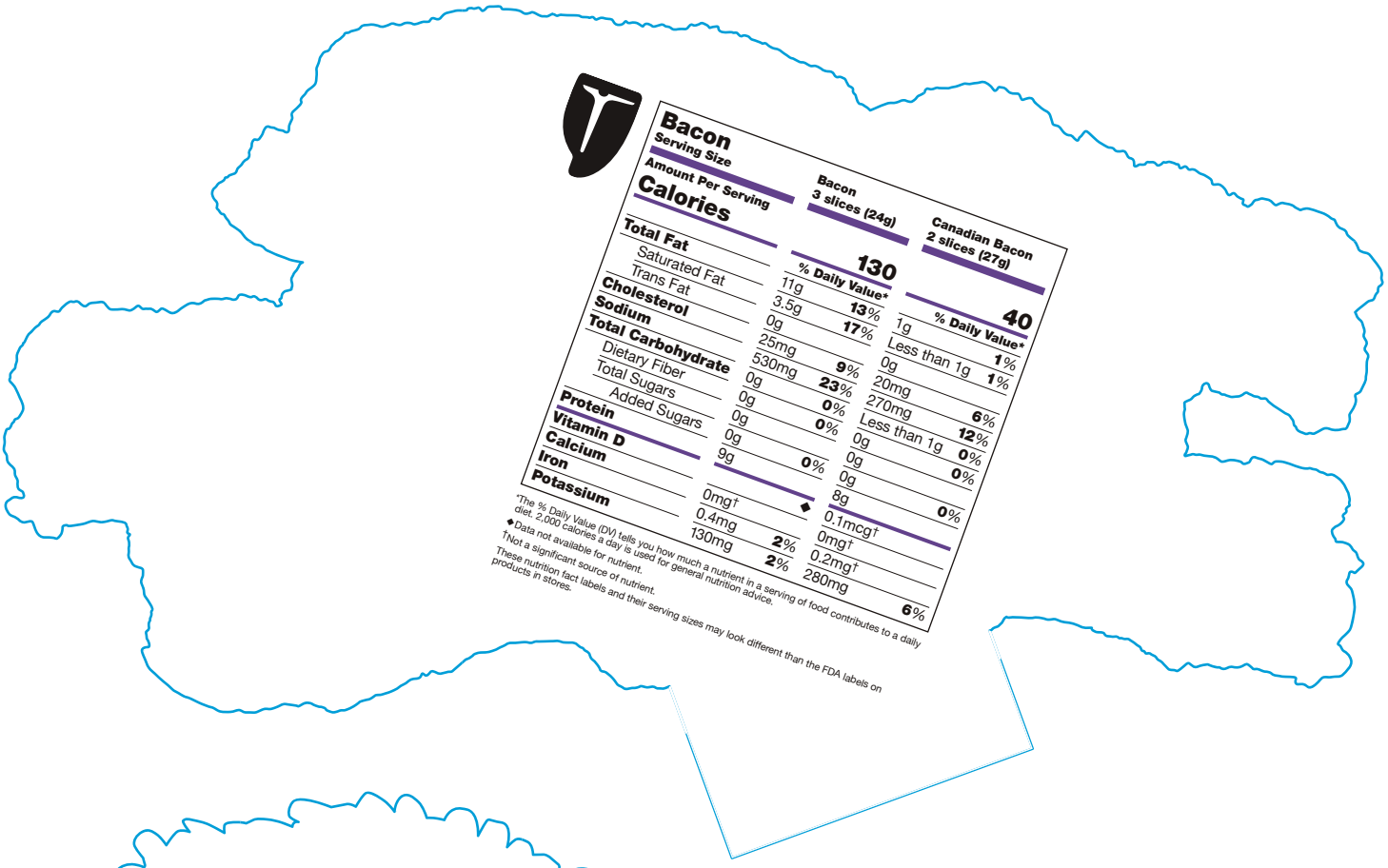


PEANUT BUTTER
2 tablespoons

SUNFLOWER SEEDS
1 ounce

HOT DOG
1 hot dog





Bacon

Serving Size	Bacon 3 slices (24g)	Canadian Bacon 2 slices (27g)
Amount Per Serving		
Calories	130	40
	% Daily Value*	% Daily Value*
Total Fat	11g 13%	1g 1%
Saturated Fat	3.5g 17%	Less than 1g 1%
Trans Fat	0g	0g
Cholesterol	25mg 9%	20mg 6%
Sodium	530mg 23%	270mg 12%
Total Carbohydrate	0g 0%	Less than 1g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Added Sugars	0g 0%	8g 0%
Protein	9g ◆	0.1mcg†
Vitamin D	0mcg†	0mg†
Calcium	0.4mg	0.2mg†
Iron	130mg 2%	280mg
Potassium	2%	6%

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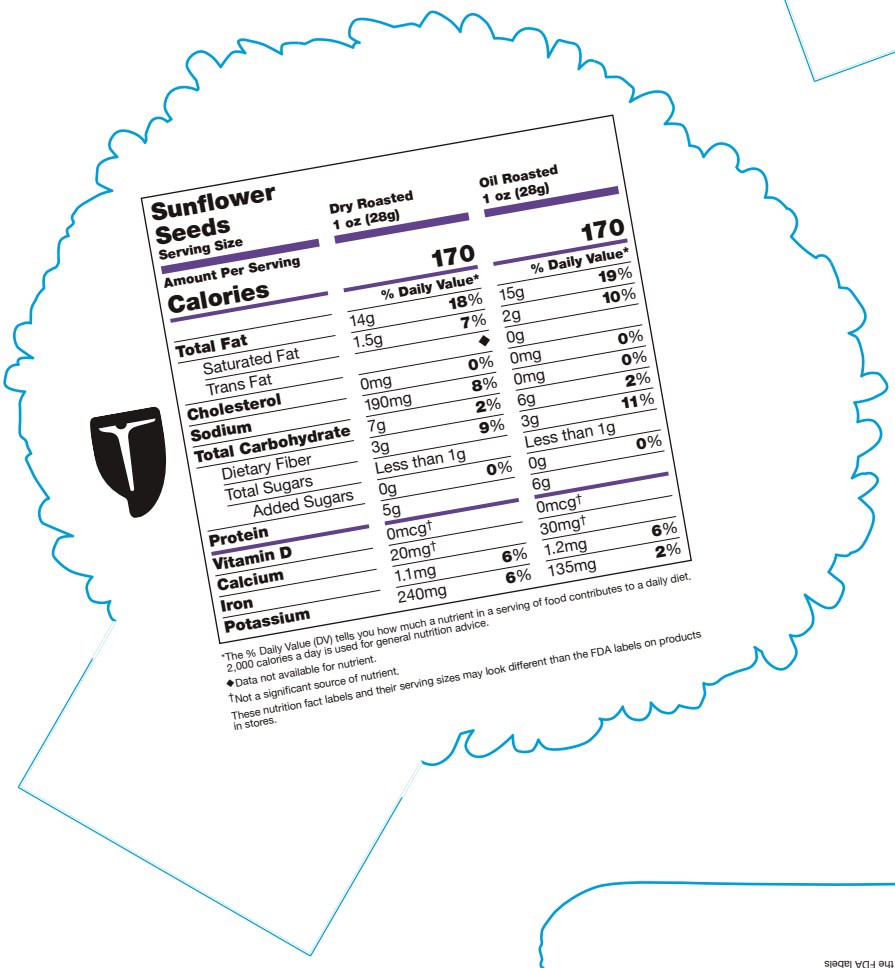

Sunflower Seeds

Serving Size	Dry Roasted 1 oz (28g)	Oil Roasted 1 oz (28g)
Amount Per Serving		
Calories	170	170
	% Daily Value*	% Daily Value*
Total Fat	14g 18%	15g 19%
Saturated Fat	1.5g 7%	2g 10%
Trans Fat	0g ◆	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	190mg 8%	0mg 0%
Total Carbohydrate	7g 2%	6g 2%
Dietary Fiber	3g 9%	3g 11%
Total Sugars	Less than 1g	Less than 1g
Added Sugars	0g 0%	0g 0%
Protein	5g	6g
Vitamin D	0mcg†	0mcg†
Calcium	20mg†	30mg†
Iron	1.1mg 6%	1.2mg 6%
Potassium	240mg 6%	135mg 2%

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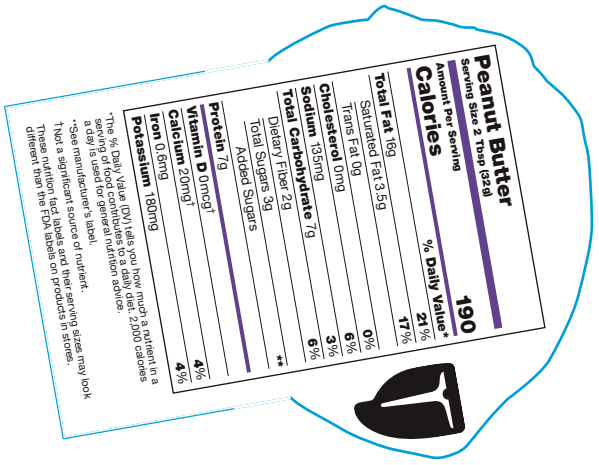

Peanut Butter

Serving Size 2 Tbsp (32g)

Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	6%
Total Sugars 3g	**
Added Sugars	
Protein 7g	4%
Vitamin D 0mcg†	0%
Calcium 20mg†	4%
Iron 0.6mg	4%
Potassium 180mg	4%

