1 cup
Oatmeal

1 cup
Bran Cereal

2 1/2”
Biscuit

1 cup
Corn Flakes

NUTRITION FACTS
Bran Flakes

Serving Size:	1 cup	**Calories from:**	
		Fat	8
Total Calories	128	**Carbs**	105
		Protein	15

		%DV
Total Fat	1g	1%
Saturated Fat	0g	1%
Cholesterol	0mg	0%
Sodium	293 mg	9%
Total Carbohydrate	32g	8%
Dietary Fiber	7g	21%
Sugars	8g	
Protein	4g	
Vitamin A		15%
Vitamin C		0%
Calcium		2%
Iron		45%

NUTRITION FACTS
Oatmeal

Serving Size:	1 cup	**Calories from:**	
		Fat	10
Total Calories	166	**Carbs**	116
		Protein	20

		%DV
Total Fat	4 g	5%
Saturated Fat	1 g	4%
Cholesterol	0 mg	0%
Sodium	9 mg	0%
Total Carbohydrate	32 g	11%
Dietary Fiber	4 g	16%
Sugars	1g	
Protein	6 g	
Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		12%

NUTRITION FACTS
Corn Flakes

Serving Size:	1 cup	**Calories from:**	
		Fat	0
Total Calories	101	**Carbs**	94
		Protein	7

		%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	266mg	11%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	5%
Sugars	2g	
Protein	2g	
Vitamin A		15%
Vitamin C		0%
Calcium		0%
Iron		30%

NUTRITION FACTS
Biscuit

Serving Size:	1--2 1/2”	**Calories from:**	
		Fat	51
Total Calories	128	**Carbs**	68
		Protein	9

		%DV
Total Fat	6g	9%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	368mg	15%
Total Carbohydrate	17g	6%
Dietary Fiber	0g	2%
Sugars	1g	
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		6%

1 cup
Instant Oatmeal

1 cup
Sugar Coated Cereal

1 Large
Canned Biscuit

1 Cup
Grits

NUTRITION FACTS
Sugar Coated Cereal

Serving Size: 1 cup		**Calories from:**	
		Fat	2
Total Calories	155	**Carbs**	145
		Protein	8

		%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	229mg	10%
Total Carbohydrate	36g	12%
Dietary Fiber	1g	3%
Sugars	15g	
Protein	2g	
Vitamin A		32%
Vitamin C		41%
Calcium		0%
Iron		32%

NUTRITION FACTS
Instant Oatmeal

Serving Size: 1 cup		**Calories from:**	
		Fat	27
Total Calories	159	**Carbs**	113
		Protein	19

		%DV
Total Fat	3g	5%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	115mg	5%
Total Carbohydrate	29g	10%
Dietary Fiber	4g	16%
Sugars	1g	
Protein	6g	
Vitamin A		29%
Vitamin C		0%
Calcium		19%
Iron		77%

NUTRITION FACTS
Grits

Serving Size: 1 cup		**Calories from:**	
		Fat	
Total Calories	143	**Carbs**	
		Protein	

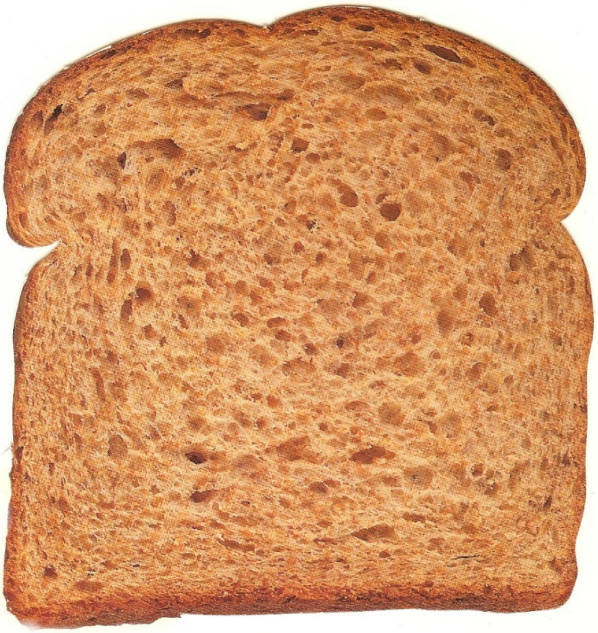
		%DV
Total Fat	0g	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	31g	10%
Dietary Fiber	1g	3%
Sugars	0g	
Protein	3g	
Vitamin A		2%
Vitamin C		0%
Calcium		1%
Iron		8%

