# **MAIN MEALS:**

# Costco Pizza:

Serving Size: DF1 slice .1/6 pizza 2000-200	9
Amount Per Serving rategic Office Solutions,	Inc
Calories 716.82 etFacts. ColCalories from Fat	301
Comminter@2000.2000	% DV
Total Fat 33.449 Solutions	51%
Saturated Fat 15.34g	77%
Polyunsaturated Fat 2.73g	
Cholesterol 75.12mg Copyright ©2000-200	25%
Sodium 1634.23mg	68%
Total Carbohydrate 69.2g	23%
Dietary Fiber 2,549000-2009	10%
Stsugarsic6.29gce Solutions, Inc.	
Protein 34.85g	70%
Vitamin A 26%	0%
Calcium 49% Strategic Office Solutium,	
Unofficial Pts: 16 ©DietFacts.com	com
Copyright@2000-2009	
Strategic Offerent of chiories from C. di Fat: 42% C Carb: 38.6% Protein: 19.4%	

(Total may not equate 100% due to rounding.)

# Dairy Queen Chicken Strip Basket:

Serving Size: 1 basket 044691 02000-20	09
Amount Per Serving rategic Office Solutions	5, 1
Calories 1120 dietFacts Calories from Fat	430
Convright@2000-2009 %	DV
	4%
di Saturated Fat, 7g 3	5%
Trans Fat 3g	
Cholesterol 70mg Copyright ©2000-22	3%
Sodium 2970mg	4%
Total Carbohydrate 109g 3	6%
Dietary Fiber 8g 2000-2009 3	2%
St <b>Sugars</b> ic <b>7</b> 0ffice Solutions, Inc.	
Protein 39gcom 7	8%
Vitamin A 2%	2%
Calcium 10% Strategic Office Solution3	5%

Unofficial Pts: 26 ©DietFacts.com

Strategic Operant of calories from IC. Fat: 38.4% Carb: 38.9% Protein: 13.9% (Total may not equate 100% due to rounding.)

# Costco Hot Dog:

Serving Size: DF1 hot degoovright	<u>@2000-2009</u>
Amount Per Serving Pategic Office	e Solutions, Inc
Calories 560 dietFacts.cocalor	ries from Fat 288
0	% DV
Total Fat 329 fice Solutions	49%
Saturated Fat 12g	60%
Polyunsaturated Fat 3.4g	
Cholesterol 65mg Copyright	©2000-20 <b>22%</b>
Sodium 1800mg	Solutions,75%
Total Carbohydrate 46g	15%
Dietary Fiber 3902000-2009	9 12%
Stsugarsic11gfice Solutions,	Inc.
Protein 20gcom	40%
Vitamin A 6%	Vitamin C 3%
Calcium 15% Strategic Office	SolutIms,22%
Unofficial Pts: 13	©DietFacts.com
Copyright@2000-2009	9
Strategic Of Percent of Calories fro (Fat: 51.4%) Carb: 32.9% Pi (Total may not equate 100% due	rotein: 14.3%

# Kraft Mac n' Cheese:

Serving Size: DF1/4 box Of CUBIN 089000-200
Amount Per Serving rategic Office Solutions,
Calories 290 dietFactScalories from Fat 40
Converight @2000-2009 % DV
Total Fat 4,59 fice Solutions Inc. 7%
di Saturated Fat 2g 10%
Trans Fat Og
Cholesterol 15mg Copyright © 2000- 5%
Sodium 850mg
Total Carbohydrate 50g 17%
Dietary Fiber 2000-2009 8%
St <b>sugars</b> c <b>6</b> fice Solutions, Inc.
Protein 13g <sup>COM</sup> 26%
Vitamin A 2% • Vitamin C 0%
Calcium 20% Strategic Office SdrenidA%
Unofficial Pts: 6

Strategic Officer of Calories from Inc. Fat: 13.8% Carb: 69% Protein: 17.9% (Total may not equate 100% due to rounding.)

Serving Size: F10 oz • 1 entree	<u>@2000-2009</u>
Amount Per Serving rategic Office	Solutions, Inc
Calories 702.82 etFacts. Cocalor	ries from Fat 242
0	% DV
Total Fat 26.91g	41%
Cholesterol 46.92mg	16%
Sodium 1048.95mg	44%
Total Carbohydrate 69.31gight	©2000-20 <b>03%</b>
Protein 43.57g trategic Office	Solutions,87%
Unofficial Pts: 16 (Fiber unknown so gts may belower)))	

strategic Office Solutions, Inc.

Fat: 34.4% Carb: 39.4% Protein: 24.8% (Total may not equate 100% due(to rounding:))()9

Serving Size: 1 sandwich 159902000	-200:
Amount Per Serving rategic Office Solution	ons,
Calories 470 dietFactscalories from Fai	t 288
	% DV
Total Fat 329 fice Solutions Inc	49%
Saturated Fat 11g	55%
Trans Fat 2.5g	
Cholesterol 180mg Copyright © 2000	60%
Sodium 1060mg	44%
Total Carbohydrate 26g	9%
Dietary Fiber 49,2000-2009	0%
St <b>sugars s</b> office Solutions, Inc.	
Protein 19gcom	38%
Unofficial Pts: 12 Copyri © DietFacts Strategic Office Solution	
Fat: 61.3% Carb: 22.1% Protein: 16 Copyright © 2000-2009	

Str (Total may not equate 100% due to rounding.)