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**See manufacturer's label.
†Not a significant source of nutrient.
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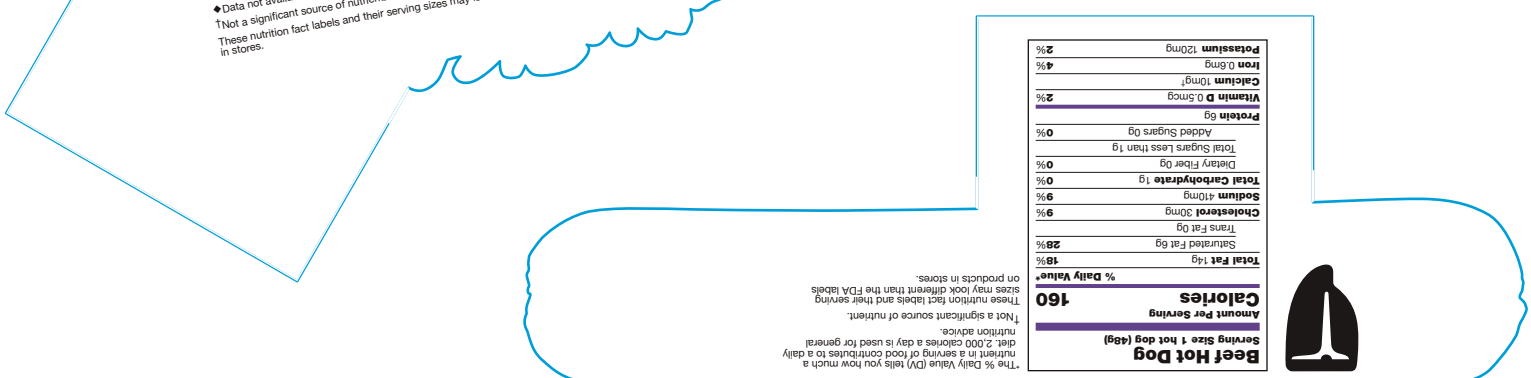

Beef Hot Dog

Serving Size 1 hot dog (48g)	
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 410mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars Less than 1g	
Added Sugars 0g	0%
Protein 6g	
Vitamin D 0.5mcg	2%
Calcium 10mg†	
Iron 0.6mg	4%
Potassium 120mg	2%

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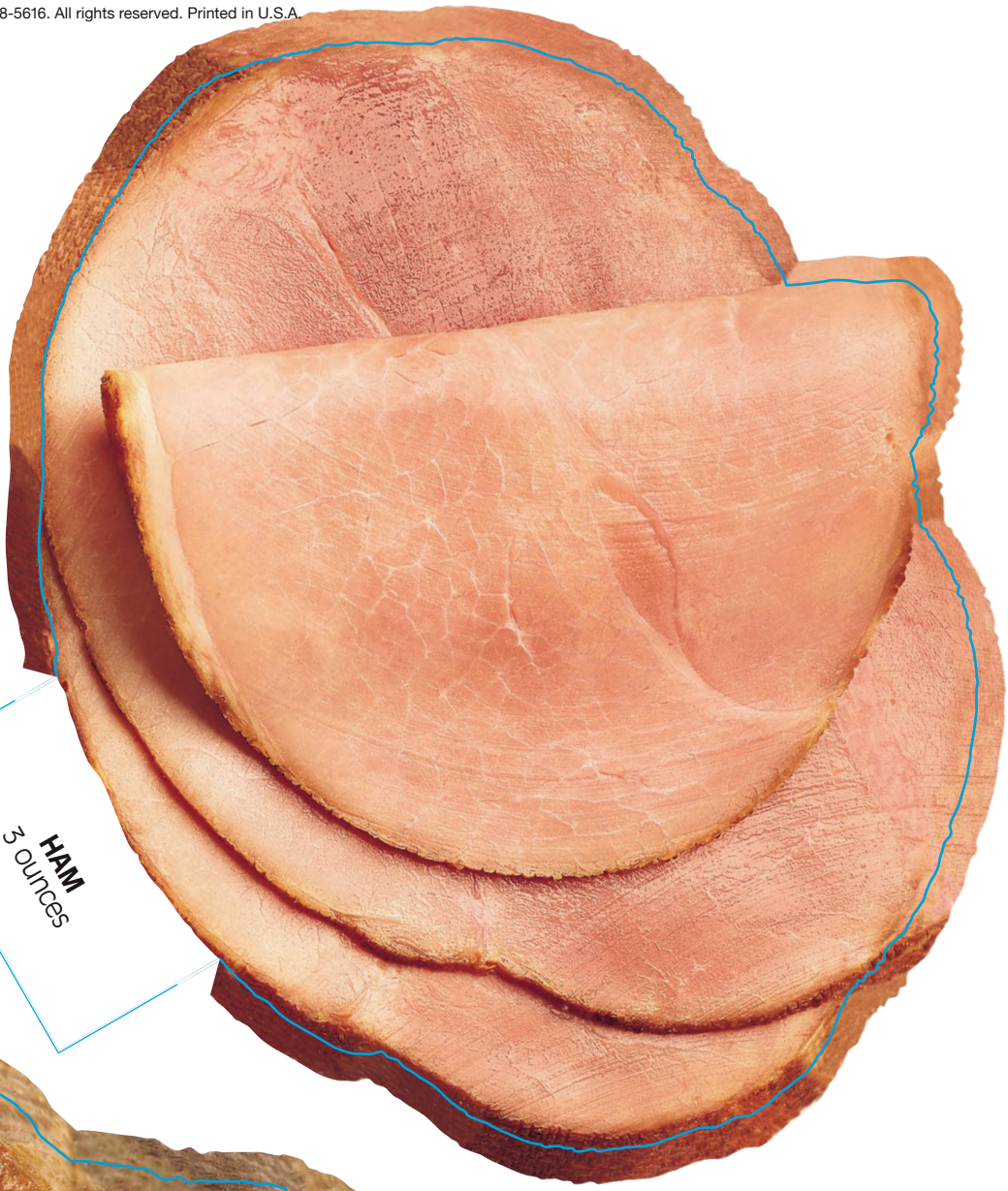
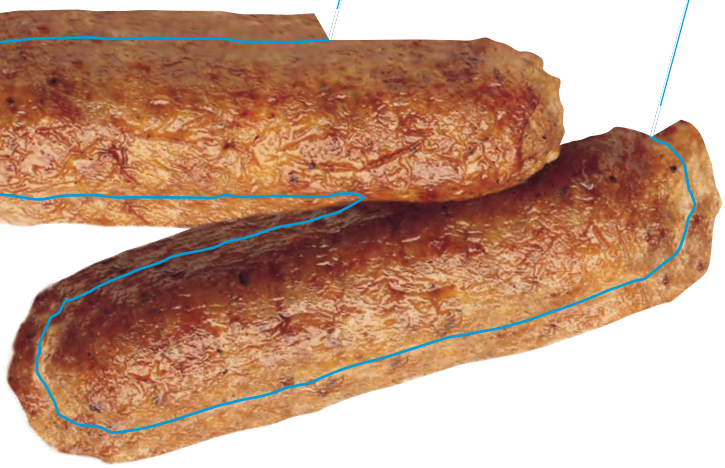
ITALIAN SAUSAGE
3 ounces

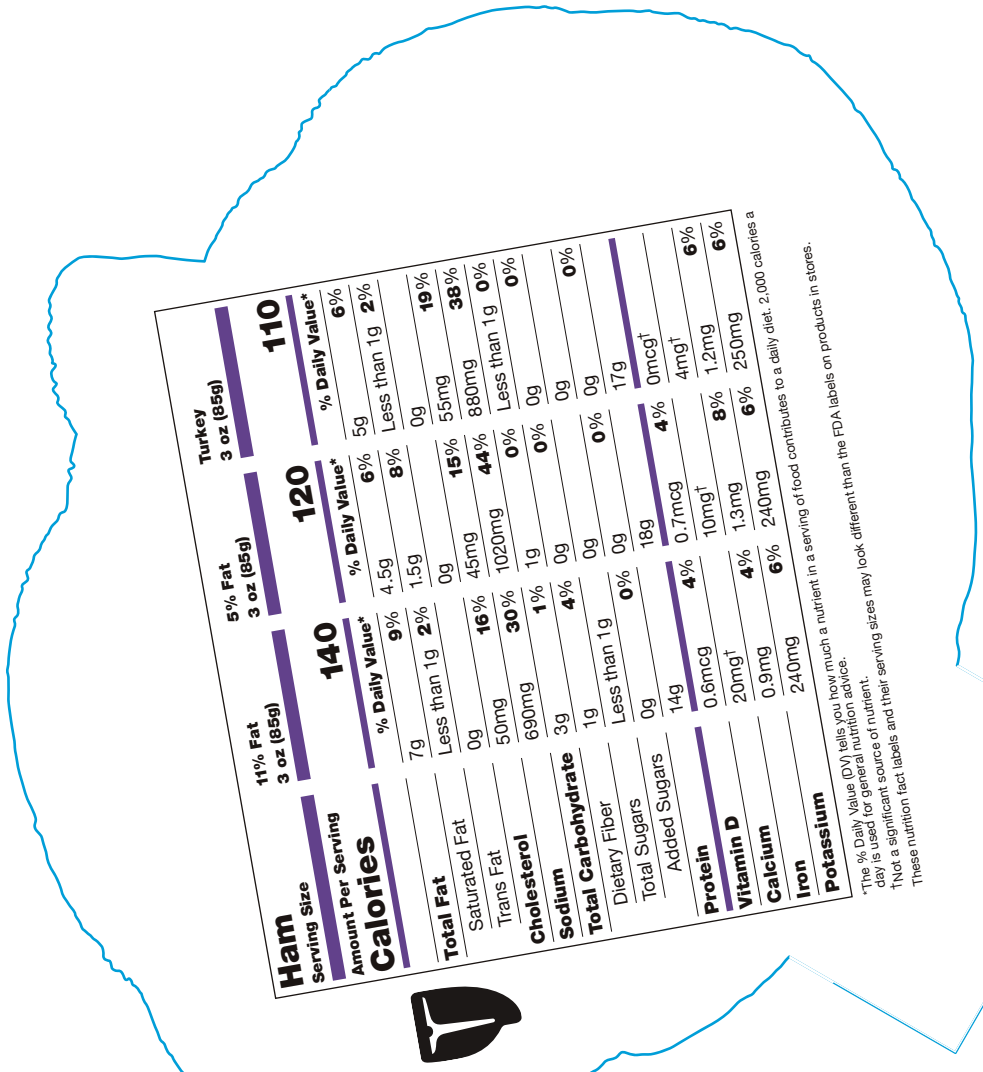


HAM
3 ounces

PORK CHOP
3 ounces

PORK SAUSAGE
2 links





Ham
Serving Size: 11% Fat 3 oz (85g) | 5% Fat 3 oz (85g) | Turkey 3 oz (85g)

