

MAIN MEALS:

Costco Pizza:

Serving Size: 1 slice • 1/6 pizza	
Amount Per Serving	
Calories 716.82	Calories from Fat 301
	% DV
Total Fat 33.44g	51%
Saturated Fat 15.34g	77%
Polyunsaturated Fat 2.73g	
Cholesterol 75.12mg	25%
Sodium 1634.23mg	68%
Total Carbohydrate 69.2g	23%
Dietary Fiber 2.54g	10%
Sugars 6.29g	
Protein 34.85g	70%
Vitamin A 26%	Vitamin C 0%
Calcium 49%	Iron 22%
Unofficial Pts: 16 ©DietFacts.com	
Percent of Calories from:	
Fat: 42%	Carb: 38.6% Protein: 19.4%
(Total may not equate 100% due to rounding.)	

Costco Hot Dog:

Serving Size: 1 hot dog	
Amount Per Serving	
Calories 560	Calories from Fat 288
	% DV
Total Fat 32g	49%
Saturated Fat 12g	60%
Polyunsaturated Fat 3.4g	
Cholesterol 65mg	22%
Sodium 1800mg	75%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 20g	40%
Vitamin A 6%	Vitamin C 3%
Calcium 15%	Iron 22%
Unofficial Pts: 13 ©DietFacts.com	
Percent of Calories from:	
Fat: 51.4%	Carb: 32.9% Protein: 14.3%
(Total may not equate 100% due to rounding.)	

Dairy Queen Chicken Strip Basket:

Serving Size: 1 basket • 446g	
Amount Per Serving	
Calories 1120	Calories from Fat 430
	% DV
Total Fat 48g	74%
Saturated Fat 7g	35%
Trans Fat 3g	
Cholesterol 70mg	23%
Sodium 2970mg	124%
Total Carbohydrate 109g	36%
Dietary Fiber 8g	32%
Sugars 7g	
Protein 39g	78%
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 35%
Unofficial Pts: 26 ©DietFacts.com	
Percent of Calories from:	
Fat: 38.4%	Carb: 38.9% Protein: 13.9%
(Total may not equate 100% due to rounding.)	

Kraft Mac n' Cheese:

Serving Size: 1/4 box • 1 cup • 98g	
Amount Per Serving	
Calories 290	Calories from Fat 40
	% DV
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 850mg	35%
Total Carbohydrate 50g	17%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 13g	26%
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 10%
Unofficial Pts: 6 ©DietFacts.com	
Percent of Calories from:	
Fat: 13.8%	Carb: 69% Protein: 17.9%
(Total may not equate 100% due to rounding.)	

Lasagna:

Serving Size: 10 oz • 1 entree	
Amount Per Serving	
Calories 702.82	Calories from Fat 242
	% DV
Total Fat 26.91g	41%
Cholesterol 46.92mg	16%
Sodium 1048.95mg	44%
Total Carbohydrate 69.31g	23%
Protein 43.57g	87%
Unofficial Pts: 16	
(Fiber unknown so Pts may be lower)	
Percent of Calories from:	
Fat: 34.4%	Carb: 39.4% Protein: 24.8%
(Total may not equate 100% due to rounding.)	

Croissan'wich

Serving Size: 1 sandwich • 159g	
Amount Per Serving	
Calories 470	Calories from Fat 288
	% DV
Total Fat 32g	49%
Saturated Fat 11g	55%
Trans Fat 2.5g	
Cholesterol 180mg	60%
Sodium 1060mg	44%
Total Carbohydrate 26g	9%
Dietary Fiber <1g	0%
Sugars 5g	
Protein 19g	38%
Unofficial Pts: 12	
Percent of Calories from:	
Fat: 61.3%	Carb: 22.1% Protein: 16.2%
(Total may not equate 100% due to rounding.)	

Chicken McGrill:

Serving Size: 1 sandwich • 7.5 oz • 213g	
Amount Per Serving	
Calories 410	Calories from Fat 153
	% DV
Total Fat 17g	26%
Saturated Fat 3g	15%
Cholesterol 60mg	20%
Sodium 880mg	37%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 25g	50%
Vitamin A 6%	Vitamin C 10%
Calcium 15%	Iron 15%
Unofficial Pts: 9	
Percent of Calories from:	
Fat: 37.3%	Carb: 38% Protein: 24.4%
(Total may not equate 100% due to rounding.)	