# Chicken McGrill:

Serving Size: F1 sandwich 1715 02 2130	<b>1</b> 200:
Amount Per Serving rategic Office Solution	ons,
Calories 410 dietFactsCalories from Fat	153
Convictor (2000-2000	% DV
Total Fat 179 fice Solutions Inc	26%
Saturated Fat, 3g	15%
Cholesterol 60mg	20%
Sodium 880mg Copyright ©2000-	37%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	12%
Sugars: 7g/right © 2000-2009	
Proteing25gOffice Solutions, Inc.	50%
Vitamin A <sup>L</sup> 6% <sup>OM</sup> • Vitamin C	10%
Calcium 15% Copyright@2000-	<b>15%</b>
Unofficial Pts: Strategic Office Solution	Com

Unofficial Pts: 9 dietFacts.com dietFacts.com

Fat: 37.3% Carb: 38% Protein: 24.4% (Total may not equate 100% due to rounding.)

# Crispy Chicken

Serving Size: 1 sandwich 777 02 2199	200
Amount Per Serving rategic Office Solution	ns,
Calories 510 dietFactsCalories from Fat	234
0	% DV
Total Fat 269 fice Solutions Inc	40%
Saturated Fat, 4.5g	22%
Cholesterol 50mg	17%
Sodium 1090mg Copyright ©2000-	45%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars: 7g/right @2000-2009	
Proteing22gOffice Solutions, Inc.	44%
Vitamin A 6% • Vitamin C	10%
Calcium 15% Loopvright © 2000-	<del>15%</del>
Unofficial Pts: 12 artegic Office Solution dietFacts.com	com

Fat: 45.9% Carb: 36.9% Protein: 17.3%

die(Total may not equate 100% due to rounding.)

### Creamy Caesar Dressing:

Serving Size: 1 package 2 dhoz 259 m	1L20(
Amount Per Serving rategic Unice Soluti	ons,
Calories 190 dietFactCalories from Fat	170
0	% DV
Total Fat 189 fice Solutions, Inc.	28%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg Copyright © 2000	- 7%
Sodium 500mg Strategic Office Soluti	21%
Total Carbohydrate 4g	1%
Dietary Fiber Og 2000-2009	0%
Stsugarsc2gffice Solutions, Inc.	
Protein 2g. com	4%
Vitamin A 2% • Vitamin C	.0%
Calcium 6% Strategic Office Soliton	ି ୩%
Unofficial Pts: 5	com
Copyright@2000-2009	
Strategic Percent of Calories from Inc.	

Fat: 89.5% Carb: 8.4% Protein: 4.2% (Total may not equate 100% due to rounding.)

#### Ranch:

Serving Size: DF1 packet 0 1 5 0 2(0) 439	00-200
Amount Per Serving Tategic Office Solu	utions,
Calories 200 dletFactCalories from F	at 200
Comminue (2000, 2000)	% DV
Total Fat 229 fice Solutions Inc.	34%
Saturated Fat 3.5g	18%
Trans Fat Og	
Cholesterol 10mg Copyright © 20	00-3%
Sodium 320mg	13%
Total Carbohydrate 2g	1%
Dietary; Fiber 09:000-2009	0%
StSugarsic1giffice Solutions, Inc.	
Protein 0g.com	0%
Vitamin A 0%	η <u>ς</u> 0%
calcium 1% Strategic Office Sol	0000
Unofficial Pts: 6	ts.com
Copyright © 2000-2009	

Strategic Offent of calabies from LINC. di Fat: 100% on Carb: 4% Protein: 0% (Total may not equate 100% due to rounding.)

## Cobb:

Serving Size: package 1/2 floz) 25	2)mL20
Amount Per Serving Pategic Office Solu	utions
Calories 120 dietFactCalories from F	at 80
C	% DV
Total Fat 99 files Solutions Inc	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg Copyright © 20	00.3%
Sodium 440mg	18%
Total Carbohydrate 9g	3%
Dietary Fiber 0902000-2009	0%
St <b>Sugar</b> sic <b>s</b> office Solutions, Inc.	
Protein cig. com	2%
Vitamin A 2%	C 0%
Calcium 4% Strategic Office Ser	n 0%
Unofficial Pts: 3	s.com

Strategic Patienco Calories rom: Inc. Fat: 66.7%, CCarb: 30% Protein: 3.3% (Total may not equate 100% due to rounding.)

### McDonald's Southwest Salad with Grilled Chicken

Serving Size: salad Copyright @2000-	200:
Amount Per Serving rategic Office Solutio	ns,
Calories 500 dietFactsCalories from Fat	200
0.000 2000	% DV
Total Fat 229 fice Solutions Inc.	34%
di Saturated Fat 5g	25%
Trans Fat 1.5g	
Cholesterol 70mg Copyright © 2000-	23%
Sodium 1450mg	60%
Total Carbohydrate 52g	17%
Dietary Fiber 7902000-2009	28%
St <b>sugars</b> ic <b>i3</b> fice Solutions, Inc.	
Protein 26gcom	52%
Vitamin A 130% Vitamin C	50%
Calcium 15% Strategic Office Solution	15%

tFacts.com ©DietFacts.com Unofficial Pts: 11

Strategic Certent of Caldries from INC. (Fat: 40%5, Carb: 41.6% Protein: 20.8% (Total may not equate 100% due to rounding.)