Amount Per Serving
Calories 140 | 120 | 110

	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 7g	9%	6%	6%
Saturated Fat Less than 1g	2%	8%	2%
Trans Fat 0g			
Cholesterol 50mg	16%	15%	19%
Sodium 690mg	30%	44%	38%
Total Carbohydrate 3g	1%	0%	0%
Dietary Fiber 1g	4%	0%	0%
Total Sugars 0g			
Added Sugars 14g			
Protein 0.6mcg	4%	4%	6%
Vitamin D 20mg†			
Calcium 0.9mg			
Iron 240mg			
Potassium			

4.5g	1.5g	0g
45mg	1020mg	1g
0g	0g	18g
0.7mcg	10mg†	1.3mg
240mg		

5g	Less than 1g	0g
55mg	880mg	Less than 1g
0g	0g	17g
0mcg†	4mg†	1.2mg
250mg		

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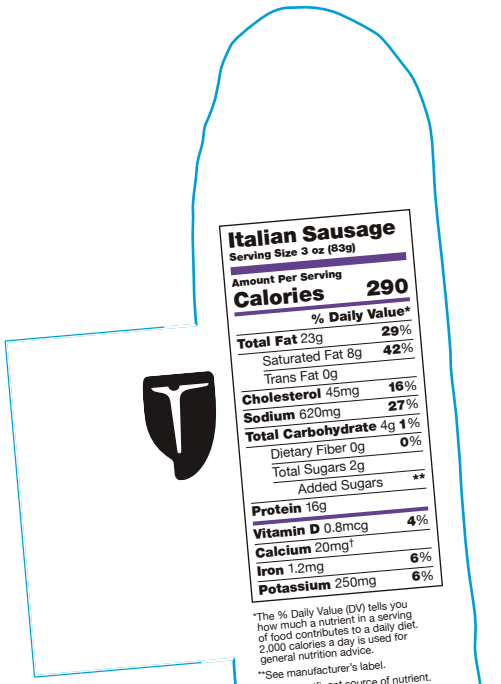

Italian Sausage
Serving Size 3 oz (83g)

Amount Per Serving
Calories 290

	% Daily Value*
Total Fat 23g	29%
Saturated Fat 8g	42%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 620mg	27%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Added Sugars	**
Protein 16g	
Vitamin D 0.8mcg	4%
Calcium 20mg†	
Iron 1.2mg	6%
Potassium 250mg	6%

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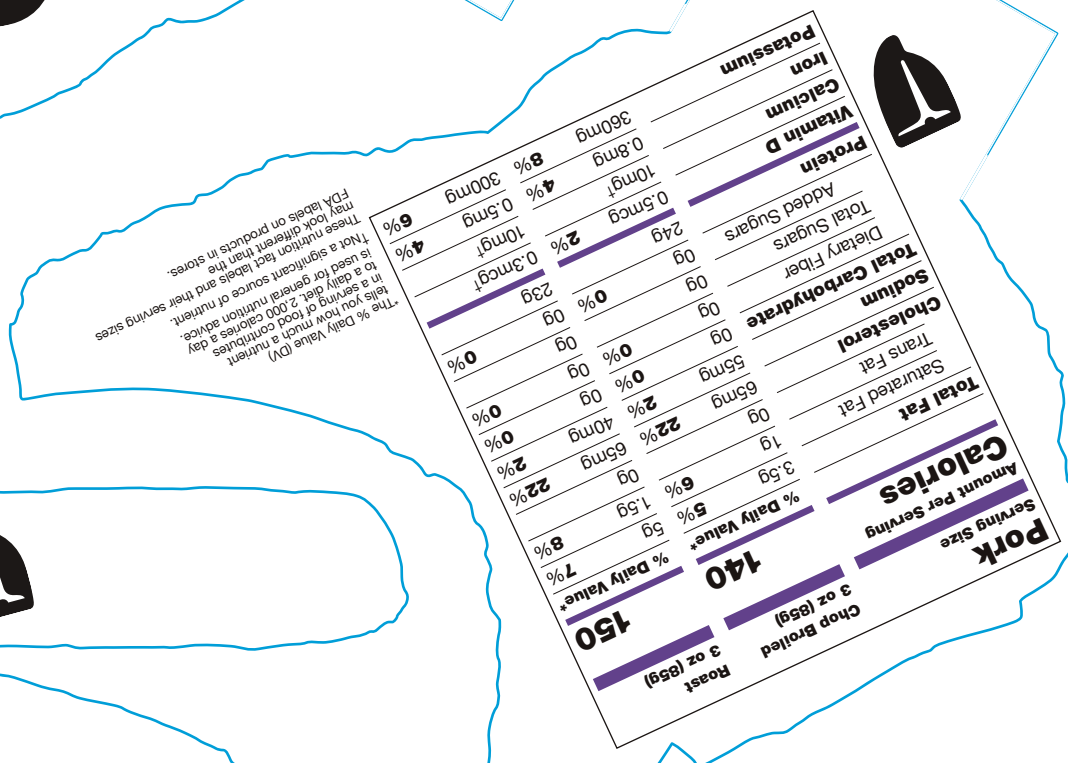

Pork
Serving Size: Roast 3 oz (85g) | Chop Broiled 3 oz (85g)

Amount Per Serving
Calories 150 | 140

	% Daily Value*	% Daily Value*
Total Fat	7%	5%
Saturated Fat	8%	6%
Trans Fat		
Cholesterol	22%	22%
Sodium	2%	0%
Total Carbohydrate	0%	0%
Dietary Fiber	0%	0%
Total Sugars		
Added Sugars	0%	0%
Protein	4%	4%
Vitamin D	2%	0%
Calcium	4%	6%
Iron	8%	6%
Potassium		

5g	3.5g
1.5g	1g
65mg	65mg
40mg	55mg
0g	0g
0g	0g
24g	23g
0.5mcg	0.3mcg†
10mg†	10mg†
0.8mg	0.5mg
360mg	300mg

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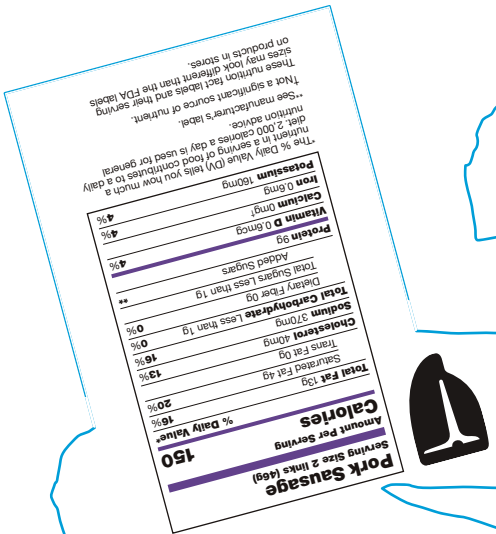

Pork Sausage
Serving Size 2 links (46g)

Amount Per Serving
Calories 150 | % Daily Value*

Total Fat 13g	16%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 370mg	16%
Total Carbohydrate Less than 1g	0%
Dietary Fiber 0g	**
Total Sugars 1g	
Added Sugars	4%
Protein 9g	
Vitamin D 0.6mcg	4%
Calcium 0mg†	
Iron 0.7mg	
Potassium 160mg	