NUTRITION FACTS
Canned Biscuit

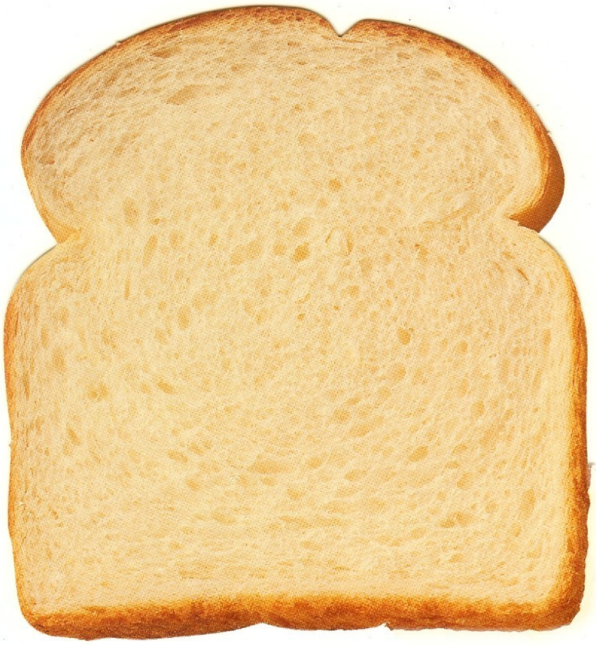
Serving Size: 1Large		**Calories from:**	
		Fat	75
Total Calories	193	**Carbs**	100
		Protein	18

		%DV
Total Fat	8g	13%
Saturated Fat	3g	16%
Cholesterol	0mg	0%
Sodium	631mg	26%
Total Carbohydrate	25g	8%
Dietary Fiber	1g	3%
Sugars	4g	
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		8%

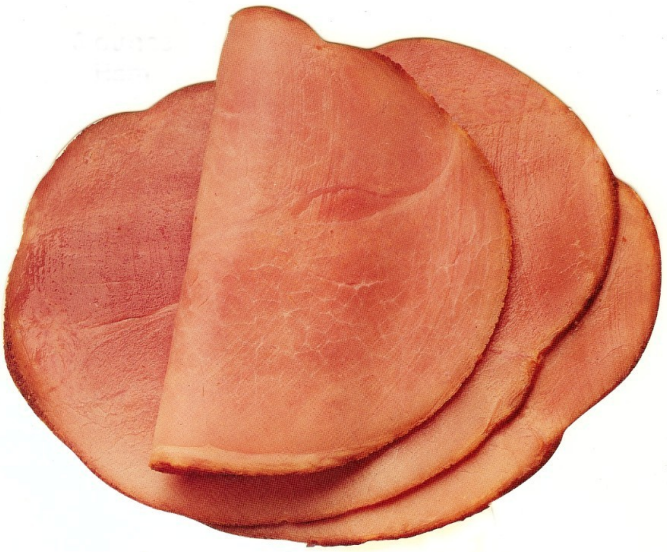
3 Slices
Bacon



1 slice
Whole Wheat Bread



1 slice
White Bread



3 ounces
Ham

NUTRITION FACTS
Whole Wheat Bread

Serving Size: 1 slice

Total Calories 69

Calories from:	
Fat	8
Carbs	46
Protein	15

		%DV
Total Fat	1 g	1%
Saturated Fat	0g	1%
Cholesterol	0g	0g
Sodium	132 mg	6%
Total Carbohydrate	12 g	4%
Dietary Fiber	2 g	8%
Sugars	2 g	
Protein	4g	6%
Vitamin A		0%
Vitamin C		0%
Calcium		3%
Iron		4%

NUTRITION FACTS
Bacon

Serving Size: 3 Slices

Total Calories 123

Calories from:	
Fat	84
Carbs	1
Protein	38

		%DV
Total Fat	9 g	15%
Saturated Fat	3 g	15%
Cholesterol	27 mg	9%
Sodium	564 mg	24%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein		
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		1%

NUTRITION FACTS
Ham

Serving Size: 3 ounces

Total Calories 140

Calories from:	
Fat	59
Carbs	1
Protein	80

		%DV
Total Fat	7g	10%
Saturated Fat	2g	11%
Cholesterol	48mg	16%
Sodium	1177mg	49%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	19g	
Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		7%

NUTRITION FACTS
White Bread

Serving Size: 1 slice

Total Calories 66

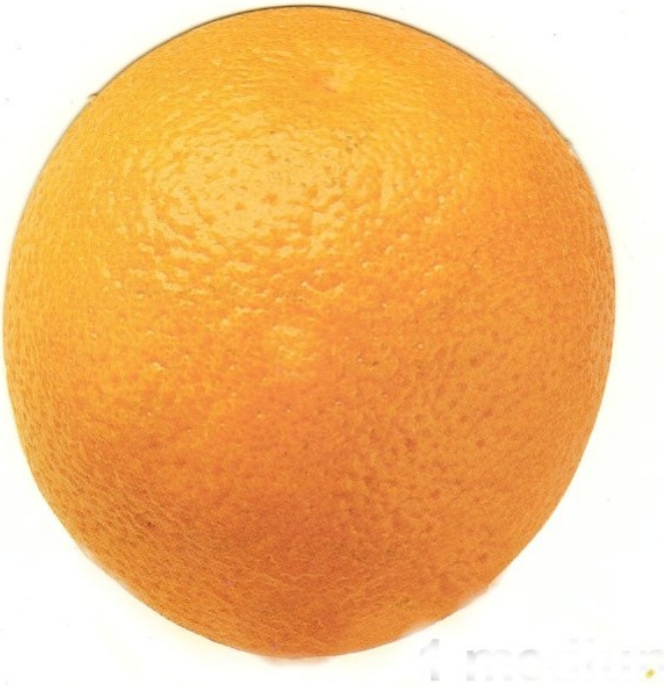
Calories from:	
Fat	7
Carbs	51
Protein	8

		%DV
Total Fat	1 g	1%
Saturated Fat	0 g	1%
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Total Carbohydrate	13 g	4%
Dietary Fiber	1 g	2%
Sugars	1 g	
Protein	2 g	
Vitamin A		0%
Vitamin C		0%
Calcium		4%
Iron		5%

1 medium Apple

1 small Banana

10 Grapes



1 small Orange

NUTRITION FACTS
Banana

Serving Size: 1 small		**Calories from:**	
		Fat	3
Total Calories	90	**Carbs**	84
		Protein	3

		%DV
Total Fat	0g	1%
Saturated Fat	0g	1%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	23g	8%
Dietary Fiber	3g	11%
Sugars	12g	
Protein	1g	
Vitamin A		1%
Vitamin C		15%
Calcium		1%
Iron		1%

NUTRITION FACTS
Apple

Serving Size: 1 medium		**Calories from:**	
		Fat	3
Total Calories	95	**Carbs**	90
		Protein	2

		%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	25g	8%
Dietary Fiber	4g	17%
Sugars	19g	
Protein	0g	
Vitamin A		2%
Vitamin C		14%
Calcium		1%
Iron		1%

NUTRITION FACTS
Orange

Serving Size: 1 small		**Calories from:**	
		Fat	1
Total Calories	45	**Carbs**	41
		Protein	3

		%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	2g	9%
Sugars	9g	
Protein	1g	
Vitamin A		4%
Vitamin C		85%
Calcium		4%
Iron		1%

NUTRITION FACTS
Grapes

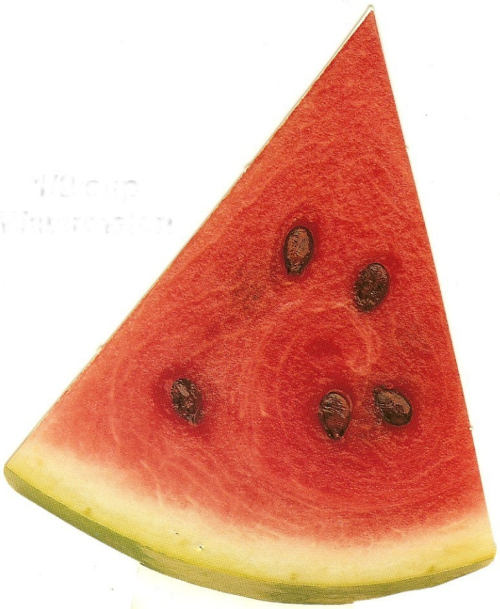
Serving Size:	10 each	**Calories from:**	
		Fat	1
Total Calories	34	**Carbs**	32
		Protein	1

		%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	9g	3%
Dietary Fiber	0g	2%
Sugars	8g	
Protein	0g	
Vitamin A		1%
Vitamin C		9%
Calcium		0%
Iron		1%