## McDonald's Big and Tasty Burger

Serving Size: 1 sandwich 82 02 232	<b>1</b> 200:
Amount Per Serving rategic Office Solution	ons,
Calories 470 dietFactsCalories from Fat	200
C	% DV
Total Fat 239 fice Solutions Inc	35%
Saturated Fat 8g	40%
Trans Fat 1.5g	
Cholesterol 80mg Copyright © 2000-	27%
Sodium 790mg	33%
Potassium 470mg	13%
Total Carbohydrate 21g0-2009	14%
St <b>Dietary Fiber i 3g</b> Solutions, Inc.	12%
distigant segom	
Protein 24g	48%
Vitamin A 8% Strated C Office Vitamin (	8%
Calcium 15% dietFacts.com Iron	25%
Phosphorus 25%	
Unofficial Pts: 11:e Solution@DietFacts dietFacts.com	.com

Fat: 42.6% Percent of Calories from: Carb: 34.9% Protein: 20.4%

(Total may not equate 100% due to rounding.)

# **BEVERAGES:**

# Large Coke:

Serving Size: DF1 large drink/ 90492000-2	200
Amount Per Serving rategic Office Solution	ns,
Calories 398 dietFacts Calories from Fat	0
	DV
Total Fat: 09)ffice Solutions, Inc.	0%
di Saturated Fat Og (	0%
Trans Fat 0g	
Cholesterol 0mg Copyright © 2000- a	0%
Sodium 110mg	5%
Total Carbohydrate 109g 36	5%
Dietary Fiber 0902000-2009	0%
St <b>sugars</b> ic <b>1096</b> ice Solutions, Inc.	
Protein cog.com (	0%
Vitamin A 0% • Vitamin C 0	)%
Calcium 0% Strategic Office Solution	2%
Unofficial Pts: 8	m
Convright@2000-2009	
Strategic Office Selutions	

Strategic Orcaldries from IDC. d Fat: 0% Carb: 100% Protein: 0% (Total may not equate 100% due to rounding.)

#### Mountain Dew:

Serving Size: p=22 fl oz_opyright@2000-200
Amount Per Serving rategic Office Solutions,
Calories 312 dietFacts. Calories from Fat 0
0 or with 0 2000 2000 % DV
Total Fat 09 frice Solutions Inc. 0%
di Saturated Fati 0g 0%
Trans Fat Og
Polyunsaturated Fat Opyright © 2000-200
Monounsaturated Fat 0g Mice Solutions,
Cholesterol 0mg 0%
Sodium (128mg <sub>aht</sub> © 2000-2009 5%
Total Carbohydrate 83.9 gons, Inc. 28%
Dietary Fiber Og 0%
Soluble Fiber 0g
Insoluble Fiber, Ogic Office Solutions
Sugars 83.99 etFacts com
Other Carbohydrate 0g
Protein 0gpyright ©2000-2009 0%
Vitamin A 0% Vitamin C 0%
Calcium 0% • Iron 0%
Copyright (C2000-200 Unofficial Pts: Strategic Off©DietFacts.com

Percent of Calories from: Fat: 0% DV Carb: 100% - Protein: 0% C+- (Total may not equate 100% due to rounding.)

### 16 ounces of whole milk:

#### Serving Size: 1 bottle 16 02000-2009

Amount Per S	erving rategic Offic	e Solutions, Ir
Calories 27	72.16 etFacts. Calo	ries from Fat 133
		% DV
Total Fat 1	4.749 e Solutions	23%
Cholestero	lomg	0%
Sodium On	ng	0%
Total Carbo	hydrate 20.5g/19	nt©2000-20 <b>6%</b>
Protein 14	.61g trategic Offic dietEacts.com	e Solutions
Unofficial Pl	ts: 7	©DietFacts.com

Hacts, cold Percent of Calories from: 48.9% Carb: 30.1% Protein: 21.5% (Total may not equate 100% due to rounding.) Fat: 48.9%

## 16 ounces of lowfat - 2% milk

Serving Size: DF1 bottle 16 02100	0-2009
Amount Per Serving rategic Office Solut	ions, J
Calories 254.01 etFacts. Calories from	Fat 81
	% DV
Total Fat 8,98g ce Solutions Inc	14%
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 24.9g/right © 2000	-208%
Protein 17.928trategic Office Solut	36%
Unofficial Pts: 6 ©DietFact (Fiber unknown so Pts may be lower) 0.9 Strategic Office Solutions, Inc. diethacts.com Percent of Calories from: Fat: 31.9% Carb: 39.2% Protein: 28 (Total may not equate 100% due to rounding	<b>3.2</b> %

# Large Chocolate Shake:

Serving Size: pr1 large shake 179492000-2009
Amount Per Serving rategic Office Solutions, .
Calories 1140 dietFacts Calories from Fat 300
% DV
Total Fat 339 fice Solutions Inc. 51%
di Saturated Fat 21g 105%
Trans Fat 1.5g
Cholesterol 105mg Copyright ©2000-285%
Sodium 550mg
Total Carbohydrate 186g 62%
Dietary Fiber 2g 2000-2009 8%
St <b>Sugars</b> c <b>165</b> gice Solutions, Inc.
Protein 26g00 52%
Vitamin A 40% Vitamin C 8%
Calcium 90% Strategic Office Solution15%
Unofficial Pts: 25 ©DietFacts.com
Copyright@2000-2009
Strategic Officent Sponing from nc.

(Fat: 26.3% Carb: 65.3% Protein: 9.1% (Total may not equate 100% due to rounding.)