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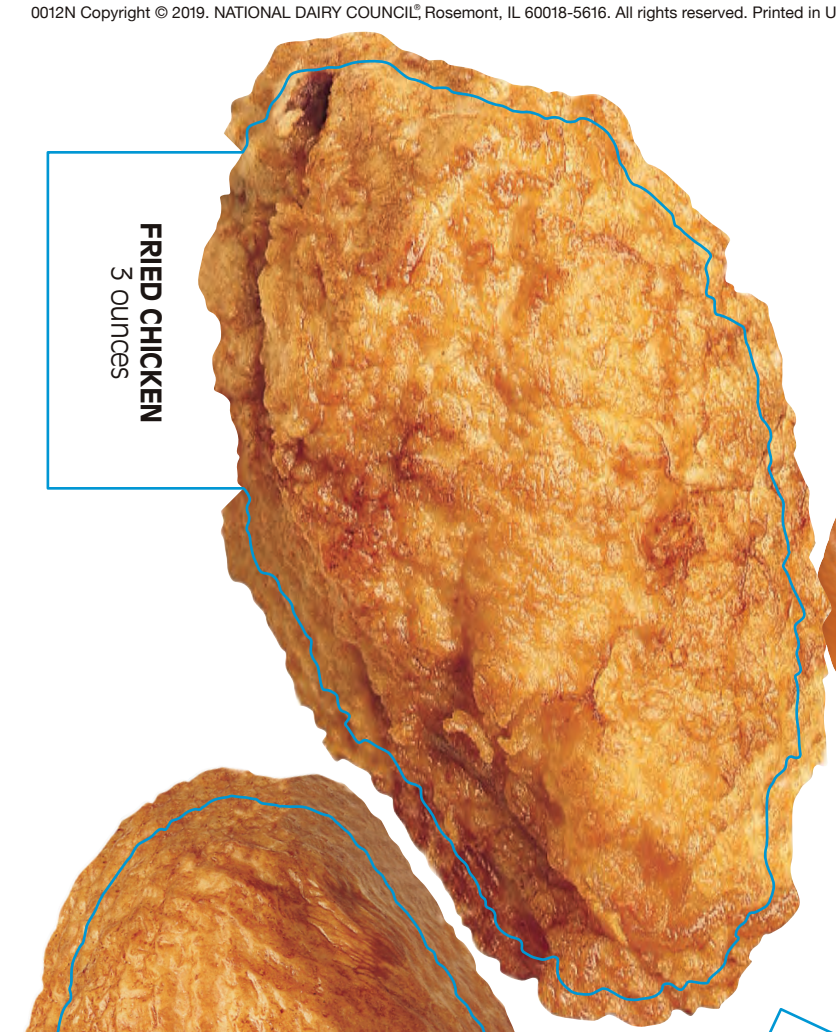
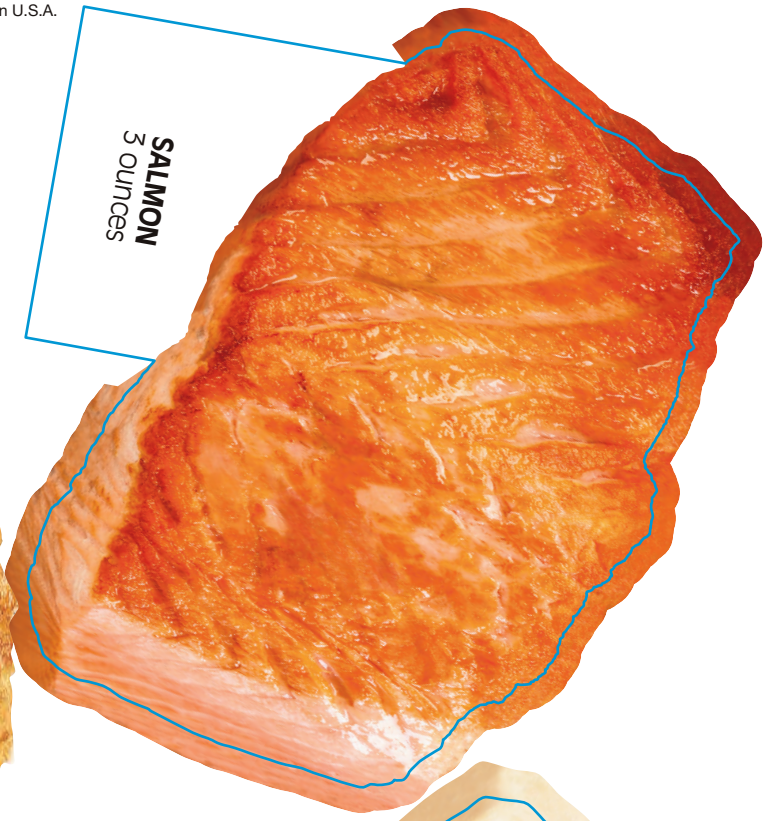
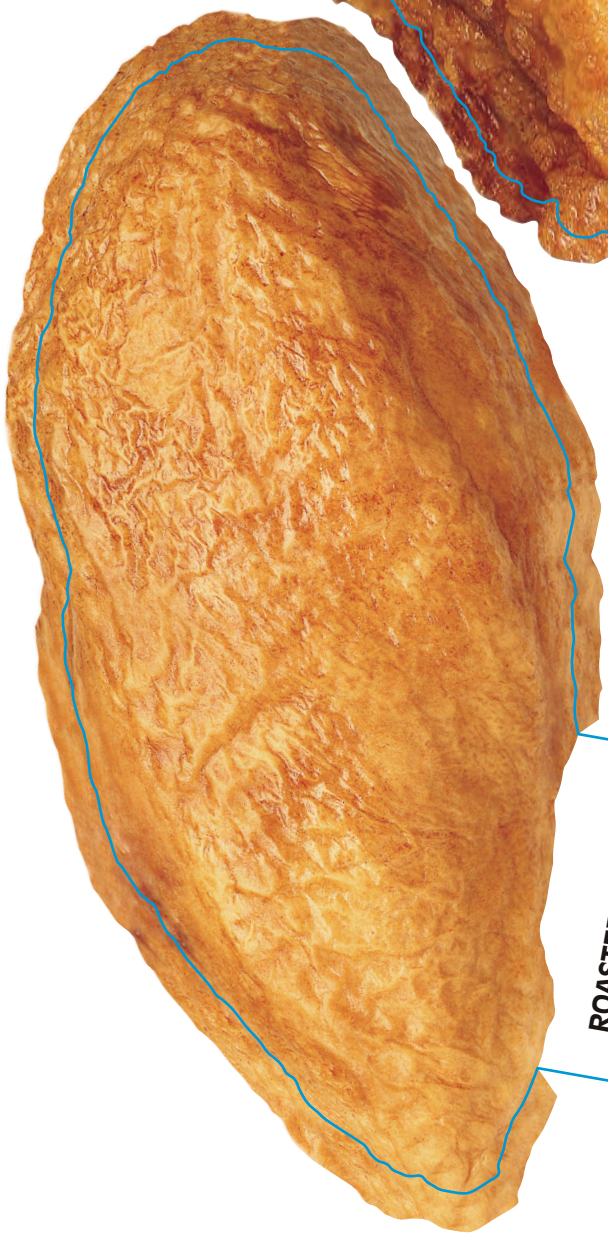


