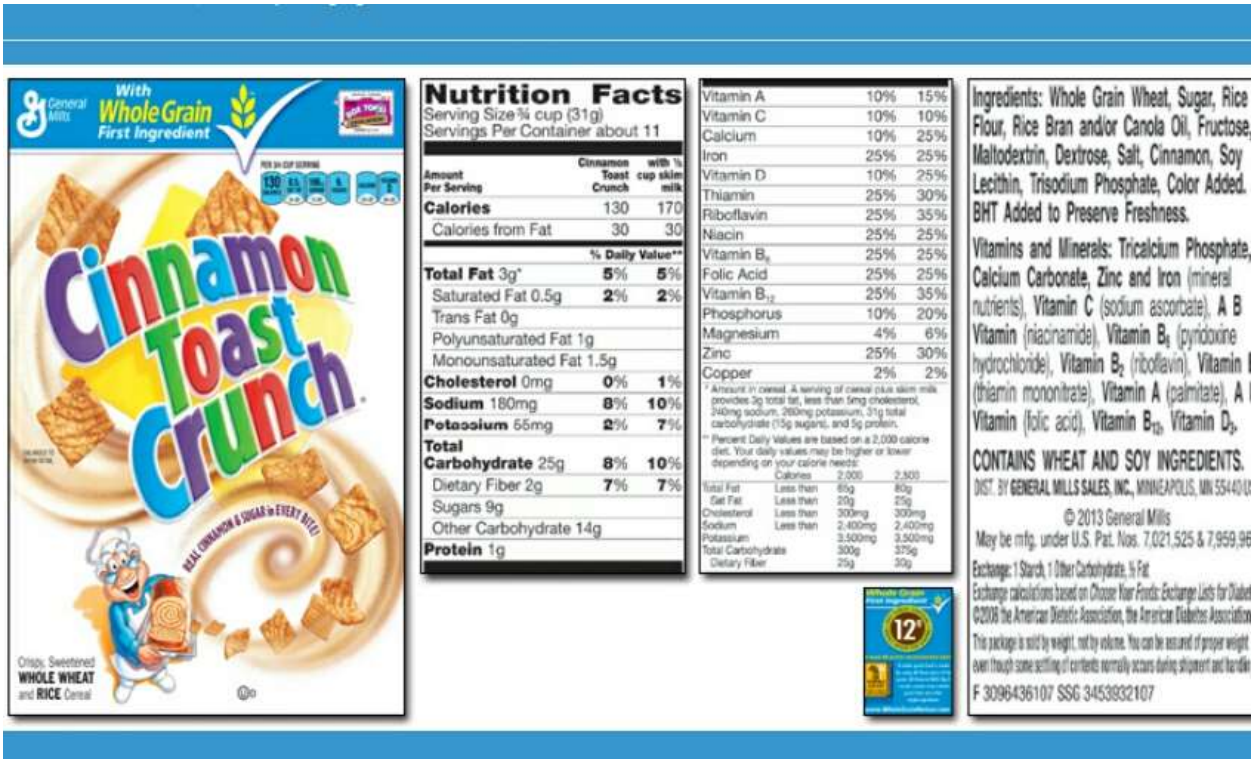
Cereal Box: Cinnamon Toast Crunch



Green Giant Canned Green Beans

Canned Pineapple Chunks:

Ocean Spray Cranberry Juice Cocktail:

Contains 27% Juice

Nutrition Facts

Serv Size 1 bottle
10 fl oz (295mL)
Calories 130
Cal. from Fat 0

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium or iron.

Amount Per Serving	%DV*
Total Fat 0g	0%
Sodium 5mg	0%
Potassium 55mg	2%
Total Carb. 34g	11%
Sugars 31g	
Protein 0g	
Vitamin C 100%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Canned Tomato Juice

Nutrition Facts

about 6 servings per container

Serving size 8 fl oz (240mL)

Amount per serving

Calories 45

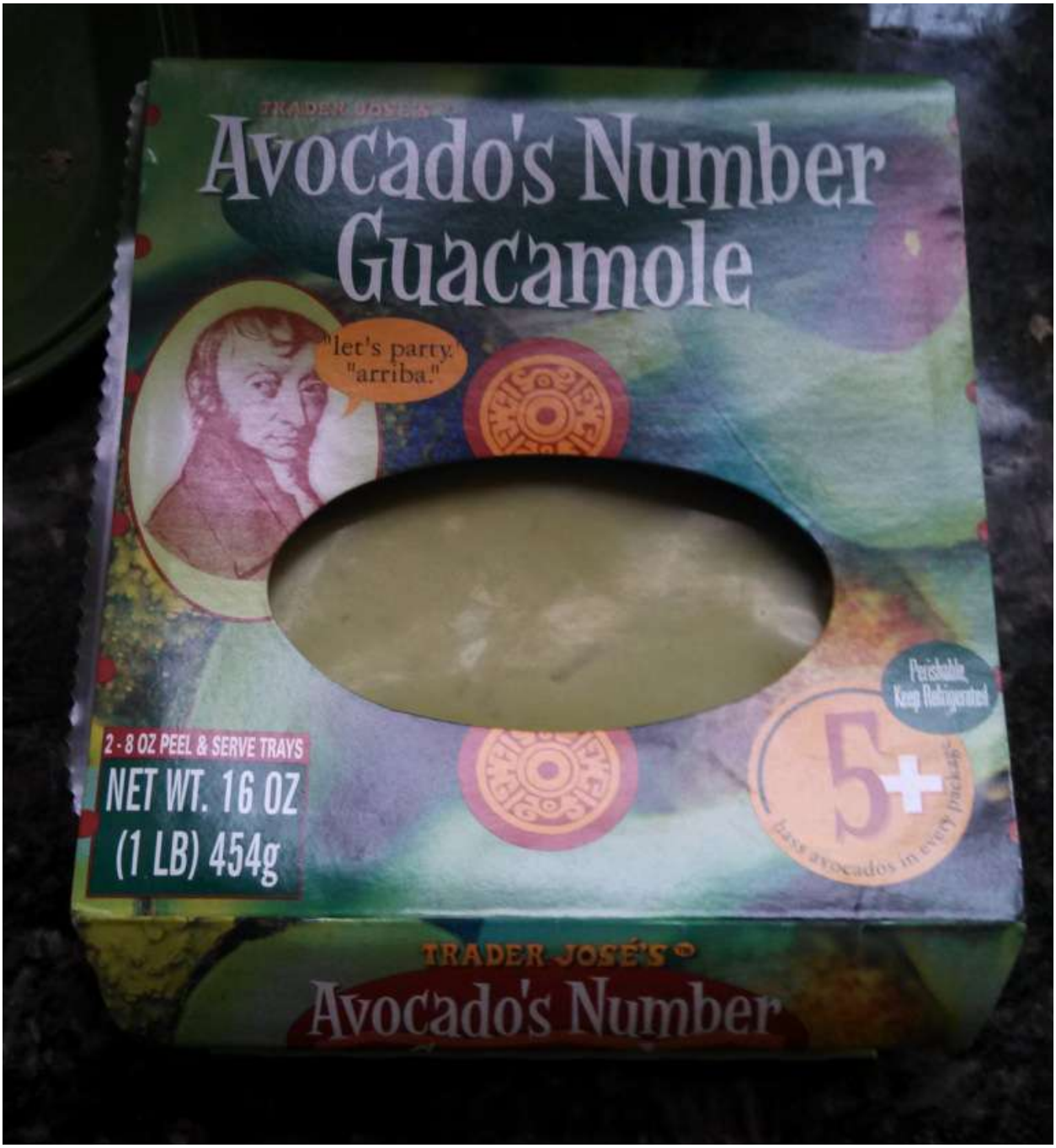
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 630mg	**27%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 2g	**7%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	4%
Potassium 460mg	10%
Vitamin C 108mg	120%

* The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Guacamole From Trader Joe's:



Nutrition Facts

Serving Size 2 tbsp (30g)

Amount Per Serving	
Calories 50	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**6%**
Saturated Fat 0.5g	**2%**
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Potassium 190mg	
Total Carbohydrate 2g	**1%**
Dietary Fiber 2g	**8%**
Sugars 0g	
Protein 1g	

Vitamin A 4%	• Vitamin C 4%
Calcium 0%	• Iron 2%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.