Crispy Chicken

Serving Size: 1 sandwich • 7.7 oz • 219g	
Amount Per Serving	
Calories 510	Calories from Fat 234
	% DV
Total Fat 26g	40%
Saturated Fat 4.5g	22%
Cholesterol 50mg	17%
Sodium 1090mg	45%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 22g	44%
Vitamin A 6%	Vitamin C 10%
Calcium 15%	Iron 15%
Unofficial Pts: 12	
Percent of Calories from:	
Fat: 45.9%	Carb: 36.9% Protein: 17.3%
(Total may not equate 100% due to rounding.)	

Creamy Caesar Dressing:

Ranch:

Cobb:

Serving Size: 1 package • 2 fl. oz. • 59 mL	
Amount Per Serving	
Calories 190	Calories from Fat 170
	% DV
Total Fat 18g	28%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 500mg	21%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 2g	4%
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 0%
Unofficial Pts: 5	
Percent of Calories from:	
Fat: 89.5%	Carb: 8.4% Protein: 4.2%
(Total may not equate 100% due to rounding.)	

Serving Size: 1 packet • 1.5 oz • 43g	
Amount Per Serving	
Calories 200	Calories from Fat 200
	% DV
Total Fat 22g	34%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 320mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 0%
Unofficial Pts: 6	
Percent of Calories from:	
Fat: 100%	Carb: 4% Protein: 0%
(Total may not equate 100% due to rounding.)	

Serving Size: 1 package • 2 fl. oz. • 59 mL	
Amount Per Serving	
Calories 120	Calories from Fat 80
	% DV
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 440mg	18%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 1g	2%
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 0%
Unofficial Pts: 3	
Percent of Calories from:	
Fat: 66.7%	Carb: 30% Protein: 3.3%
(Total may not equate 100% due to rounding.)	

McDonald's Southwest Salad with Grilled Chicken

McDonald's Big and Tasty Burger

Serving Size: 1 salad	
Amount Per Serving	
Calories 500	Calories from Fat 200
	% DV
Total Fat 22g	34%
Saturated Fat 5g	25%
Trans Fat 1.5g	
Cholesterol 70mg	23%
Sodium 1450mg	60%
Total Carbohydrate 52g	17%
Dietary Fiber 7g	28%
Sugars 13g	
Protein 26g	52%
Vitamin A 130%	Vitamin C 50%
Calcium 15%	Iron 15%
Unofficial Pts: 11	
Percent of Calories from:	
Fat: 40%	Carb: 41.6% Protein: 20.8%
(Total may not equate 100% due to rounding.)	

Serving Size: 1 sandwich • 8.2 oz • 232g	
Amount Per Serving	
Calories 470	Calories from Fat 200
	% DV
Total Fat 23g	35%
Saturated Fat 8g	40%
Trans Fat 1.5g	
Cholesterol 80mg	27%
Sodium 790mg	33%
Potassium 470mg	13%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 24g	48%
Vitamin A 8%	Vitamin C 8%
Calcium 15%	Iron 25%
Phosphorus 25%	
Unofficial Pts: 11	
Percent of Calories from:	
Fat: 42.6%	Carb: 34.9% Protein: 20.4%
(Total may not equate 100% due to rounding.)	

BEVERAGES:

Large Coke:

Serving Size: 1 large drink • 904g	
Amount Per Serving	
Calories 398	Calories from Fat 0
	% DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 109g	36%
Dietary Fiber 0g	0%
Sugars 109g	
Protein 0g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Unofficial Pts: 8 ©DietFacts.com	
Percent of Calories from:	
Fat: 0%	Carb: 100% Protein: 0%
(Total may not equate 100% due to rounding.)	