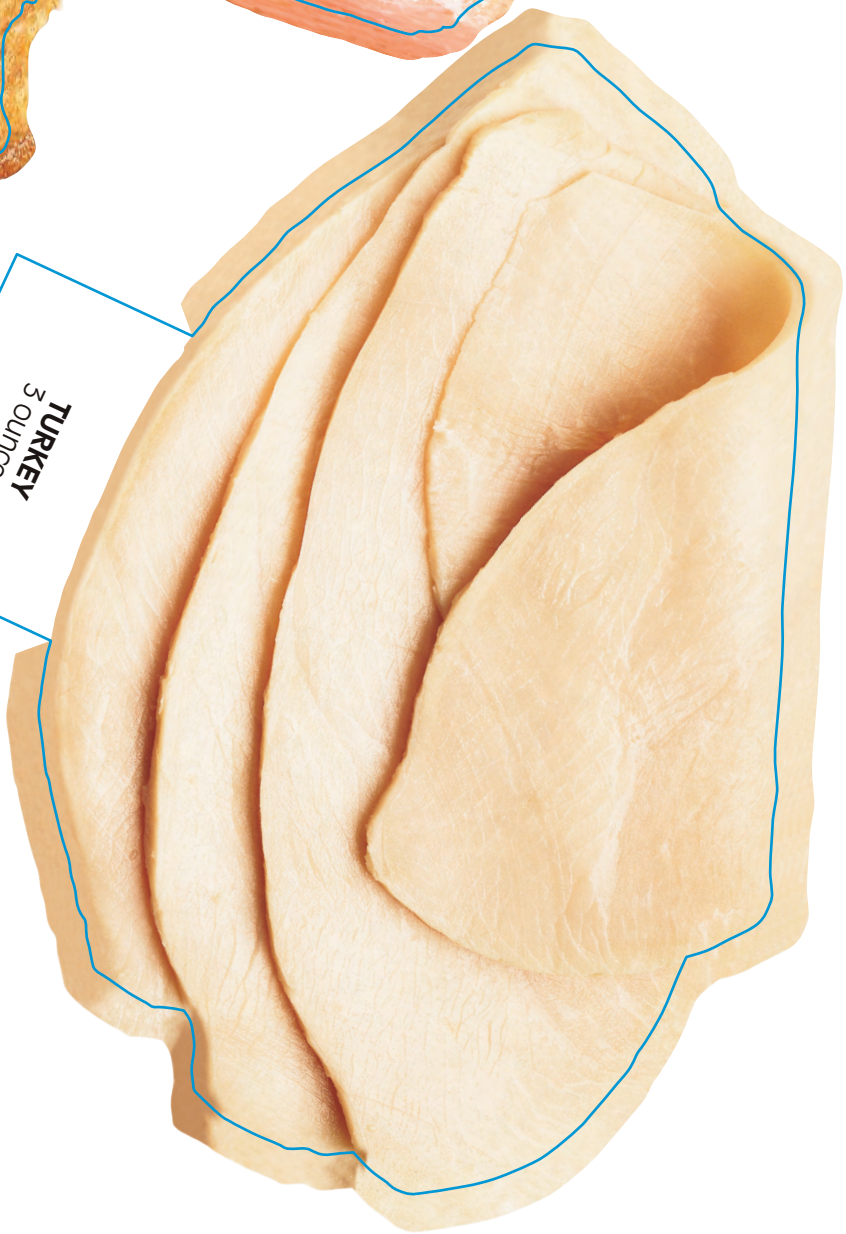
FRIED CHICKEN
3 ounces



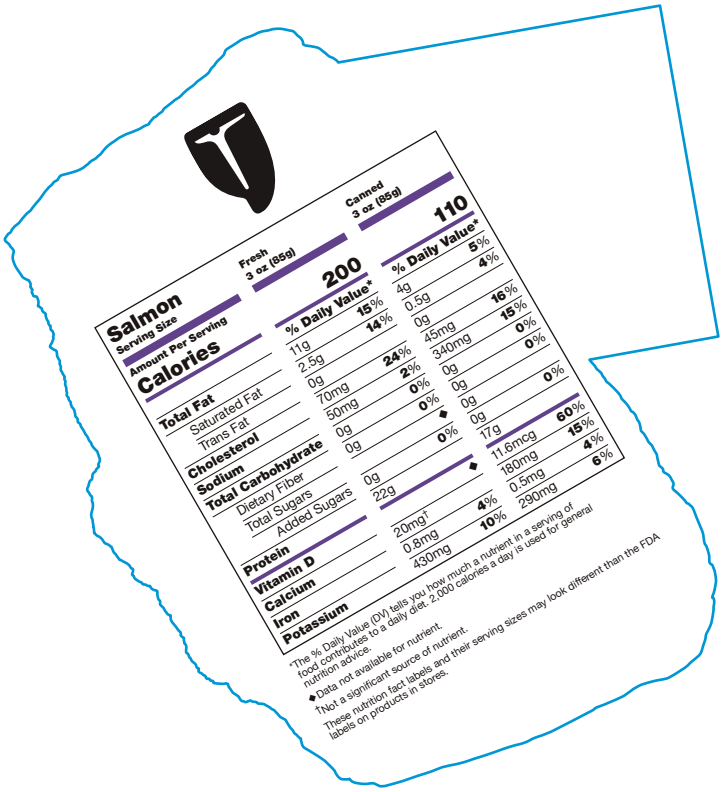
SALMON
3 ounces



ROASTED CHICKEN
3 ounces



TURKEY
3 ounces



Salmon
Serving Size

Amount Per Serving	Fresh 3 oz (85g)	Canned 3 oz (85g)
Calories	**200**	**110**
	% Daily Value*	% Daily Value*
Total Fat	11g 15%	4g 5%
Saturated Fat	2.5g 14%	0.5g 4%
Trans Fat	0g	0g
Cholesterol	70mg 24%	45mg 15%
Sodium	50mg 2%	340mg 15%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g ◆	0g ◆
Total Sugars	0g	0g
Added Sugars	0%	0%
Protein	22g ◆	17g ◆
Vitamin D	20mcg† 4%	11.6mcg 60%
Calcium	0.8mg 10%	180mg 15%
Iron	430mg	0.5mg 4%
Potassium		290mg 6%

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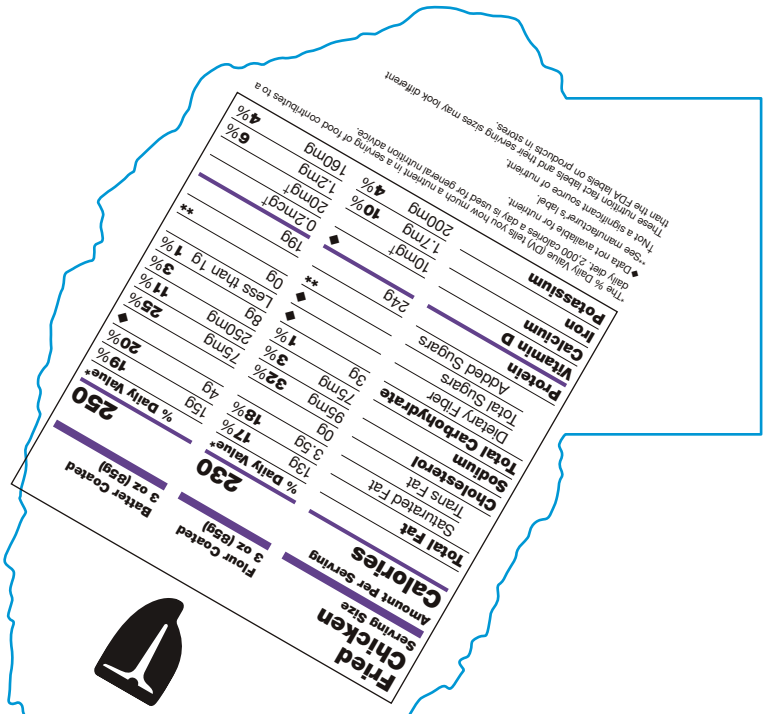

Fried Chicken
Serving Size

Amount Per Serving	Flour Coated 3 oz (85g)	Batter Coated 3 oz (85g)
Calories	**230**	**250**
	% Daily Value*	% Daily Value*
Total Fat	13g 17%	15g 20%
Saturated Fat	3.5g 18%	4g 20%
Trans Fat	0g	0g
Cholesterol	95mg 32%	75mg 25%
Sodium	75mg 3%	250mg 11%
Total Carbohydrate	3g 1% ◆	8g 3% ◆
Dietary Fiber	3g **	0g **
Total Sugars	0g	Less than 1g
Added Sugars		
Protein	24g	19g
Vitamin D	10mcg† 10% ◆	0.2mcg† 1% ◆
Calcium	1.7mg 4%	1.2mg 6%
Iron	200mg	160mg
Potassium		

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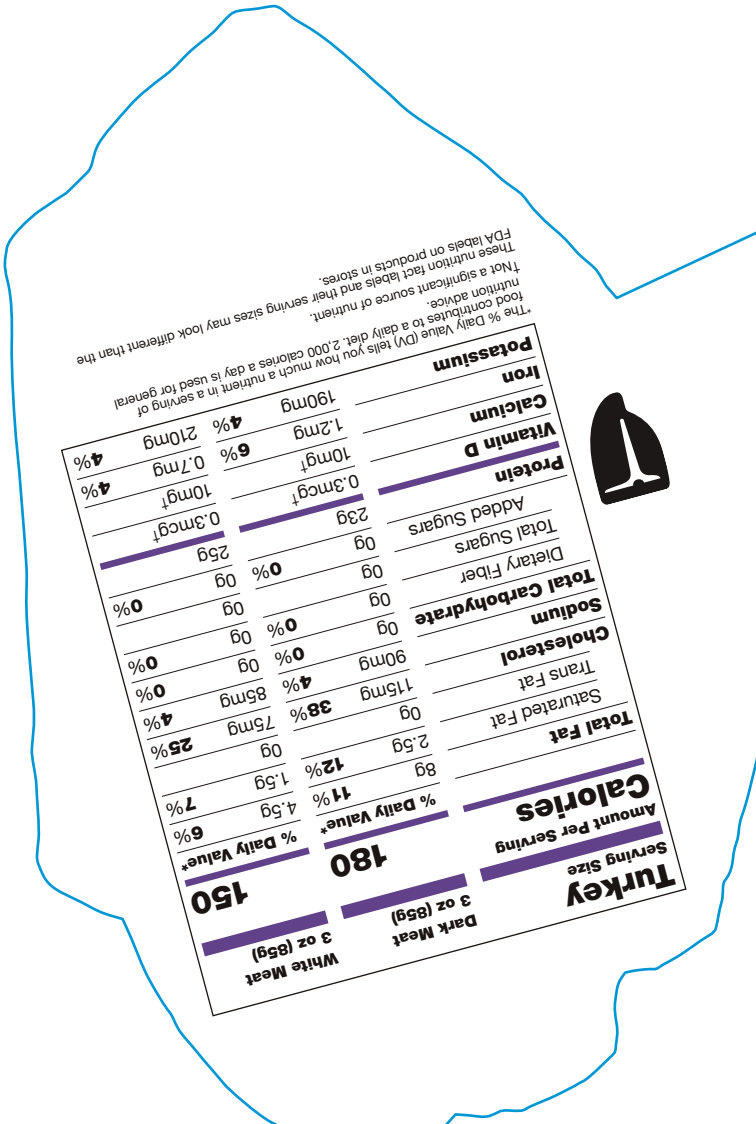

Turkey
Serving Size

Amount Per Serving	White Meat 3 oz (85g)	Dark Meat 3 oz (85g)
Calories	**150**	**180**
	% Daily Value*	% Daily Value*
Total Fat	4.5g 7%	8g 12%
Saturated Fat	1.5g 7%	2.5g 11%
Trans Fat	0g	0g
Cholesterol	75mg 25%	115mg 38%
Sodium	85mg 4%	90mg 4%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Added Sugars		0g
Protein	25g	23g
Vitamin D	0.3mcg† 4%	0.3mcg† 4%
Calcium	10mg† 6%	10mg† 4%
Iron	0.7mg 4%	1.2mg 6%
Potassium	210mg 4%	190mg 4%

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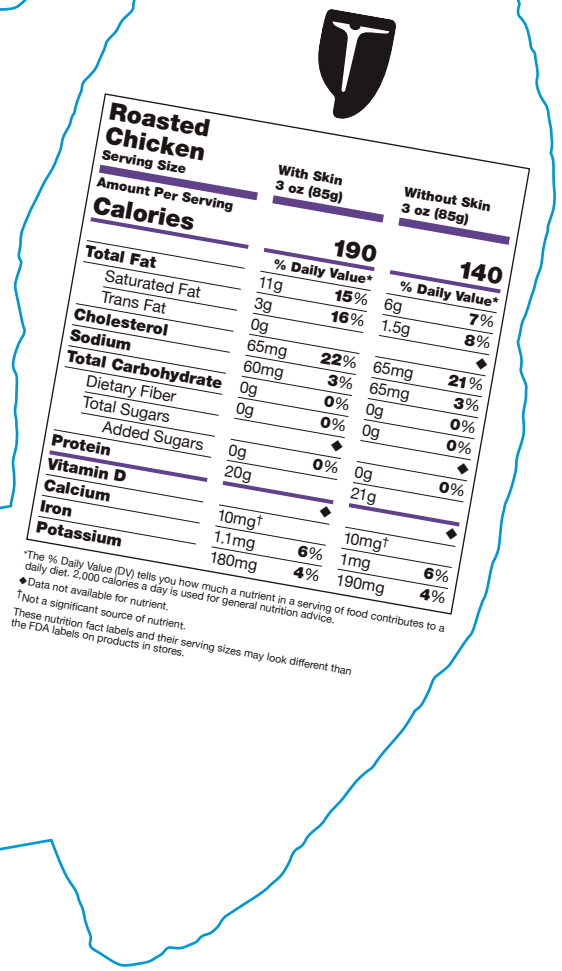