## Starbuck's Caramel Frappuccino - Venti

Serving Size: 1 Ventidrink 124 1200	-200:
Amount Per Serving rategic Office Solution	ons,
Calories 380 dietFactsCalories from Fat	130
	% DV
Total Fat 149 fice Solutions Inc	22%
di Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 410mg Copyright ©2000	17%
Total Carbohydrate 53g	18%
Dietary Fiber 4g	16%
Sugars: 399 joht © 2000-2009	
Proteing9g Office Solutions, Inc.	18%
Unofficial Pts: 8 ©DietFacts	.com
Copyright©2000	-200!
Fat: 34.2% Carb: 55.8% Protein: 9.5% (Total may not equate 100% due to rounding.)	

# Large Orange Juice:

Serving Size: DF1 large drink 10 02-02	84g
Amount Per Serving rategic Office Solu	tions
Calories 125 dietFactScalories from F	at 9
	% DV
Total Fat 19 fice Solutions Inc	2%
Saturated Fat 0g	0%
Cholesterol Omg	0%
Sodium 3mg Copyright © 200	0%
Total Carbohydrate 29g	10%
Sugars 28g	
Protein 29 pyright © 2000-2009	4%
Strategic Office Solutions, Inc. Unofficial Pts: 3 ©DietFacts (Fiber unknown so Pts may be lower)	.com
Copyright@200	n se

Fat: 7.2% Carb: 92.8% Protein: 6.4% (Total may not equate 100% due to rounding.)

# Large Orange Soda:

Serving Size: 1 large drink + 9049200	00-200
Amount Per Serving rategic Office Solu	itions,
Calories 434 dietFacts. Calories from	Fat 0
0	% DV
Total Fat 09 ffice Solutions Inc	0%
Saturated Fat 0g	0%
Trans Fat Og	
Cholesterol 0mg Copyright © 200	00-0%
Sodium 200mg	108%
Total Carbohydrate 119g	40%
Dietary Fiber 0902000-2009	0%
St <b>Sugars</b> c <b>119g</b> ice Solutions, Inc.	
Protein cog. com	0%
Vitamin A 0% • Vitamin	C_9%
Calcium 0% Strategic Office Solu	୧୩୦ ମିଞ୍ଚ

#### Unofficial Pts: 9 ©DietFacts.com

Strategic Officent of Caldride from LDC. **Fat: 0%** Carb: 100% Protein: 0% (Total may not equate 100% due to rounding.)

# **BREAKFAST:**

# Jumbo Muffin (multiply everything by 3 if you eat it all!!)

Serving Size: DF1/3 jumbo muffin (559)	00-200
Amount Per Serving Tategic Office Solu	itions,
Calories 195 dietFactsCalories from I	Fat 99
C	% DV
Total Fat 19 fice Solutions, inc.	17%
G Saturated Fat 2g	10%
Cholesterol 21mg	7%
Sodium 121mg Copyright ©200	00-3%
Total Carbohydrate 21g Office Solu	1107%
Dietary Fiber Ig	4%
Sugars: 0129 in t © 2000-2009	
Proteing4g Office Solutions, Inc.	8%
Unofficial Pts: 5 ©DietFact	s.com
Copyright©200	00-200
Fat: 50.8% Carb: 43.1% Protein: 4	itions, <b>8.2%</b>

(Total may not equate 100% due to rounding.)

# Glazed doughnut

Serving Size: DF1 donut_opvright@2000-	200
Amount Per Serving rategic Office Solution	ns,
Calories 180 dietFactSCalories from Fat	70
°	6 DV
Total Fat 89 ffice Solutions Inc. 1	12%
di Saturated Fat 1.5g	8%
Trans Fat 4g	
Cholesterol 0mg Copyright © 2000-	0%
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 1902000-2009	4%
St <b>sugagicég</b> ifice Solutions, Inc.	
Protein 3g.com	6%
Vitamin A 0% • Vitamin C	9%
Calcium 0% Strategic Office Solution	4%
Unofficial Pts: 4	om
Copyright@2000-2009	
Strategic Percent of Calories from LDC. Fat: 38.9% CCarb: 55.6% Protein: 6.79	%

(Total may not equate 100% due to rounding.)

#### Cinnabon

Serving Size: pri roll Copyright @ 2000-2	009
Amount Per Serving rategic Office Solution	ns, I
Calories 813 dietFacts Calories from Fat	288
	% DV
Total Fat, 329 fice Solutions, unc.	49%
Saturated Fat 8g	40%
Trans Fat 5g	
Cholesterol 67mg Copyright © 2000-2	22%
Sodium 801mg	33%
Total Carbohydrate 117g	39%
Dietary Fiber 4902000-2009	16%
Stsugars c55gfice Solutions, Inc.	
Protein 15g00m	30%
Unofficial Pts: 18 Copyrig@DietFacts. Strategic Office Solution	
Diethacts, com Percent of Calories from:	

Fat: 35.4% Carb: 57.6% Protein: 7.4% (Total may not equate 100% due to rounding.)

#### Instant Oatmeal

Serving Size: DF1 order Copyright @ 2000-20(
Amount Per Serving rategic Office Solutions,
Calories 100 dietFactsCalories from Fat 18
0 - m mi sht @ 2000 - 2000
Total Fat 29 ffice Solutions Inc. 3%
d Saturated Fat 0g 0%
Trans Fat Og
Cholesterol 0mg Copyright © 2000-2%
Sodium 83.75mg
Total Carbohydrate 19g 6%
Dietary Fiber 3g 2000-2009 12%
St <b>sugars</b> ic <b>og</b> ffice Solutions, Inc.
Protein 4g. com 8%
Vitamin A 20% • Vitamin C 0%
Calcium 20% Strategic Office Surenidas,
Unofficial Pts: 2

Convright@2000-2009

Strategic Percent of Caldries from LNC. Fat: 18% Carb: 76% Protein: 16% (Total may not equate 100% due to rounding.)