Mountain Dew:

Serving Size: 22 fl oz	
Amount Per Serving	
Calories 312	Calories from Fat 0
	% DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 128mg	5%
Total Carbohydrate 83.9g	28%
Dietary Fiber 0g	0%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 83.9g	
Other Carbohydrate 0g	
Protein 0g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Unofficial Pts: 6 ©DietFacts.com	
Percent of Calories from:	
Fat: 0%	Carb: 100% Protein: 0%
(Total may not equate 100% due to rounding.)	

16 ounces of whole milk:

Serving Size: 1 bottle • 16 oz	
Amount Per Serving	
Calories 272.16	Calories from Fat 133
	% DV
Total Fat 14.74g	23%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20.5g	7%
Protein 14.61g	29%
Unofficial Pts: 7 ©DietFacts.com	
(Fiber unknown so Pts may be lower)	
Percent of Calories from:	
Fat: 48.9%	Carb: 30.1% Protein: 21.5%
(Total may not equate 100% due to rounding.)	

16 ounces of lowfat - 2% milk

Serving Size: 1 bottle • 16 oz	
Amount Per Serving	
Calories 254.01	Calories from Fat 81
	% DV
Total Fat 8.98g	14%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24.9g	8%
Protein 17.92g	36%
Unofficial Pts: 6 ©DietFacts.com	
(Fiber unknown so Pts may be lower)	
Percent of Calories from:	
Fat: 31.9%	Carb: 39.2% Protein: 28.2%
(Total may not equate 100% due to rounding.)	

Large Chocolate Shake:

Serving Size: 1 large shake • 794g	
Amount Per Serving	
Calories 1140	Calories from Fat 300
	% DV
Total Fat 33g	51%
Saturated Fat 21g	105%
Trans Fat 1.5g	
Cholesterol 105mg	35%
Sodium 550mg	23%
Total Carbohydrate 186g	62%
Dietary Fiber 2g	8%
Sugars 165g	
Protein 26g	52%
Vitamin A 40%	Vitamin C 8%
Calcium 90%	Iron 15%
Unofficial Pts: 25 @DietFacts.com	
Percent of Calories from:	
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 Venti drink • 24 fl. oz	
Amount Per Serving	
Calories 380	Calories from Fat 130
	% DV
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 410mg	17%
Total Carbohydrate 53g	18%
Dietary Fiber 4g	16%
Sugars 39g	
Protein 9g	18%
Unofficial Pts: 8 @DietFacts.com	
Percent of Calories from:	
Fat: 34.2%	Carb: 55.8% Protein: 9.5%
(Total may not equate 100% due to rounding.)	

Large Orange Soda:

Serving Size: 1 large drink • 904g	
Amount Per Serving	
Calories 434	Calories from Fat 0
	% DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 119g	40%
Dietary Fiber 0g	0%
Sugars 119g	
Protein 0g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Unofficial Pts: 9 @DietFacts.com	
Percent of Calories from:	
Fat: 0%	Carb: 100% Protein: 0%
(Total may not equate 100% due to rounding.)	

Large Orange Juice:

Serving Size: 1 large drink • 10 oz • 284g	
Amount Per Serving	
Calories 125	Calories from Fat 9
	% DV
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 29g	10%
Sugars 28g	
Protein 2g	4%
Unofficial Pts: 3 @DietFacts.com	
(Fiber unknown so Pts may be lower)	
Percent of Calories from:	
Fat: 7.2%	Carb: 92.8% Protein: 6.4%
(Total may not equate 100% due to rounding.)	

BREAKFAST:

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

Serving Size: 1/3 jumbo muffin • 55g	
Amount Per Serving	
Calories 195	Calories from Fat 99
	% DV
Total Fat 11g	17%
Saturated Fat 2g	10%
Cholesterol 21mg	7%
Sodium 121mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 4g	8%
Unofficial Pts: 5 @DietFacts.com	
Percent of Calories from:	
Fat: 50.8%	Carb: 43.1% Protein: 8.2%
(Total may not equate 100% due to rounding.)	

Glazed doughnut

Serving Size: 1 donut	
Amount Per Serving	
Calories 180	Calories from Fat 70
	% DV
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 4g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Unofficial Pts: 4 @DietFacts.com	
Percent of Calories from:	
Fat: 38.9%	Carb: 55.6% Protein: 6.7%
(Total may not equate 100% due to rounding.)	