Roasted Chicken
Serving Size

Amount Per Serving	With Skin 3 oz (85g)	Without Skin 3 oz (85g)
Calories	**190**	**140**
	% Daily Value*	% Daily Value*
Total Fat	11g 15%	6g 7%
Saturated Fat	3g 16%	1.5g 8%
Trans Fat	0g	◆
Cholesterol	65mg 22%	65mg 21%
Sodium	60mg 3%	65mg 3%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g ◆	0g ◆
Added Sugars	0g 0%	0g 0%
Protein	20g	21g
Vitamin D	10mg† ◆	10mg† ◆
Calcium	1.1mg 6%	1mg 6%
Iron	180mg 4%	190mg 4%
Potassium		

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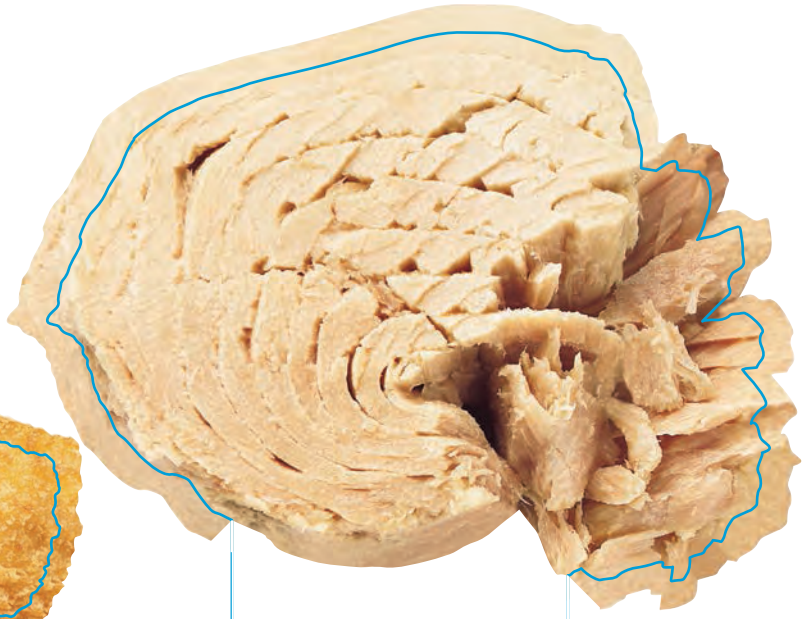
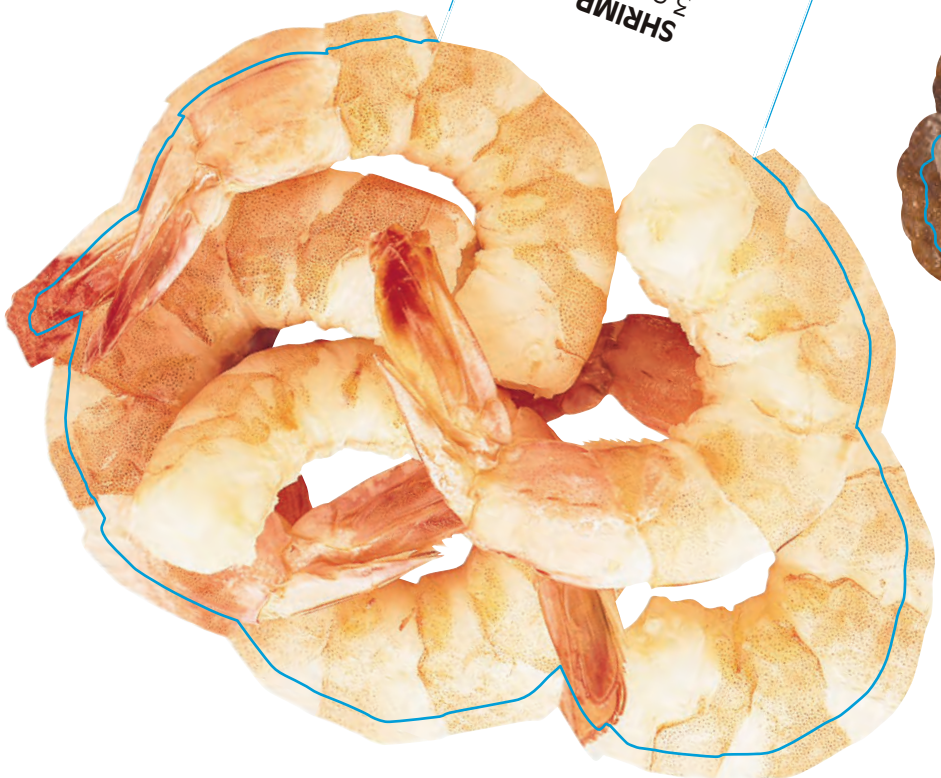
FISH STICKS
3 ounces

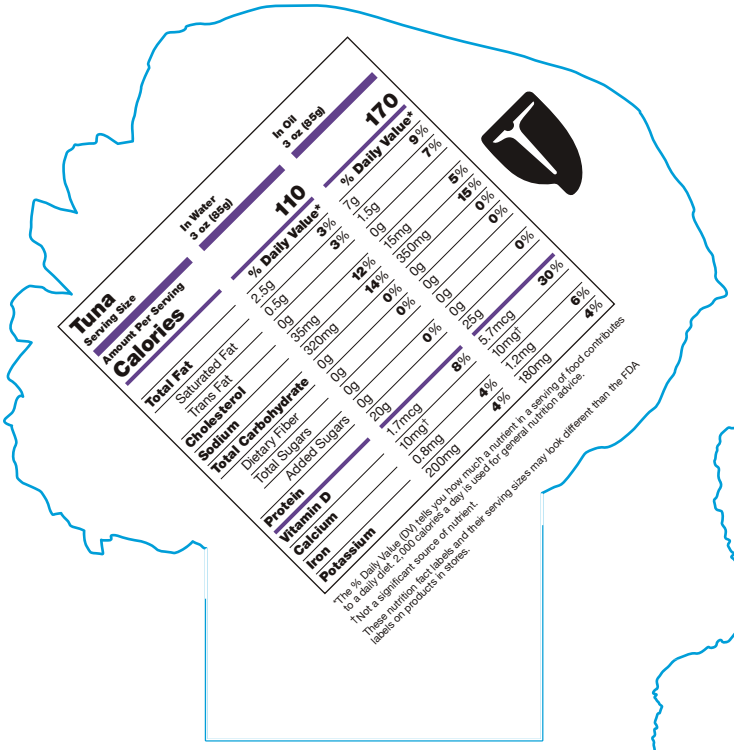


TUNA
3 ounces

WALNUTS
⅓ cup



SHRIMP
3 ounces



Tuna
Serving Size

Amount Per Serving	In Water 3 oz (85g)	In Oil 3 oz (85g)
Calories	**110**	**170**
	% Daily Value*	% Daily Value*
Total Fat	2.5g 3%	7g 9%
Saturated Fat	0.5g 3%	1.5g 7%
Trans Fat	0g	0g
Cholesterol	35mg 12%	15mg 5%
Sodium	320mg 14%	350mg 15%
Total Carbohydrate	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Added Sugars	0g 0%	0g 0%
Protein	20g	25g
Vitamin D	1.7mcg 8%	5.7mcg 30%
Calcium	10mg† 0%	10mg† 0%
Iron	0.8mg 4%	1.2mg 6%
Potassium	200mg 4%	180mg 4%

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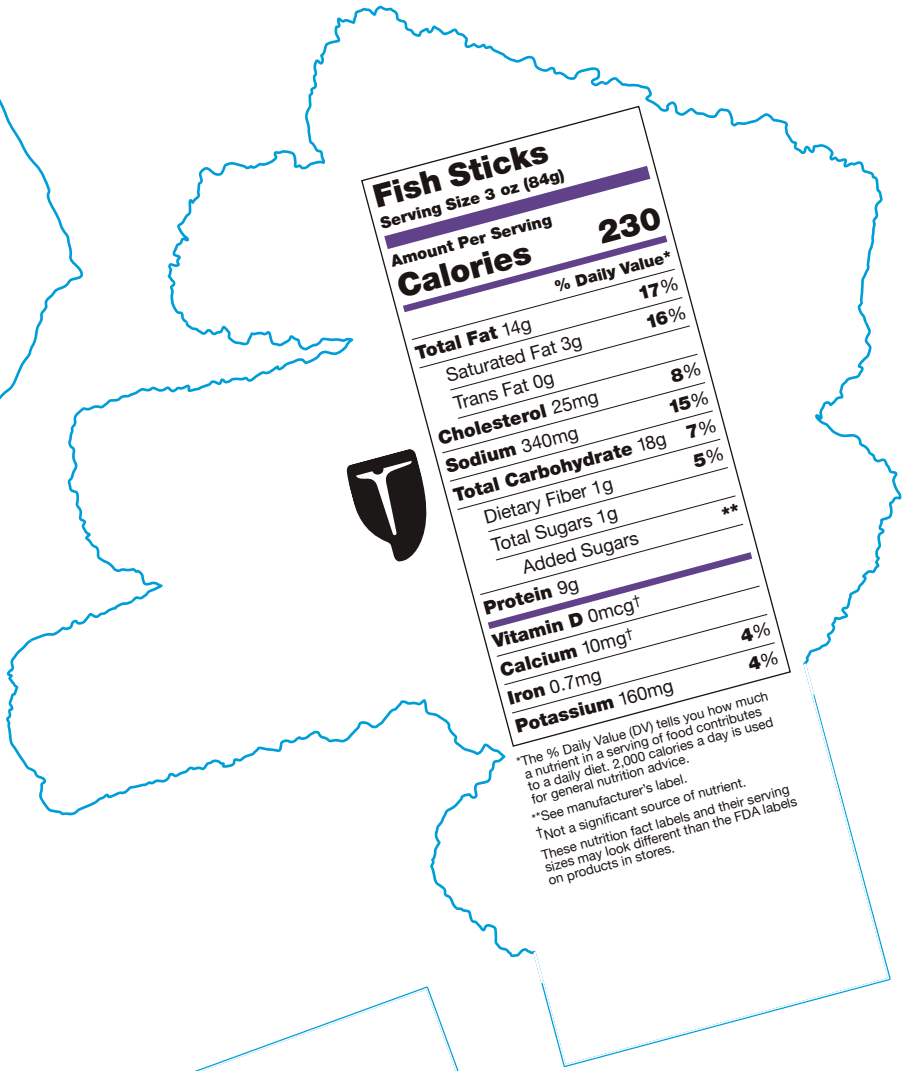

