

INGREDIENTS: CORN, CORN OIL, AND SALT.
NO PRESERVATIVES.

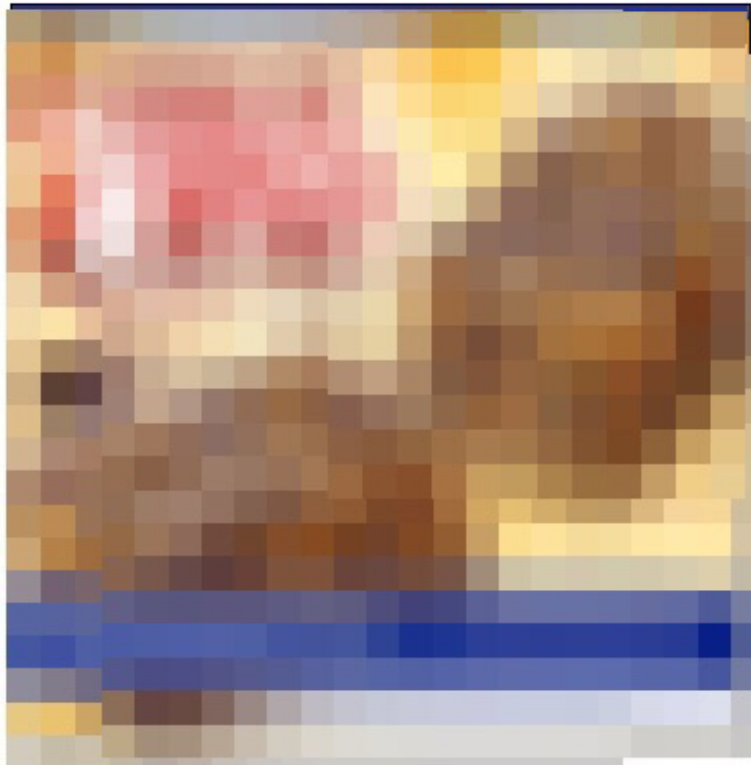
Nutrition Facts

Serving Size 1 oz. (28g/About 32 chips)
 Servings Per Container 3

Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%
Vitamin E 6%	• Vitamin B6 2%
Phosphorus 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Questions

1. How much protein is in the whole bag?
2. How much total fat is in the whole bag?



Nutrition Facts	
Serving Size 1 bar (40g)	
Servings Per Container 5	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 9g	35%
Sugars 10g	
Protein 2g	
Calcium 10%	• Iron 6%
<small>Not a significant source of vitamin A and vitamin C.</small>	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less than 65g 80g
Sat 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

Ingredients: Chicory Root Extract, Semisweet Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), Whole Grain Oats, Corn Syrup, Rice Flour, Barley Flakes, Sugar, Canola and Palm Kernel Oil, Vegetable Glycerin, High Maltose Corn Syrup, Maltodextrin, Tricalcium Phosphate, Sugarcane Fiber, Soy Lecithin, Cocoa Processed with Alkali, Salt, Fructose, Malt Extract, Caramel Color, Cellulose Gum, Baking Soda, Milk, Natural Flavor, Mixed Tocopherols added to retain freshness.

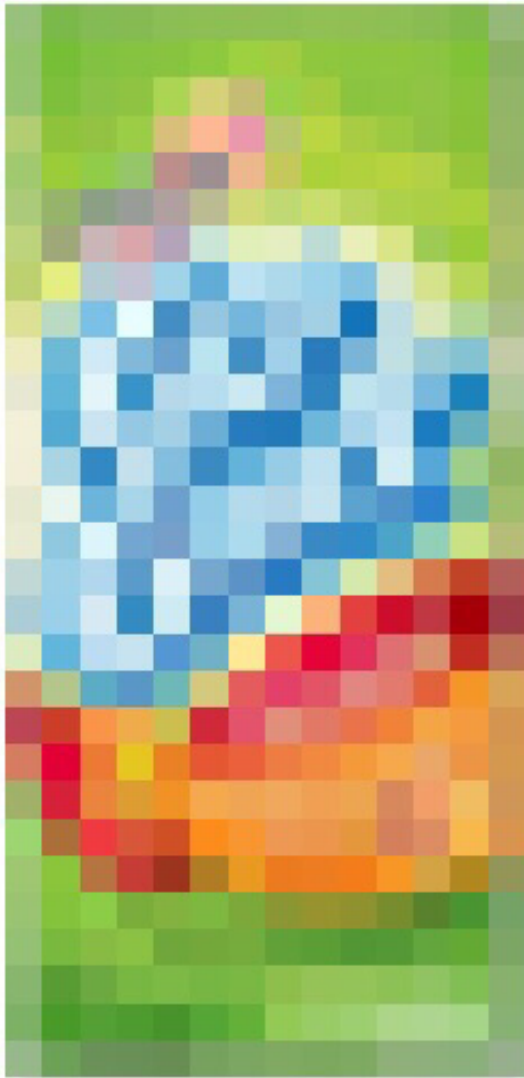
CONTAINS SOY, MILK; MAY CONTAIN PEANUT, ALMOND, SUNFLOWER AND WHEAT INGREDIENTS.

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DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

Questions

1. If I ate the entire box of bars (all 5 bars) how many grams of sugar would I consume?
2. How many grams of protein would I consume if I ate 2 bars?