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### 4 slices of Bacon

Serving Size: -4 slices -1 entree 2000-2009
Amount Per Serving rategic Office Solutions, J
Calories 104.51 etFacts. Calories from Fat 80
Solution         % DV           Total Fat 87939 cc Solutions         14%
Cholesterol 15.42mg 5%
<b>Sodium</b> 289.57mg 12%
Total Carbohydrate 0.11g/right 02000-20%
Protein 5.52g Strategic Office Solutions
Unofficial Pts: 3 (DietFacts.com (Fiber unknown so Pts (Day Bellower)) 09 Strategic Office Solutions, Inc.
Glethacts.com Percent of Calories from: Fat: 76.5% Carb: 0.4% Protein: 21.1% (Total may not equate 100% due to rounding.) () ()

# 1 Link Sausage

Serving Size: DF1 link • 1 2 007 0 3392000-	2009
Amount Per Serving rategic Office Solution	ns, .
Calories 117 dietFacts Calories from Fat	t 117
0.000 0000 0000	% DV
Total Fat 139 fice Solutions Inc	20%
d Saturated Fat 3g	15%
Cholesterol 21mg	7%
Sodium 167mg Copyright ©2000-	20%
Total Carbohydrate 0g	
Dietary Fiber Og	0%
Soluble Fiber (09000-2009	
StratInsoluble FiberS0gutions, Inc.	
distgars sogom	
Other Carbohydrate 0g	
NET Carbs Qtrategic Office Solution	
Protein 5g dietFacts.com	10%
Unofficial Pts: 3 Copyright © 2000-20 DietFacts	.com

# 1 Kellogg's Chocolate Chip Poptart

Serving Size: pastry: 05290ht © 2000-200		
Amount Per Serving rategic Office Solutions,		
Calories 200 dietFactsca	lories from Fat 54	
0.000	9000 % DV	
Total Fat 69 frice Solutio	2009 9%	
Saturated Fat 2g	10%	
Cholesterol Omg	0%	
Sodium 230mg Copy	yright©2000 <b>10%</b>	
Total Carbohydrate 35g	mice Solutions	
Dietary Fiber 0g	.om 0%	
Sugars: 189 inht © 2000-	-2009	
Proteing3g Office Solution	ons, Inc. 6%	
Vitamin A 10% •	Vitamin C 0%	
Calcium 2%	right Iron 10%	
Thiamine 10% Stratedic C	Riboflavin 10%	
Niacin 10% dietFacts.c	OrVitamin Be 10%	
Folic Acid 10% •	Phosphorus 6%	
Magnesium <sup>0</sup> 12%] ght © 2000- Strategic Office Solutio	2009 Copper 2%	
Unofficial Pts: 4	©DietFacts.com	

Percent of Calories from: Solutions, Fat: 27% Carb: 70% Protein: 6% (Total may not equate 100% due to rounding.)

### **Carnation Breakfast Bar**

Serving Size: DF1 bar Copyright @2000-200
Amount Per Serving rategic Office Solutions,
Calories 200 dietFactsCalories from Fat 99
0 and milet @ 2000. 2000. % DV
Total Fat 119 fice Solutions. Inc. 17%
Sodium 180mg 8%
Total Carbohydrate 20g 7%
Protein 6g Copyright©200012%
Unofficial Pts: 5  etFacts.co@DietFacts.com (Fiber unknown so Pts may be lower)

Strategic Percent of Caldries from: Inc. Fat: 49.5% COCarb: 40% Protein: 12% (Total may not equate 100% due to rounding.)

# **DESSERTS:**

# Ben and Jerry's Cherry Garcia Frozen Yogurt

Serving Size: DF1/2 cupCopyright @200	<u>0-20(</u>
Amount Per Serving Rategic Office Solu	tions,
Calories 140 dietFactscalories from F	at 22
0.000 0000 0000	% DV
Total Fat 2,59 ice Solutions Inc	4%
Saturated Fat 2g	10%
Cholesterol 5mg	2%
Sodium 65mg Copyright © 200	0-3%
Total Carbohydrate 27g	109%
Dietary Fiber 0g	0%
Sugars: 269 joht @ 2000-2009	
Proteing4g Office Solutions, Inc.	8%
Vitamin A 2% • Vitamin	C 2%
Calcium 8% Copyright ©200	<del>10-2%</del>
Unofficial Pts: Strategic Office Solu dietFacts.com	s.com

Eat: 15.7% Carb: 77.1% Protein: 11.4%

dig total may not equate 100% due to rounding.)