Fish Sticks
Serving Size 3 oz (84g)

Amount Per Serving	
Calories	**230**
	% Daily Value*
Total Fat 14g	17%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 340mg	15%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	5%
Total Sugars 1g	
Added Sugars	**
Protein 9g	
Vitamin D 0mcg†	
Calcium 10mg†	4%
Iron 0.7mg	4%
Potassium 160mg	4%

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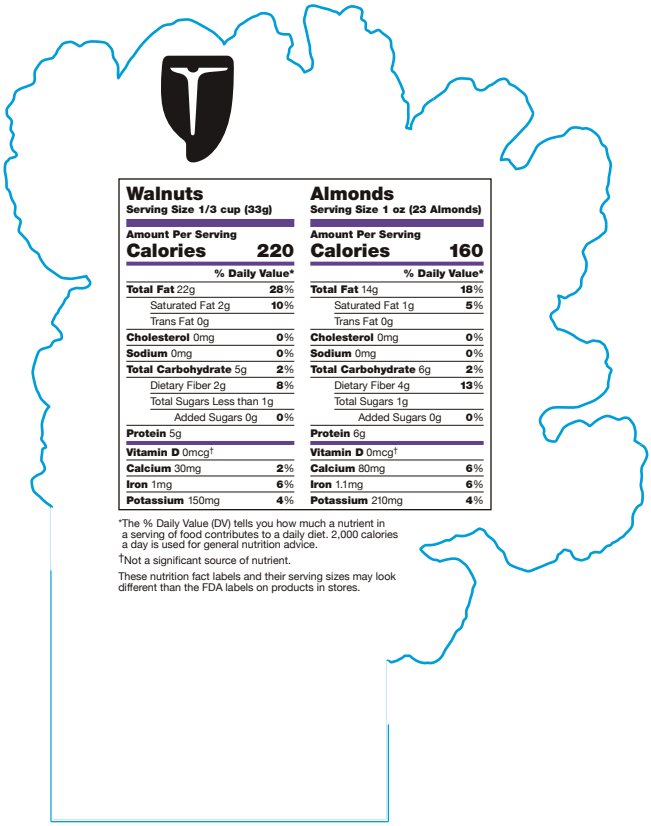

Walnuts Serving Size 1/3 cup (33g)		**Almonds** Serving Size 1 oz (23 Almonds)	
Amount Per Serving		**Amount Per Serving**	
Calories	**220**	**Calories**	**160**
	% Daily Value*		% Daily Value*
Total Fat 22g	**28%**	**Total Fat** 14g	**18%**
Saturated Fat 2g	**10%**	Saturated Fat 1g	**5%**
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	**0%**	**Cholesterol** 0mg	**0%**
Sodium 0mg	**0%**	**Sodium** 0mg	**0%**
Total Carbohydrate 5g	**2%**	**Total Carbohydrate** 6g	**2%**
Dietary Fiber 2g	**8%**	Dietary Fiber 4g	**13%**
Total Sugars Less than 1g		Total Sugars 1g	
Added Sugars 0g	**0%**	Added Sugars 0g	**0%**
Protein 5g		**Protein** 6g	
Vitamin D 0mcg†		**Vitamin D** 0mcg†	
Calcium 30mg	**2%**	**Calcium** 80mg	**6%**
Iron 1mg	**6%**	**Iron** 1.1mg	**6%**
Potassium 150mg	**4%**	**Potassium** 210mg	**4%**

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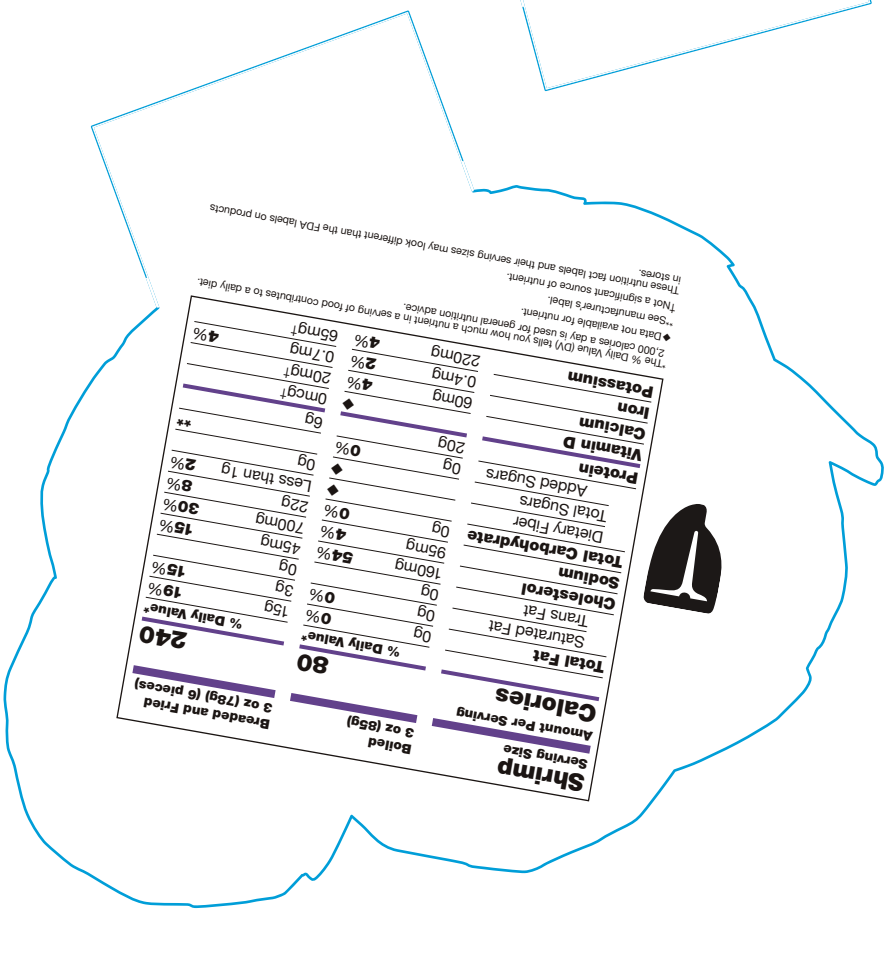

Shrimp
Serving Size

Amount Per Serving	Boiled 3 oz (85g)		Breaded and Fried 3 oz (78g) (6 pieces)	
Calories	**80**		**240**	
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	15g	19%
Saturated Fat	0g	0%	3g	15%
Trans Fat	0g		0g	
Cholesterol	160mg	54%	45mg	15%
Sodium	95mg	4%	700mg	30%
Total Carbohydrate	0g	0%	22g	8%
Dietary Fiber	◆	◆	Less than 1g	2%
Total Sugars	◆		0g	
Added Sugars	0g	0%	6g	**
Protein	20g			
Vitamin D	0g		0mcg†	
Iron	0.4mg	4%	0.7mg	4%
Potassium	220mg	4%	65mg†	

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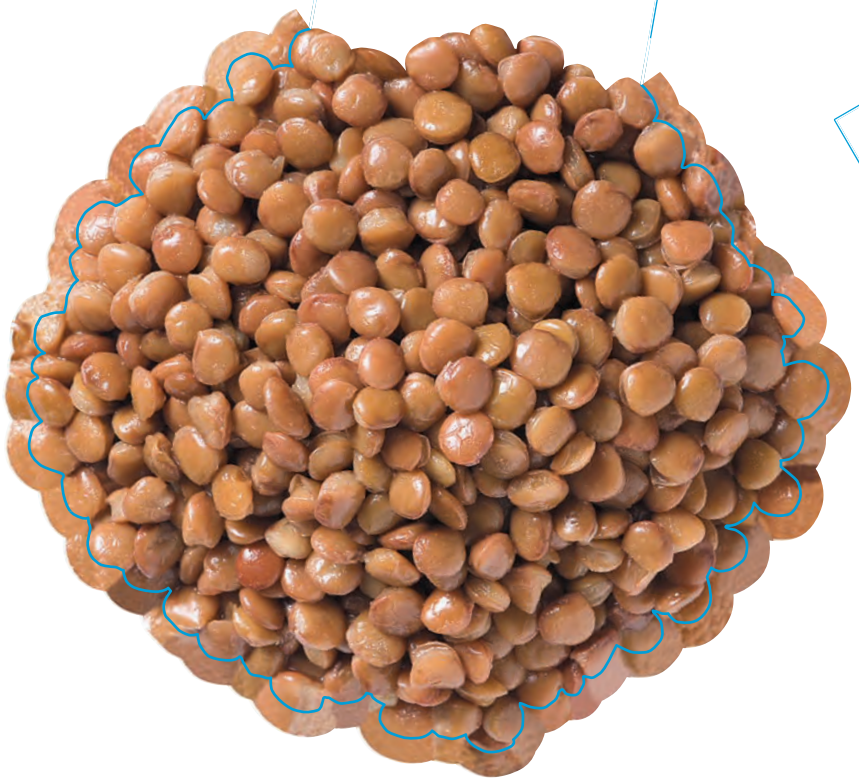
CHICKEN NUGGETS
5 pieces (3 ounces)