1 cup
Orange Juice

1 Large
Peach

1 cup
Juice-packed
Peaches



1 wedge
Watermelon

NUTRITION FACTS
Peach

Serving Size:	1 large	**Calories from:**	
		Fat	4
Total Calories	68	**Carbs**	59
		Protein	5

		%DV
Total Fat	0g	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	17g	6%
Dietary Fiber	3g	10%
Sugars	15g	
Protein	2g	
Vitamin A		11%
Vitamin C		19%
Calcium		1%
Iron		2%

NUTRITION FACTS
Orange Juice

Serving Size:	1 cup (8 oz.)	**Calories from:**	
		Fat	3
Total Calories	110	**Carbs**	101
		Protein	6

		%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	25g	8%
Dietary Fiber	0g	2%
Sugars		
Protein	2g	
Vitamin A		4%
Vitamin C		137%
Calcium		2%
Iron		2%

NUTRITION FACTS
Watermelon
(1/16 of melon)

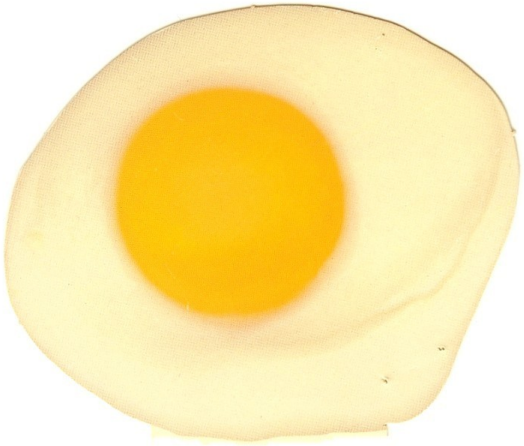
Serving Size:	1 wedge	**Calories from:**	
		Fat	3
Total Calories	86	**Carbs**	77
		Protein	6

		%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrate	22g	7%
Dietary Fiber	1g	5%
Sugars	18g	
Protein	2g	
Vitamin A		33%
Vitamin C		39%
Calcium		2%
Iron		4%

NUTRITION FACTS
Peaches (juice-packed)

Serving Size:	1 cup	**Calories from:**	
		Fat	1
Total Calories	59	**Carbs**	55
		Protein	3

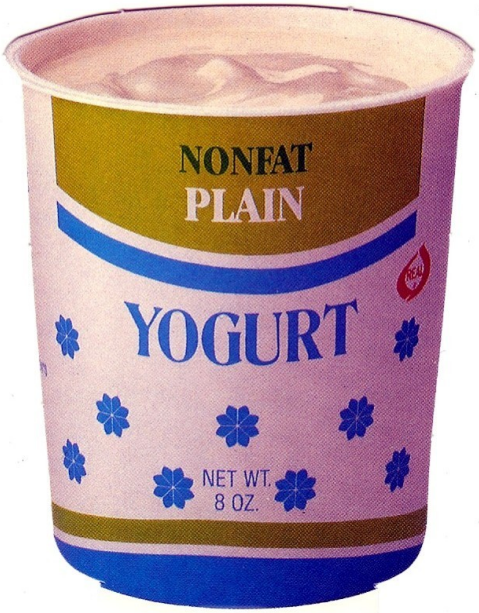
		%DV
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	29g	10%
Dietary Fiber	3g	13%
Sugars	25g	
Protein	2g	
Vitamin A		19%
Vitamin C		15%
Calcium		1%
Iron		4%



1 Large Egg

8 ounces
Low Fat Fruited
Yogurt

2
Sausage Links



8 ounces
Nonfat Plain
Yogurt

NUTRITION FACTS
Fruited Low Fat Yogurt

Serving Size:	8 ounces	**Calories from:**	
		Fat	29
Total Calories	238	**Carbs**	162
		Protein	27

		%DV
Total Fat	3g	5%
Saturated Fat	2g	10%
Cholesterol	14mg	5%
Sodium	148mg	6%
Total Carbohydrate	42g	14%
Dietary Fiber	0g	0%
Sugars		
Protein	11g	
Vitamin A		3%
Vitamin C		3%
Calcium		38%
Iron		1%

NUTRITION FACTS
Fried Egg

Serving Size:	1 large	**Calories from:**	
		Fat	63
Total Calories	90	**Carbs**	2
		Protein	25