## Ben and Jerry's Double Chocolate Fudge Ice-Cream

Serving Size: DF1/2 cupCoDVright © 2000-	200
Amount Per Serving rategic Office Solution	ons,
Calories 260 dietFactScalories from Fat	135
Convright@2000-2009	% DV
Total Fat 159 fice Solutions, Inc.	23%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 55mg Copyright ©2000-	22%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars: 299 in the 2000-2009	
Proteing5g Office Solutions, Inc.	10%
Vitamin A <sup>T</sup> 10% • Vitamin C	2%
Calcium 10%	12 <mark>8%</mark>
Unofficial Pts: Strategic Office Schutic dietFacts.com	com

Eat: 51.9% Carb: 50.8% Protein: 7.7%

# Hershey's Cherry Twizzlers

Amount Per Serving Pategic Office Solut	
Calories 30 dietFacts. Cealories from	Fat 0
Conviriable@2000=2009	% DV
Total Fat 09 ffice Solutions Inc	0%
Saturated Fat 0g	0%
Trans Fat Og	
Polyunsaturated Fat Opyright © 200	0-200
Monounsaturated Fat 0g	tions,
Cholesterol 0mg	0%
Sodium 35mg ight © 2000-2009	1%
Total Carbohydrate 8gitions, Inc.	3%
Protein cog. com	0%
	rs.com

Percent of Calories from: Fat: 0%pyCarb: 100% - 2Protein: 0% Hr (Total may not equate 100% due to rounding.)

# 3 Nabisco Oreo Cookies

Serving Size: 53 cookies 934ght 02000	)-20(
Amount Per Serving rategic Office Solut	ions,
Calories 160 dietFactsCalories from Fa	at 60
0	% DV
Total Fat 79 frice Solutions Inc	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg Copyright © 2000	-0%
Sodium 180mg	8%
Potassium 65mg	2%
Total Carbohydrate 24g0-2009	8%
St <b>Dietary Fiber i 1g</b> Solutions, Inc.	4%
disugars s14gm	
Protein 1g	2%
Vitamin A 0% Stratedic Offic Vitamin	C_0%
Calcium 2% dietFacts.com Iron	10%
Unofficial Pts: Aght © 2000- @DietFacts Strategic Office Solutions, Inc.	.com

dietFacts. percent of Calories from: Fat: 37.5% Carb: 60% Protein: 2.5% (Total may not equate 100% dueto rounding.) 200

#### Mar's Snicker Candy Bar

Total Fat 14g

Cholesterol 5mg

Sodium 140mg

Protein 4g

Calcium 4%

Vitamin A 0%

Amount Per Serving Talegic

Saturated Fat 5g

Dietary Fiber 1g

Total Carbohydrate 35g

Sugars: 309 inht @2000

## **Blueberry Cheesecake**

#### Serving Size: PI piece 6,6 07 C2000-2009

Amount Per Serving alegic Office Solution	ons, inc
Calories 478.42 etFacts. Cocalories from	Fat 247
0	% DV
Total Fat 27.399 Solutions Inc	42%
Cholesterol 128,18mg	43%
Sodium 316.49mg	13%
Total Carbohydrate 52.27gight © 2000	-20 <b>9%</b>
Protein 7.1g Strategic Office Solution	ons,14%
(Fiber unknown sp Bts may be lower)) 09	cts.com
Strategic Office Solutions, Inc.	
Fat: 51.6% Carb: 43.7% Protein: 5	

Unofficial Pts: 7trategic Office Solutions dietFacts.com

•

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Fat: 45% Carb: 50% Protein: 5.7% (Total may not equate 100% due to rounding.)

Serving Size: 1 bar • (2,07,02) • 58,7900-

Calories 280 diethactsCalories from Fat 126

Office Si

% DV

22%

25%

2%

6%

4%

8%

0%

Vitamin C

and Iron 2%

12%

# **SNACKS:**

## Dannon Light Yogurt

Serving Size: F1 container, + 14 02 2139-20	
Amount Per Serving rategic Office Solution	
Calories 45 dietFactScalories from Fat 0	
Contraight © 2000-2000 % DV	
Total Fat 09 ffice Solutions. Inc. 0%	
di Saturated Fati 0g 0%	
Trans Fat Og	
Cholesterol <5mg Copyright ©2000%	
Sodium 55mg Strategic Office Solution	
Potassium 160mg 5%	
Total Carbohydrate 7900-2009 2%	
StDietary Fiberiog Solutions, Inc. 0%	
disugars sgom	
Protein 4g	
Vitamin A 8% Strate oic Off Vitamin Ct 0%	
Calcium 10% dietFacts.com Iron 0%	
Vitamin D 10% • Riboflavin 10%	
Vitamin B12 P6% ght 0 -000 Phosphorus 10%	
Unofficial Pts: 1 ©DietFacts.com	
Cupyright © 2000-20	

Percent of Calories from: Solution Fat: 0% Carb: 62.2% Protein: 35.6% (Total may not equate 100% due to rounding.)

# Dannon Regular Blueberry Yogurt

Serving Size: +4 oz • 113gvright @200	
Amount Per Serving alegic Office Solu	tions,
Calories 110 dietFactsCalories from F	at 20
	% DV
Total Fat 29 frice Solutions Inc	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg Copyright © 200	0-2%
Sodium 75mg Strategic Office Solu	103%
Potassium 220mg	6%
Total Carbohydrate 219gn-2009	6%
StDietary Fiber 0g Solutions, Inc.	0%
disugars s17gm	
Protein 5g	10%
Vitamin A 0% Stratenic Offic Vitamin	C 0%
Calcium 20% dietFaets.com Ire	on 0%
Vitamin D 0%	E 0%
Thiamine 4% Viight © 2000-20 Riboflavir	n 15%
Niacin 0% • Vitamin I	B6 2%
Folate 0%  • Vitamin B1:	2 10%
Biotin 0% • Pantothenic Ac	id- 4%
Phosphorus 15% rategic Offimagnesid	im 4%
Zinc 4% dietHacts.com Seleniu	im 0%
Unofficial Pts:/20ht@2000-@DietFact Strategic Office Solutions, Inc.	s.com
Fat: 18.2% Carb: 69.1% Protein: 1	18.2%

(Total may not equate 100% due to rounding ) IS.

