

## Pick The Label Game

### Snickers Bar

## Nutrition Facts

Serving Size 1 bar 2 oz (57 g)

### Amount Per Serving

**Calories 271**      **Calories from Fat 122**

### % Daily Value\*

<b>Total Fat</b> 14g	21%
Saturated Fat 5g	26%
Trans Fat 0g	
<b>Cholesterol</b> 7mg	2%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 35g	12%
Dietary Fiber 1g	5%
Sugars 29g	
<b>Protein</b> 4g	
<b>Vitamin A</b> 2% • <b>Vitamin C</b> 0%	
<b>Calcium</b> 5% • <b>Iron</b> 2%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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### Chocolate Milk

## Nutrition Facts

Serving Size 1 cup (240 mL)

### Amount Per Serving

**Calories 200**      **Calories from Fat 50**

### % Daily Value (DV)\*

<b>Total Fat</b> 5 g	8%
<b>Saturated Fat</b> 3 g	15%
<b>Cholesterol</b> 15 mg	6%
<b>Sodium</b> 150 mg	6%
<b>Total Carbohydrate</b> 32 g	11%
<b>Dietary Fiber</b> < 1 g	3%
<b>Sugars</b> 30 g	
<b>Protein</b> 8 g	
<b>Vitamin A</b> 10% • <b>Vitamin C</b> 2%	
<b>Calcium</b> 40% • <b>Iron</b> 2% • <b>Vitamin D</b> 25%	

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

	Calories:	2000	2,500
<b>Total Fat</b>	Less than	65 g	80 g
<b>Sat Fat</b>	Less than	20 g	25 g
<b>Cholesterol</b>	Less than	300 g	300 g
<b>Sodium</b>	Less than	2,400 mg	2,400 mg
<b>Total Carbohydrate</b>		300 g	375 g
<b>Dietary Fiber</b>		25 g	30 g

### Cliff Bar

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (68g)	<b>Total Fat</b> 2.5g	4%	<b>Potassium</b> 240mg	7%	<b>Sugars</b> 22g	
<b>Calories 230</b>	Sat. Fat 0.5g	3%	<b>Total Carb.</b> 47g	16%	Other Carb. 20g	
<b>Calories from Fat 20</b>	<b>Cholest.</b> 0mg	0%	<b>Dietary Fiber</b> 5g	20%	<b>Protein</b> 8g	
	<b>Sodium</b> 100mg	4%	Insoluble Fiber 4g			
<small>*Percent Daily Values (DV) are based on a 2,000 calorie diet.</small>						
<small> <b>INGREDIENTS:</b> Organic Brown Rice Syrup, Organic Rolled Oats, Cliff® (Soy Rice Crips [Soy Protein Isolate, Rice Flour, Malt Extract], Organic Soy Flour, Organic Roasted Soybeans), Organic Evaporated Green Juice, Organic Slice of Apples, Dried Cranberries (Cranberries, Apple Juice), Fig Paste, CliffGuard™ (Apple Fiber, Cellulose, Organic Milled Flaxseed, Citric Acid, Cellulose, Dried Cherries, Natural Flavors, Sea Salt. <b>VITAMINS &amp; MINERALS:</b> Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), Tocopheryl Acetate (Vit. E), Ferrous Orthophosphate (Iron), Beta Carotene (Vit. A), Zinc Citrate, Phytantriol (Vit. K1), Biotin, Nicotinamide (Vit. B3), Calcium Panthothenate (Vit. B5), Potassium Iodide, Manganese Gluconate, Copper Gluconate, Sodium Selenite, Thiamin (Vit. B1), Chromium Chloride, Cyanocobalamin (Vit. B12), Sodium Molybdate, Folic Acid (Vit. B9), Riboflavin (Vit. B2), Pyridoxine Hydrochloride (Vit. B6).                 </small>						
<small> <b>CONTAINS SOY, SEEDS &amp; MAY CONTAIN TRACES OF PEANUTS &amp; OTHER NUTS.</b> </small>						
<small>70% ORGANIC INGREDIENTS • ALL NATURAL • CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL    CLIFF BAR INC. BERKELEY, CA 94710 U.S.A.</small>						

Apple and peanut butter (Dippin' Stix)

Nutrition Facts	
Serving Size Servings Per Container 30	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	<b>Calories From Fat</b> 10
% Daily Value*	
<b>Total Fat</b> 1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 390mg	0%
<b>Total Carbohydrates</b> 24g	0%
Dietary Fiber 1g	0%
Soluble Fiber	
Sugars 0g	0%
<b>Protein</b> 3g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamin 0%	Riboflavin 0%
Niacin 0%	Vitamin B6 0%
Phosphorus 0%	Zinc 0%
* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Hummus and pretzels

Nutrition Facts	
Serving Size Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 150	<b>Calories From Fat</b> 100
% Daily Value*	
<b>Total Fat</b> 11g	0%
Saturated Fat 2g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 95mg	0%
<b>Total Carbohydrates</b> 12g	0%
Dietary Fiber 3g	0%
Soluble Fiber	
Sugars 8g	0%
<b>Protein</b> 5g	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Thiamin 0%	Riboflavin 0%
Niacin 0%	Vitamin B6 0%
Phosphorus 0%	Zinc 0%
* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Triple Zero Greek Yogurt

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	<b>Total Fat</b> 0g	<b>0%</b>	<b>Potassium</b> 210mg	<b>6%</b>
1 Container (150g)	Saturated Fat 0g	<b>0%</b>	<b>Total Carbohydrate</b> 14g	<b>5%</b>
<b>Calories</b> 120	Trans Fat 0g		Dietary Fiber 6g	<b>24%</b>
Calories from Fat 0	<b>Cholesterol</b> <5mg	<b>1%</b>	Sugars 6g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	<b>Sodium</b> 125mg	<b>5%</b>	<b>Protein</b> 15g	<b>30%</b>
	Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 0% • Vitamin D 15%			
<b>INGREDIENTS:</b> CULTURED GRADE A NON FAT MILK, CHICORY ROOT FIBER, WATER, CONTAINS LESS THAN 1% OF FRUIT JUICE AND VEGETABLE JUICE (FOR COLOR), NATURAL FLAVORS, SEA SALT, STEVIA LEAF EXTRACT, SODIUM CITRATE, MALIC ACID, VITAMIN D3.				

CONTAINS ACTIVE YOGURT CULTURES.