Cinnabon

Serving Size: 1 roll	
Amount Per Serving	
Calories 813	Calories from Fat 288
	% DV
Total Fat 32g	49%
Saturated Fat 8g	40%
Trans Fat 5g	
Cholesterol 67mg	22%
Sodium 801mg	33%
Total Carbohydrate 117g	39%
Dietary Fiber 4g	16%
Sugars 55g	
Protein 15g	30%
Unofficial Pts: 18 @DietFacts.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: 1 order	
Amount Per Serving	
Calories 100	Calories from Fat 18
	% DV
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 83.75mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 4g	8%
Vitamin A 20%	Vitamin C 0%
Calcium 20%	Iron 45%
Unofficial Pts: 2 @DietFacts.com	
Percent of Calories from:	
Fat: 18%	Carb: 76% Protein: 16%
(Total may not equate 100% due to rounding.)	

4 slices of Bacon

Serving Size: 4 slices • 1 entree	
Amount Per Serving	
Calories 104.51	Calories from Fat 80
	% DV
Total Fat 8.93g	14%
Cholesterol 15.42mg	5%
Sodium 289.57mg	12%
Total Carbohydrate 0.11g	0%
Protein 5.52g	11%
Unofficial Pts: 3 @DietFacts.com	
(Fiber unknown so Pts may be lower)	
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: 1 link • 1.2 oz • 33g	
Amount Per Serving	
Calories 117	Calories from Fat 117
	% DV
Total Fat 13g	20%
Saturated Fat 3g	15%
Cholesterol 21mg	7%
Sodium 167mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 0g	
Other Carbohydrate 0g	
NET Carbs 0	
Protein 5g	10%
Unofficial Pts: 3 @DietFacts.com	
(Fiber unknown so Pts may be lower)	
Percent of Calories from:	
Fat: 100%	Carb: 0% Protein: 17.1%
(Total may not equate 100% due to rounding.)	

1 Kellogg's Chocolate Chip Poptart

Serving Size: 1 pastry • 52g	
Amount Per Serving	
Calories 200	Calories from Fat 54
	% DV
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 35g	12%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 3g	6%
Vitamin A 10%	Vitamin C 0%
Calcium 2%	Iron 10%
Thiamine 10%	Riboflavin 10%
Niacin 10%	Vitamin B6 10%
Folic Acid 10%	Phosphorus 6%
Magnesium 2%	Copper 2%
Unofficial Pts: 4 @DietFacts.com	
(Fiber unknown so Pts may be lower)	
Percent of Calories from:	
Fat: 27%	Carb: 70% Protein: 6%
(Total may not equate 100% due to rounding.)	

Carnation Breakfast Bar

Serving Size: 1 bar	
Amount Per Serving	
Calories 200	Calories from Fat 99
	% DV
Total Fat 11g	17%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Protein 6g	12%
Unofficial Pts: 5 @DietFacts.com	
(Fiber unknown so Pts may be lower)	
Percent of Calories from:	
Fat: 49.5%	Carb: 40% Protein: 12%
(Total may not equate 100% due to rounding.)	

DESSERTS:

Ben and Jerry's Cherry Garcia Frozen Yogurt

Serving Size: 1/2 cup	
Amount Per Serving	
Calories 140	Calories from Fat 22
% DV	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	8%
Vitamin A 2%	Vitamin C 2%
Calcium 8%	Iron 2%
Unofficial Pts: 3	
Percent of Calories from:	
Fat: 15.7%	Carb: 77.1% Protein: 11.4%
(Total may not equate 100% due to rounding.)	

Ben and Jerry's Double Chocolate Fudge Ice-Cream

Serving Size: 1/2 cup	
Amount Per Serving	
Calories 260	Calories from Fat 135
% DV	
Total Fat 15g	23%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 55mg	2%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 29g	
Protein 5g	10%
Vitamin A 10%	Vitamin C 2%
Calcium 10%	Iron 8%
Unofficial Pts: 6	
Percent of Calories from:	
Fat: 51.9%	Carb: 50.8% Protein: 7.7%
(Total may not equate 100% due to rounding.)	

