

## Nutrition Labels and Student-Athlete Preferences Cards

### Student-Athlete Preferences Card #1

#### Zahra

- Allergic to peanuts
- Prefers sweet snacks over savory
- Likes fruit flavors

### Student-Athlete Preferences Card #2

#### Claudio

- Avoids dairy
- Prefers crunchy foods
- Enjoys salty snacks

### Student-Athlete Preferences Card #3

#### Rhiannon

- Vegetarian (no meat products)
- Likes protein-rich foods
- Dislikes overly sugary snacks

### Student-Athlete Preferences Card #4

#### Bernard

- Gluten intolerance
- Prefers quick, grab-and-go options
- Enjoys chocolate and dessert-like foods

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Nutrition Label: Cream Cheese

Amount/serving		% DV	Amount/serving		% DV
<b>Total Fat</b>	4.5g	6%	<b>Total Carbohydrate</b>	2g	1%
Saturated Fat	3g	15%	Dietary Fiber	0g	0%
Trans Fat	0g		Total Sugars	1g	
Cholesterol	15mg	8%	Incl. 0g Added Sugars	0%	
Sodium	90mg	4%	Protein	1g	

about 11 servings per container  
Serving size 2 Tbsp (21g)  
Calories per serving **50**  
Vit. D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potas. 0mg 0%

INGREDIENTS: PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE.

Nutrition Label: Cheesy Popcorn

Amount per serving		% Daily Value
<b>Calories</b>	<b>170</b>	
<b>Total Fat</b>	12g	15%
Saturated Fat	2.5g	13%
Trans Fat	0g	
<b>Cholesterol</b>	10mg	3%
<b>Sodium</b>	230mg	10%
<b>Total Carbohydrate</b>	10g	4%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars	0%	
<b>Protein</b>	4g	
Vitamin D	0.1mcg	0%

About 4 servings  
Serving size 2 Cups (28g)

Nutrition Label: Butter Crackers

Amount per serving		% Daily Value*
<b>Calories</b>	<b>70</b>	
<b>Total Fat</b>	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat		
Monounsaturated Fat		
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	150mg	6%
<b>Total Carbohydrate</b>	11g	4%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes 1g Added Sugars	2%	
<b>Protein</b>	1g	0%

about 24 servings per container  
Serving size 5 crackers (15g)

Nutrition Label: Peanut Butter Cracker Sandwiches

Amount per serving		% Daily Value*
<b>Calories</b>	<b>200</b>	
<b>Total Fat</b>	11g	14%
Saturated Fat	2g	10%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	300mg	13%
<b>Total Carbohydrate</b>	22g	8%
Dietary Fiber	less than 1g	3%
Total Sugars	4g	
Includes 4g Added Sugars	8%	
<b>Protein</b>	4g	
Vitamin D	0mcg	0%
Calcium	40mg	4%

8 servings per container  
Serving size 1 pack (29g)

Nutrition Label: Pop Tarts

Nutrition Facts/ Datos de Nutrición	
4 servings per container/4 raciones por envase	
Serving size/Tamaño por ración 2 Pastries/2 Pastelillos (96g)	
Amount per serving/Cantidad por ración	
<b>Calories/Calorías 370</b>	
	% DV**/% VD*
<b>Total Fat/Grasa Total</b> 8g	<b>10%</b>
Saturated Fat/Grasa Saturada 2.5g	<b>13%</b>
Trans Fat/Grasa Trans 0g	
Polyunsaturated Fat/Grasa Poliinsaturada 3g	
Monounsaturated Fat/Grasa Monoinsaturada 1.5g	
<b>Cholesterol/Colesterol</b> 0mg	<b>0%</b>
<b>Sodium/Sodio</b> 310mg	<b>13%</b>
<b>Total Carbohydrate/Carbohidrato Total</b> 71g	<b>26%</b>
Dietary Fiber/Fibra Dietética 1g	<b>4%</b>
Total Sugars/Azúcares Totales 30g	
Incl. 30g Added Sugars / Incl. 30g azúcares añadidos	<b>60%</b>
<b>Protein/Proteínas</b> 4g	

Nutrition Label: Frosted Shredded Wheat Cereal

Nutrition Facts			
About 9 servings per container			
Serving size 21 biscuits (60g)			
	Per 21 Biscuits	Per 21 Biscuits with 1/2 cup Skim Milk	
<b>Calories</b>	<b>210</b>	<b>250</b>	
	% DV*	% DV*	
<b>Total Fat</b>	1g	1g	<b>1%</b>
Saturated Fat	0g	0g	<b>0%</b>
Trans Fat	0g	0g	
<b>Cholesterol</b>	0mg	<5mg	<b>1%</b>
<b>Sodium</b>	5mg	70mg	<b>3%</b>
<b>Total Carb.</b>	50g	56g	<b>20%</b>
Dietary Fiber	6g	6g	<b>23%</b>
Total Sugars	12g	18g	
Incl. Added Sugars	12g	12g	<b>24%</b>
<b>Protein</b>	5g	9g	

Nutrition Label: Strawberry Granola Bar

Nutrition Facts	
6 servings per container	
Serving Size 1 Bar (31g)	
Amount Per Serving	
<b>Calories 130</b>	
	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 6g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0.6mg 4% • Potas. 50mg 0%	

Nutrition Label: Pomegranate Chocolates

Nutrition Facts	
about 7 servings per container	
Serving size about 12 pieces (30g)	
Amount per serving	
<b>Calories 130</b>	
	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 18g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> <1g	