

## 2.2: Food Label Cards

### Beef (Animal Muscle)

<b>Nutrition Facts</b>	
Serving size	(100g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
	% Daily Value*
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	<b>36%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.8mg	10%
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 advice.

### Carrots (Plant Roots)

<b>Nutrition Facts</b>	
Serving size	(100g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>40</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.36mg	2%
Potassium 0mg	0%
Vitamin A	330%
Vitamin C	10%

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### Celery (Plant Leaf/Stems)

<b>Nutrition Facts</b>	
Serving size	(100g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>15</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.36mg	2%
Potassium 0mg	0%
Vitamin A	8%
Vitamin C	6%

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## Mushrooms (Decomposers)

### Nutrition Facts

Serving size (100g)

Amount Per Serving

**Calories 40**

% Daily Value\*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3.6mg	20%
Potassium 0mg	0%
Vitamin A	70%
Vitamin C	25%

\*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 advice.

## Spinach (Plant Leaves)

### Nutrition Facts

Serving size (100g)

Amount Per Serving

**Calories 35**

% Daily Value\*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 3g</b>	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.08mg	6%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	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 advice.

## Peanuts (Plant Seeds)

### Nutrition Facts

Serving size (100g)

Amount Per Serving

**Calories 590**

% Daily Value\*

Total Fat 50g	64%
Saturated Fat 8g	40%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein 24g</b>	<b>48%</b>
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	0%
Vitamin C	0%

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