

2.2: Food Label Cards

Beef (Animal Muscle)

Nutrition Facts	
Serving size	(100g)
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
Cholesterol 70mg	23%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	36%
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)

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 70mg	3%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	2%
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)

Nutrition Facts	
Serving size	(100g)
Amount Per Serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	2%
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%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3.6mg	20%
Potassium 0mg	0%
Vitamin A	70%
Vitamin C	25%

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Spinach (Plant Leaves)

Nutrition Facts

Serving size (100g)

Amount Per Serving

Calories 35

% Daily Value*

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

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Peanuts (Plant Seeds)

Nutrition Facts

Serving size (100g)

Amount Per Serving

Calories 590

% Daily Value*

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

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