Hershey's Cherry Twizzlers

Serving Size: 1 piece • 10g	
Amount Per Serving	
Calories 30	Calories from Fat 0
% DV	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 8g	3%
Protein 0g	0%
Unofficial Pts: 1	
(Fiber unknown so Pts may be lower)	
Percent of Calories from:	
Fat: 0%	Carb: 100% Protein: 0%
(Total may not equate 100% due to rounding.)	

3 Nabisco Oreo Cookies

Serving Size: 3 cookies • 34g	
Amount Per Serving	
Calories 160	Calories from Fat 60
% DV	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 65mg	2%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	2%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
Unofficial Pts: 4	
Percent of Calories from:	
Fat: 37.5%	Carb: 60% Protein: 2.5%
(Total may not equate 100% due to rounding.)	

Mar's Snicker Candy Bar

Serving Size: 1 bar • 2.07 oz • 58.7g	
Amount Per Serving	
Calories 280	Calories from Fat 126
	% DV
Total Fat 14g	22%
Saturated Fat 5g	25%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	4%
Sugars 30g	
Protein 4g	8%
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
Unofficial Pts: 7 ©DietFacts.com	
Percent of Calories from:	
Fat: 45%	Carb: 50% Protein: 5.7%
(Total may not equate 100% due to rounding.)	

Blueberry Cheesecake

Serving Size: 1 piece • 6.6 oz	
Amount Per Serving	
Calories 478.42	Calories from Fat 247
	% DV
Total Fat 27.39g	42%
Cholesterol 128.18mg	43%
Sodium 316.49mg	13%
Total Carbohydrate 52.27g	17%
Protein 7.1g	14%
Unofficial Pts: 12 ©DietFacts.com	
(Fiber unknown so Pts may be lower)	
Percent of Calories from:	
Fat: 51.6%	Carb: 43.7% Protein: 5.9%
(Total may not equate 100% due to rounding.)	

SNACKS:

Dannon Light Yogurt

Serving Size: 1 container • 4 oz • 113g	
Amount Per Serving	
Calories 45	Calories from Fat 0
	% DV
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	0%
Sodium 55mg	2%
Potassium 160mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 4g	8%
Vitamin A 8%	Vitamin C 0%
Calcium 10%	Iron 0%
Vitamin D 10%	Riboflavin 10%
Vitamin B12 6%	Phosphorus 10%
Unofficial Pts: 1	
Percent of Calories from:	
Fat: 0%	Carb: 62.2%
	Protein: 35.6%
(Total may not equate 100% due to rounding.)	

Dannon Regular Blueberry Yogurt

Serving Size: 4 oz • 113g	
Amount Per Serving	
Calories 110	Calories from Fat 20
	% DV
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Potassium 220mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 5g	10%
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%
Vitamin D 0%	Vitamin E 0%
Thiamine 4%	Riboflavin 15%
Niacin 0%	Vitamin B6 2%
Folate 0%	Vitamin B12 10%
Biotin 0%	Pantothenic Acid 4%
Phosphorus 15%	Magnesium 4%
Zinc 4%	Selenium 0%
Unofficial Pts: 2	
Percent of Calories from:	
Fat: 18.2%	Carb: 69.1%
	Protein: 18.2%
(Total may not equate 100% due to rounding.)	

Banana

Serving Size: 1 medium banana • 118g	
Amount Per Serving	
Calories 105	Calories from Fat 4
	% DV
Total Fat 0.39g	1%
Saturated Fat 0.132g	1%
Polyunsaturated Fat 0.086g	
Monounsaturated Fat 0.038g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Potassium 422mg	12%
Total Carbohydrate 26.95g	9%
Dietary Fiber 3.1g	12%
Sugars 14.43g	
Protein 1.29g	3%
Vitamin A 1.5%	Vitamin C 17.2%
Calcium 0.6%	Iron 1.7%
Vitamin E 1.2%	Vitamin K 0.8%
Thiamine 2.5%	Riboflavin 5.1%
Niacin 4.4%	Vitamin B6 21.7%
Folate 6%	Vitamin B12 90%
Pantothenic Acid 3.9%	Phosphorus 3.7%
Magnesium 21.3%	Zinc 0.1%
Selenium 2.2%	Copper 4.6%
Manganese 16%	
Unofficial Pts: 2	
Percent of Calories from:	
Fat: 3.8%	Carb: 102.7%
	Protein: 4.9%
(Total may not equate 100% due to rounding.)	