#### Banana

Serving Size: 1 medium banar	na@11890-2009
Amount Per Serving Pategic Offic	ce Solutions, Inc
Calories 105 dietFacts.com	Calories from Fat 4
	00 % DV
Total Fat 0.39g e Solutions	1%
Saturated Fat 0.132g	1%
Polyunsaturated Fat 0.086g	
Monounsaturated Fat 0.038	<b>b</b> t©2000-2009
Cholesterol 0mg	ce Solutions, 10%
Sodium 1mg	0%
Potassium_422mg_2000-20	09 12%
Total Carbohydrate 26.95g	, Inc. 9%
Dietary Fiber 3.1g	12%
Sugars 14.43g	wa2000_2000
Protein 1.29g Strategic Office	ce Solutions 13%
Vitamin A 1.5% jetFacts.com	Vitamin C 17.2%
Calcium 0.6% •	Iron 1.7%
Vitamin E-1.2% ght O2000-20	Vitamin K 0.8%
Thiamine 2.5% •	Riboflavin 5.1%
Niacin 4.4% •	Vitamin B6 21.7%
Folate 6% Copyrig	ht Vitamin B1290%
Pantothenic Acid 3.9% COffice	Ce Phosphorus 3.7%
Magnesium 21.3%thacts.com	Zinc 0.1%
Selenium 2.2% abt @2000-20	Copper 4.6%
Manganese Come Solutions	, Inc.
Unofficial Pts: 2	©DietFacts.com
Copyrig	ht@2000-2009
Percent of Calories	Bolutions, Inc.

Fat: 3.8% Carb: 102.7% Protein: 4.9%

# **Ruffles Potato Chips**

Serving Size: 012 chips: 01/0211 289000-2009
Amount Per Serving rategic Office Solutions, J
Calories 160 dietFacts. Calories from Fat 90
Contraint @2000-2000 % DV
Total Fat 109 fice Solutions Inc. 15%
di Saturated Fat, 1g 5%
Trans Fat 3g
Polyunsaturated Fat Ggyright © 2000-2009
Monounsaturated Fat 0g Tice Solutions, J
Cholesterol 0mg 0%
Sodium (160mgaht © 2000-2009 7%
Potassium 340mg Solutions, Inc. 10%
Total Carbohydrate 14g 5%
Dietary Fiber 1g 4%
Sugars Og Strategic Office Solutions 1
Protein 2g dietEacts.com 4%
Vitamin A 0%  • Vitamin C 10%
Calcium 0% Vright © 2000-2009 Iron 0%
Vitamin Er 8% • Thiamine 2%
Niacin 4% • Vitamin B6 6%
Phosphorus 4% Copyright ©2000-2009
Unofficial Pts: 4jetFacts.com@DietFacts.com

Copypicture of Calories from: St Fat: 56.2% Carb: 35% Sprotein: 5%

### Almonds

Serving Size:DF1/4 cupCopVright@2000	-200
Amount Per Serving rategic Office Solution	ons,
Calories 170 dietFactCalories from Fat	135
Convright@2000-2009	% DV
Total Fat 159 fice Solutions Inc	23%
d Saturated Fat 1g	5%
Cholesterol Omg	0%
Sodium 0mg Copyright ©2000	-0%
Total Carbohydrate 5g Office Solution	2%
Dietary Fiber 4g	16%
Protein (79, pyright © 2000-2009	14%
Vitamin Al office Solutions, Vitamin C	0%
Unofficial Pts: 4 ©DietFacts.	com
Fat: 79.4%	

(Total may not equate 100% due to rounding.)

# **Microwave Popcorn**

Serving Size: DF1 cup • 100%right	
Amount Per Serving Tategic Office	
Calories 180 dietFactscalories	from Fat 117
	% DV
Total Fat 139 fice Solutions	9 LDC 20%
Saturated Fat 3g	15%
Cholesterol Omg	0%
Sodium 500mg Copyright	©2000- <b>21%</b>
Total Carbohydrate 16g	Solution <sub>5%</sub>
Dietary Fiber 4g	16%
Sugars: 0g/right@2000-2009	9
Proteing2g Office Solutions,	Inc. 4%
Vitamin A 0%0 ·	Vitamin C 0%
Calcium 0% Copyright	©20 <sup>1/0</sup> 24%
Unofficial Pts: Atrategic Office dietFacts.com	ietFacts.com
0	0

Fat: 65% Carb: 35.6% Protein: 4.4%

# Beef Jerky

Serving Size: 0F1 oz • 1/3 container 200	00-20
Amount Per Serving rategic Office Solu	utions
Calories 80 dietFactCalories from F	at 20
Copyright © 2000-2009	% DV
Total Fat 29 ffice Solutions Inc	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg Copyright © 20	12%
Sodium 720mg	30%
Total Carbohydrate 3g	1%
Dietary Fiber 1902000-2009	4%
Stsugarsc2gffice Solutions, Inc.	
Protein 12gcom	24%
Iron 10% Copyright@20	00-20
Unofficial Pts: 2 Strategic Office Solution dietFacts.com	s.com

Fat: 25% Carb: 15% Protein: 60% (Total may not equate 100% due to rounding.)