		%DV
Total Fat	7g	11%
Saturated Fat	2g	10%
Cholesterol	210mg	70%
Sodium	94mg	4%
Total Carbohydrate	0	0%
Dietary Fiber	0	0%
Sugars	0	
Protein	6g	
Vitamin A		7%
Vitamin C		0%
Calcium		3%
Iron		5%

NUTRITION FACTS
Plain Non Fat Yogurt

Serving Size:	8 ounces	**Calories from:**	
		Fat	4
Total Calories	137	**Carbs**	73
		Protein	60

		%DV
Total Fat	0g	1%
Saturated Fat	0g	1%
Cholesterol	5mg	2%
Sodium	189mg	8%
Total Carbohydrate	19g	6%
Dietary Fiber	0	0%
Sugars	19g	
Protein	14g	
Vitamin A		0%
Vitamin C		4%
Calcium		49%
Iron		1%

NUTRITION FACTS
Sausage Links

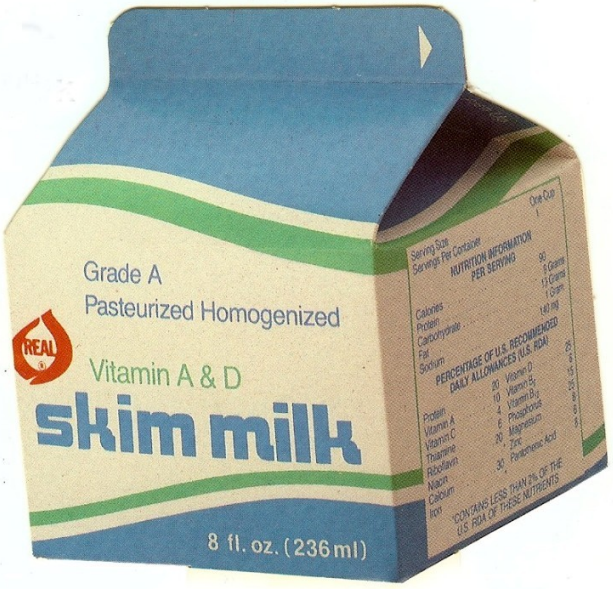
Serving Size:	2 Links	**Calories from:**	
		Fat	132
Total Calories	165	**Carbs**	31
		Protein	2

		%DV
Total Fat	15g	23%
Saturated Fat	5g	26%
Cholesterol	37mg	12%
Sodium	401mg	17%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	8g	
Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		5%

1 cup
Whole Milk

1 cup
2% (Low fat) Milk

1 cup
Chocolate Milk



1 cup
Skim Milk

NUTRITION FACTS
2% (low Fat) Milk

Serving Size: 1 cup		**Calories from:**	
		Fat	43
Total Calories	122	**Carbs**	48
		Protein	31

		%DV
Total Fat	5g	7%
Saturated Fat	3g	15%
Cholesterol	20mg	7%
Sodium	100mg	4%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	12g	
Protein	8g	
Vitamin A		9%
Vitamin C		1%
Calcium		29%
Iron		0%

NUTRITION FACTS
Whole Milk

Serving Size: 1 cup		**Calories from:**	
		Fat	71
Total Calories	146	**Carbs**	44
		Protein	31

		%DV
Total Fat	8g	12%
Saturated Fat	5g	23%
Cholesterol	24mg	8%
Sodium	98mg	4%
Total Carbohydrate	13g	4%
Dietary Fiber	0g	0%
Sugars	13g	
Protein	8g	
Vitamin A		5%
Vitamin C		0%
Calcium		28%
Iron		0%

NUTRITION FACTS
Skim Milk

Serving Size: 1 cup		**Calories from:**	
		Fat	2
Total Calories	83	**Carbs**	46
		Protein	35

		%DV
Total Fat	0g	0%
Saturated Fat	0g	1%
Cholesterol	5mg	2%
Sodium	103mg	4%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	12g	
Protein		
Vitamin A		10%
Vitamin C		0%
Calcium		31%
Iron		0%

NUTRITION FACTS
Chocolate Milk

Serving Size: 1 cup		**Calories from:**	
		Fat	42
Total Calories	190	**Carbs**	116
		Protein	32

		%DV
Total Fat	5g	7%
Saturated Fat	3g	15%
Cholesterol	20mg	7%
Sodium	165mg	7%
Total Carbohydrate	30g	10%
Dietary Fiber	2g	7%
Sugars	24g	
Protein	7g	
Vitamin A		11%
Vitamin C		0%
Calcium		27%
Iron		3%