BLACK BEANS
½ cup

LENTILS
½ cup



HUMMUS
¼ cup

Black Beans
Serving Size — Cooked 1/2 cup (86g) — Canned 1/2 cup (120g)
Amount Per Serving
Calories 110 110

	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	0mg 0%	460mg 20%
Total Carbohydrate	20g 7%	20g 7%
Dietary Fiber	8g 27%	8g 30%
Total Sugars	0g	0g
Added Sugars	0g 0%	7g 0%
Protein	8g	8g
Vitamin D	0mcg† 0%	0mcg† 0%
Calcium	20mg† 2%	40mg 4%
Iron	1.8mg 10%	2.3mg 15%
Potassium	310mg 6%	370mg 8%

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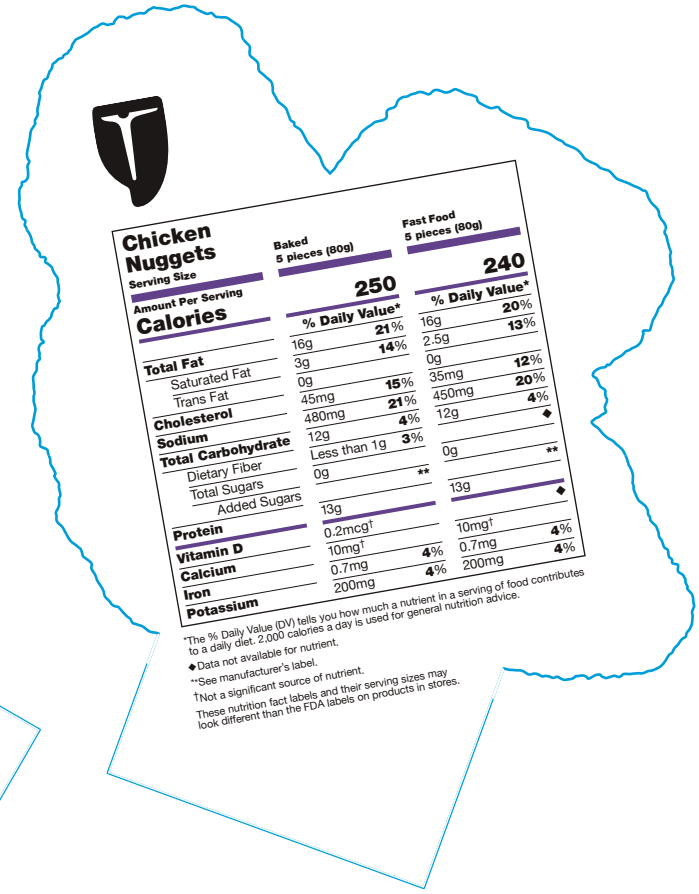

Chicken Nuggets
Serving Size — Baked 5 pieces (80g) — Fast Food 5 pieces (80g)
Amount Per Serving
Calories 250 240

	% Daily Value*	% Daily Value*
Total Fat	16g 21%	16g 20%
Saturated Fat	3g 14%	2.5g 13%
Trans Fat	0g	0g
Cholesterol	45mg 15%	35mg 12%
Sodium	480mg 21%	450mg 20%
Total Carbohydrate	12g 4%	12g ◆
Dietary Fiber	Less than 1g 3%	
Total Sugars	0g **	0g **
Added Sugars		
	13g	13g ◆
Protein	0.2mcg†	10mg†
Vitamin D	10mg†	0.7mg 4%
Calcium	0.7mg 4%	200mg 4%
Iron	200mg 4%	
Potassium		

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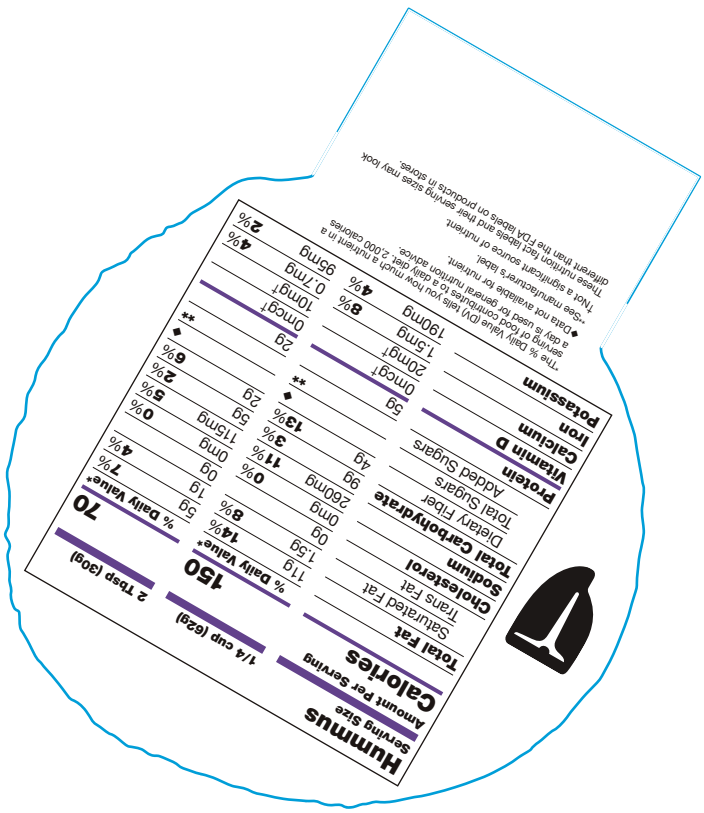
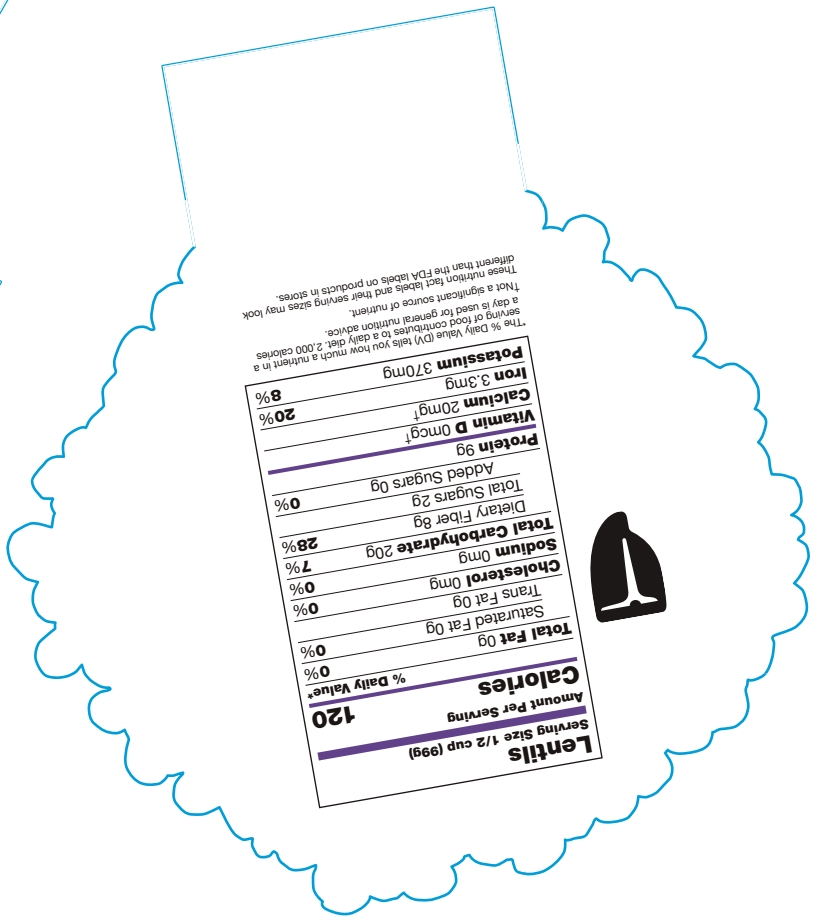


Hummus
Serving Size — 2 Tbsp (30g)
Amount Per Serving
Calories 70 150 — 1/4 cup (62g)

	% Daily Value*	% Daily Value*
Total Fat	5g 7%	11g 14%
Saturated Fat	0g 4%	1.5g 8%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	115mg 5%	260mg 11%
Total Carbohydrate	5g 2%	9g 3%
Dietary Fiber	2g 6%	4g 13%
Total Sugars		
Added Sugars	0g **	0g **
	2g ◆	2g ◆
Protein	0mcg†	0mcg†
Vitamin D	20mg† 2%	59mg 4%
Calcium	1.5mg 8%	1.5mg 8%
Iron	190mg 4%	95mg 2%
Potassium		

*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.
These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.



Lentils
Serving Size 1/2 cup (99g)
Amount Per Serving
Calories 120

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	28%
Total Sugars 2g	
Added Sugars 0g	0%
Protein 9g	
Vitamin D 0mcg†	0%
Calcium 20mg†	2%
Iron 3.3mg	20%
Potassium 370mg	8%

*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.
†Not a significant source of nutrient.
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