BLUE – MAIN MEALS
1. Which one has less <u>Calories</u> ? Costco pizza, or a Costco hot dog for lunch
2. People with high blood pressure should watch their sodium. The maximum per day is 2400 mg. Compare the <u><b>Sodium</b></u> in these 2 foods:
DQ Chicken Strip Basket:mg Kraft Macaroni and Cheese:mg_
3. What % fat are the following foods?: (put <u>Calories from Fat</u> into your calculator and divide by <u>Calories</u> Lasagna:% Healthy? Circle: yes or no ( <i>hint: no more than 35% of total daily calories should come from fat</i> )
Croissan'wich:% Healthy? Circle: yes or no (hint: no more than 35% of total daily calories should come from fat)
4. Which has less total fat – Chicken McGrill or Crispy Chicken?
5. I want to have salad dressing on my salad at McDonalds. Which one has the least amount of both <b><u>Calories</u></b> and <u><b>Total Fat</b></u> ? 1) Creamy Caesar, 2) Ranch, or 3) Cobb
6. Which of all the Main Meals in this section has the highest number of <b>Calories</b> ?:

Food Label Scavenger Hunt: Name:\_\_\_\_\_

7. Is McDonald salad less or more calories than a Big and Tasty burger? List calories here: Salad Calories:\_\_\_\_\_\_ Big and Tasty Burger: \_\_\_\_\_

# BLACK - BEVERAGES

 1. Let's compare Coke and Mt. Dew:
 Which one has:

 more Calories:
 more Sugar?

 more Sugar
 more Sodium?

2. The ingredient to worry about in beverages is <u>SUGAR</u>! How many teaspoons of sugar are actually in the Chocolate Shake? \_\_\_\_\_\_tsp. (Hint: Put <u>Sugar Grams</u> into your calculator divide by 4)

Block\_\_\_\_\_

3. How many teaspoons of sugar are in each of the following foods?: (Sugar Grams divided by 4)			
Caramel Frappuccino:	teaspoons	Orange Juice:	teaspoons
Coca Cola:	teaspoons	Orange Soda	teaspoons
	ORANGE – BR	FAKFAST	

1. Circle which has the higher % fat:(Hint: put Calories from Fatinto calculator and divide byTotal Cal.)Circle:Banana Nut MuffinorGlazed Yeast Doughnut

2. How many packets of Instant Oatmeal could I eat + still have less <u>Calories</u> than the Cinnabon?:\_\_\_\_\_(Hint: Put Cinnabon <u>Calories</u> into your calculator and divide by <u>Calories</u> in 1 packet of Oatmeal)

3. Let's compare bacon and sausage. Are the serving sizes similar? Circle: yes or no.

Which has more <u>Ca</u>	lories?	If you ate 4 sausages,	how many	Calories would
you eat?	(Hint: multiply Calorie	<u>es</u> by 4)		

4. We should get some **Carbohydrates** for energy in the morning-would a PopTart be a good source?

What % of the Pop-Tarts's <u>Total Carbs</u> are sugar? (hint: put <u>Sugars</u> into your calculator and divide by <u>Total Carbs</u>): % Are PopTarts healthy? Circle: yes or no (*Hint: no more than 10 % <u>Total Carbs</u> per day should come from sugars*)

5. What % fat is the Carnation Breakfast Bar?:\_\_\_\_\_% (Hint: put <u>Calories from Fat</u> into your calculator + divide by <u>Calories</u>) Healthy? : Circle: yes or no *(hint: no more than 35%)* 

**PURPLE - DESSERTS** 

1. Which of the all the desserts has the highest number of **Calories**?

2. How many <u>**Calories**</u> less is Ben & Jerry's <u>Frozen Yogurt</u> compared to B & J's <u>Double Chocolate</u>? \_\_\_\_\_\_ Is a 1/2 cup of ice-cream a realistic serving size for you? Circle: yes or no

3. How much **Total Fat** do the Cherry Twizzlers have? \_\_\_\_\_\_g People often think food with no fat is automatically good for them, but if I love Twizzlers and I eat 20 of them, how many Calories will I eat? \_\_\_\_\_\_. {REMEMBER: low-fat doesn't mean low calorie}

4. When I start eating Oreos, I can't stop!. If I eat 12 cookies, how many Calories will I eat?\_\_\_\_\_ (Did you do it right - Hint: 3 cookies is one serving, so multiply by 4...) And how much **Total Fat** will I eat if I eat 12 Oreos?\_\_\_\_\_g

5. I'm deciding between a Snickers and piece of Cheese Cake. Which one has less Calories?\_\_\_\_\_

**BROWN - SNACKS** 

1. Let's say I am a vegetarian and I don't eat meat. I need to read my food labels and make sure I get enough **Protein**. Which of all snacks has the most **Protein** in one serving?

2. I am deciding between Dannon Light Yogurt and Dannon regular Blueberry, they are both 4 oz. Which one should I choose and give 3 reasons why? Choose: 

 because: 1. \_\_\_\_\_\_
 2. \_\_\_\_\_\_

 3. \_\_\_\_\_\_
 It's all about making wise choices. Reading labels can

SAVE YOU CALORIES & FAT!!

3. A banana is only a few calories less than 12 potato chips, but why else is it a healthier choice than Ruffles Potato Chips?\_\_\_\_\_

4. Which has less Saturated Fat (the bad kind!) Almonds or Microwave Popcorn: