Nutrition Labels and Student-Athlete Information Cards

Student-Athlete Information Card #1

Zahra

Zahra has already eaten the following foods:

- ¾ cup strawberry Greek yogurt
- 1 egg
- 1 everything bagel
- 1 cup (8 oz) apple juice

Student-Athlete Information Card #2

Claudio

Claudio has already eaten the following foods:

- 1 packet of fruit & grain baked mini bars
- 8 graham crackers

Student-Athlete Information Card #3

Rhiannon

Rhiannon has already eaten the following foods:

- 1 packet of maple & brown sugar oatmeal
- 1 popsicle

Student-Athlete Information Card #4

Bernard

Bernard has already eaten the following foods:

- 2 tablespoons mini M&Ms
- 1 graham cracker

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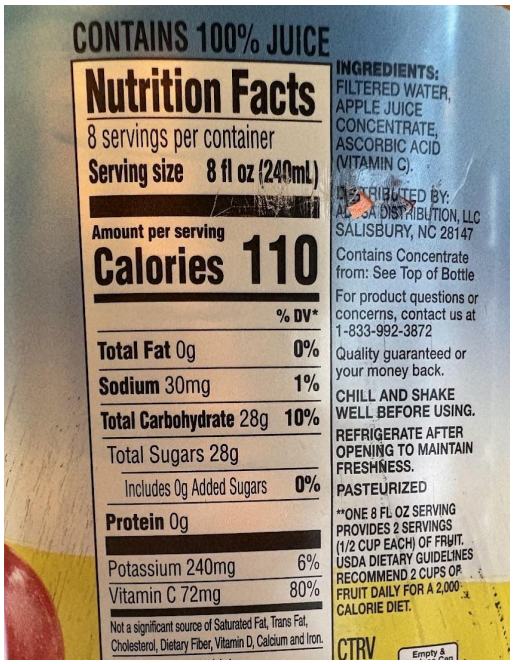
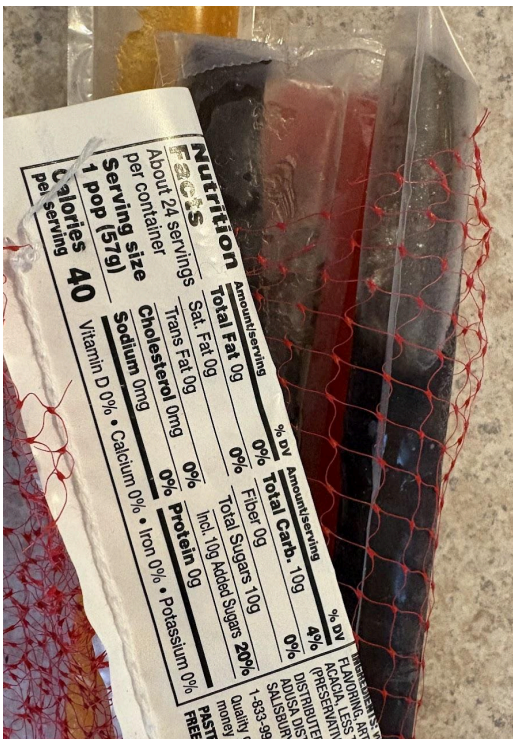
Nutrition Label: Apple Juice



Nutrition Label: Fruit & Grain Baked Mini Bars

Nutrition Label: Mini M&Ms

Nutrition Label: Popsicle

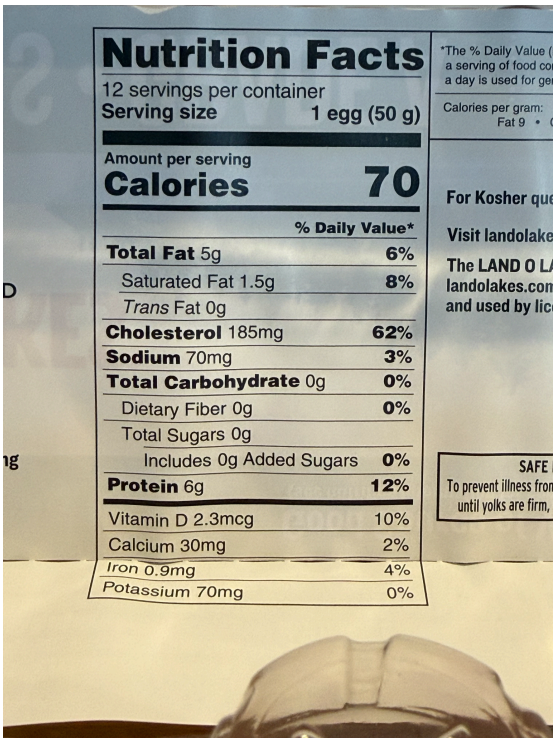


Nutrition Label: Graham Crackers

Nutrition Label: Strawberry Greek Yogurt

Nutrition Label: Ketchup

Nutrition Label: Egg



Nutrition Label: Frozen Fruit Bar

Nutrition Facts

4 servings per container
Serving size 1 bar (89g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber <1g	2%
Total Sugars 21g	
Includes 17g Added Sugars	34%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) 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.

INGREDIENTS: WATER,

Nutrition Label: Sun Chips

UNBELIEVABLY GOOD™

egular potato chips contain 10g of fat per 1oz. serving. SunChips® Garden lsa® Flavored Whole Grain Snacks contain 6g of fat per 1oz. serving.

Nutrition Facts

7 servings per container
Serving size About 14 chips (28g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 80mg	0%

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Nutrition Label: Maple & Brown Sugar Oatmeal

Nutrition Facts

20 servings per container
Serving size 1 packet (43g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Soluble Fiber 1g	
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 4g	
Vitamin D 0	
Calcium 15	
Iron 3.6mg	
Potassium	
Vitamin A	
Thiamine	

INGREDIENTS: WHOLE GRAIN ROLLED OA SUGAR, CONTAINS LESS THAN 2% OF SAL GUM, NATURAL FLAVOR, CARAMEL COLOR
VITAMINS AND MINERALS: CALCIUM CARBONATE (A SOURCE OF CALCIUM), FE ORTHOPHOSPHATE (A SOURCE OF IRON), VITAMIN A PALMITATE, NIACINAMIDE, PYRI HYDROCHLORIDE (VITAMIN B6), RIBOFLAVI (VITAMIN B2), THIAMINE MONONITRATE (VITAMIN B1), FOLIC ACID

DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716

HOT WATER INSTRUCTIONS:
1. Empty packet into a bowl.
2. Add up to ½ cup boiling water (or hot mi
3. For best results, let stand 1-2 minutes before serving.

MICROWAVE INSTRUCTIONS
1. Empty packet into a microwave-safe b
2. Add up to ½ cup water (or milk) and st
3. Microwave uncovered bowl on high for 1-2 minutes or until oatmeal starts to
4. Carefully remove hot bowl from microw Stir and allow to cool slightly before e

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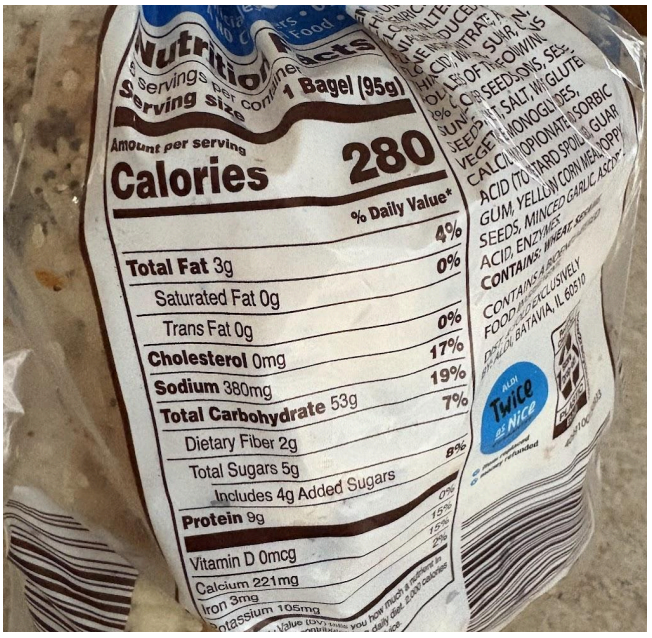
Nutrition Label: Everything Bagel



Nutrition Facts

Servings per container
Serving size 1 Bagel (95g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 53g	19%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 221mg	15%
Iron 3mg	15%
Potassium 165mg	2%

you how much a nutrient in a daily diet. 2,000 calories

ACID, ENZYMES
CONTAINS: WHEAT,
CONTAINS A PRODUCT
FOOD PROCESSED EXCLUSIVELY
BATAVIA, IL 60510

ALDI Twice as Nice