Nutrition Facts	
Serving Size 1 tube (64g)	
Servings Per Carton 8	
Amount Per Serving	
Calories	60
Calories from Fat	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 30mg	1%
Potassium 90mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 2g	4%
Vitamin A 8% • Vitamin C 0%	
Calcium 10% • Iron 0%	
Vitamin D 10% • Riboflavin 4%	
Phosphorus 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

Ingredients: Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1% or less of: Kosher Gelatin, Tricalcium Phosphate, Potassium Sorbate Added to Maintain Freshness, Carrageenan, Natural Flavor, Vegetable Juice, Annatto Extract and Beta Carotene (for color), Vitamin A Acetate, Vitamin D₂.

DISTRIBUTED BY YOPLAIT USA, INC.,
 BOX 200 YC, MPLS, MN 55440 USA
GLUTEN FREE K D GRADE A
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 Muppets Most Wanted © 2014 Disney

Comments? Send tube with written inquiries.
1-800-967-5248 (M-F 7:30 – 5:30 CT)
www.Yoplait.com

Kids under 5 years may have difficulty swallowing frozen Go-GURT Low Fat Yogurt. Please be sure to thaw before serving.

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Questions

1. If I ate the entire box (all 8 tubes) how many grams of sugar would I consume?
2. How many calories would I consume if I ate 2 tubes?



Nutrition Facts	
Serving Size 2 cookies (26g)	
Servings Per Container 12	
Amount Per Serving	
Calories	120
Calories from Fat	60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1.5g	8%
Trans Fat 2.5g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat 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

Ingredients: Enriched Flour Bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), **Sugar, Partially Hydrogenated Soybean and / or Cottonseed Oil, Water.** **Contains 2% or less of:** Eggs, Baking Powder (sodium aluminum phosphate, baking soda), Salt, Artificial Flavor, Yellow 5, Red 40.

CONTAINS WHEAT AND EGG INGREDIENTS.

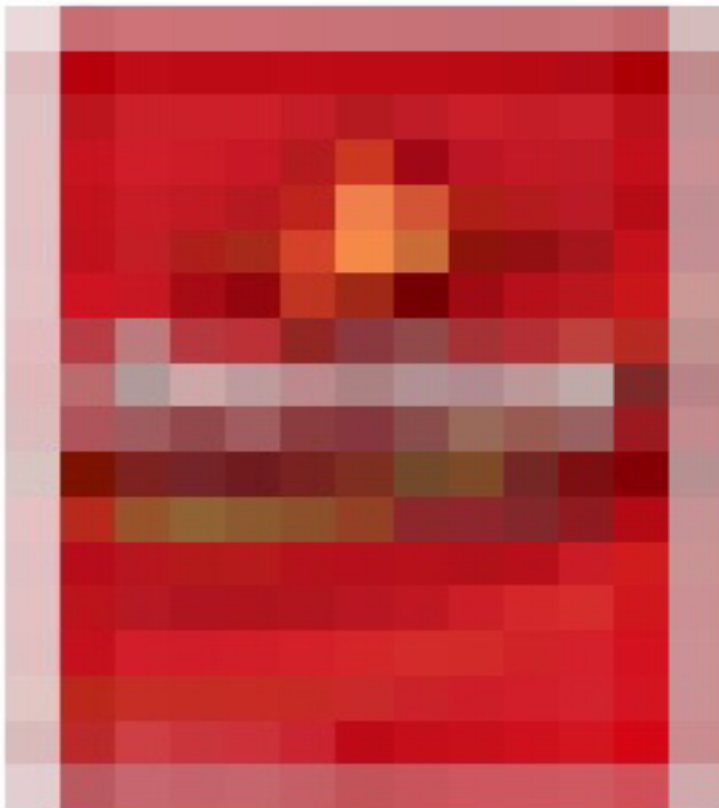
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MINNEAPOLIS, MN 55440 USA

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6,143,339
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Questions

1. If I ate four cookies how many grams of total fat would I consume?
2. How many calories would I consume if I ate 2 cookies?



Nutrition Facts

Serving Size 1 package

Amount Per Serving

Calories 150 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **7%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **6%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

Thiamin 4% • Vitamin B₆ 2%

Phosphorus 6%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE CORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SOYBEAN, AND/OR SUNFLOWER OIL), SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), MALTODEXTRIN, WHEAT FLOUR, WHEY, MONOSODIUM GLUTAMATE, BUTTERMILK SOLIDS, ROMANO CHEESE FROM COW'S MILK (PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY PROTEIN CONCENTRATE, ONION POWDER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, CORN FLOUR, DISODIUM PHOSPHATE, LACTOSE, NATURAL AND ARTIFICIAL FLAVOR, DEXTROSE, TOMATO POWDER, SPICES, LACTIC ACID, ARTIFICIAL COLOR (INCLUDING YELLOW 6, YELLOW 5, RED 40), CITRIC ACID, SUGAR, GARLIC POWDER, RED AND GREEN BELL PEPPER POWDER, SODIUM CASEINATE, DISODIUM INOSINATE, DISODIUM GUANYLATE, NONFAT MILK SOLIDS, WHEY PROTEIN ISOLATE, AND CORN SYRUP SOLIDS.
CONTAINS MILK AND WHEAT INGREDIENTS.

Questions

1. If I ate two bags how many grams of total fat would I consume?
2. How many calories would I consume if I ate the whole bag?