Ruffles Potato Chips

Serving Size: 12 chips • 1 oz • 28g	
Amount Per Serving	
Calories 160	Calories from Fat 90
	% DV
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 3g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 340mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	4%
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 0%
Vitamin E 8%	Thiamine 2%
Niacin 4%	Vitamin B6 6%
Phosphorus 4%	
Unofficial Pts: 4	
Percent of Calories from:	
Fat: 56.2%	Carb: 35%
	Protein: 5%
(Total may not equate 100% due to rounding.)	

Almonds

Serving Size: 1/4 cup	
Amount Per Serving	
Calories 170	Calories from Fat 135
	% DV
Total Fat 15g	23%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	16%
Protein 7g	14%
Vitamin A 0%	Vitamin C 0%
Unofficial Pts: 4 ©DietFacts.com	
Percent of Calories from:	
Fat: 79.4%	Carb: 11.8% Protein: 16.5%
(Total may not equate 100% due to rounding.)	

Microwave Popcorn

Serving Size: 1 cup • 1 oz	
Amount Per Serving	
Calories 180	Calories from Fat 117
	% DV
Total Fat 13g	20%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 16g	5%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 2g	4%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Unofficial Pts: 4 ©DietFacts.com	
Percent of Calories from:	
Fat: 65%	Carb: 35.6% Protein: 4.4%
(Total may not equate 100% due to rounding.)	

Beef Jerky

Serving Size: 1 oz • 1/3 container	
Amount Per Serving	
Calories 80	Calories from Fat 20
	% DV
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 720mg	30%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 12g	24%
Iron 10%	
Unofficial Pts: 2 ©DietFacts.com	
Percent of Calories from:	
Fat: 25%	Carb: 15% Protein: 60%
(Total may not equate 100% due to rounding.)	

Food Label Scavenger Hunt: Name: _____ Block _____

BLUE - MAIN MEALS

1. Which one has less **Calories**? 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 **Sodium** in these 2 foods:

DQ Chicken Strip Basket: _____ mg. Kraft Macaroni and Cheese: _____ mg.

3. What % fat are the following foods?: (put **Calories from Fat** into your calculator and divide by **Calories**

Lasagna: _____ % Healthy?

Circle: yes or no (*hint: no more than 35% of total daily calories should come from fat*)

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 **Calories** and **Total Fat**? 1) Creamy Caesar, 2) Ranch, or 3) Cobb _____

6. Which of all the Main Meals in this section has the highest number of **Calories**?: _____

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 **Sodium**: _____

2. The ingredient to worry about in beverages is **SUGAR**! How many teaspoons of sugar are actually in the Chocolate Shake? _____ tsp. (Hint: Put **Sugar Grams** into your calculator divide by 4)

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 - BREAKFAST

1. Circle which has the higher % fat: (Hint: put Calories from Fat into calculator and divide by Total Cal.) Circle: Banana Nut Muffin or Glazed Yeast Doughnut

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

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

Which has more Calories?_____. If you ate 4 sausages, how many Calories would you eat?_____ (Hint: multiply Calories 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 Total Carbs are sugar? (hint: put Sugars into your calculator and divide by Total Carbs):_____ % Are PopTarts healthy? Circle: yes or no
(Hint: no more than 10 % Total Carbs per day should come from sugars)

5. What % fat is the Carnation Breakfast Bar?:_____ % (Hint: put Calories from Fat into your calculator + divide by Calories) 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 Calories less is Ben & Jerry's Frozen Yogurt compared to B & J's Double Chocolate? _____ 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: _____