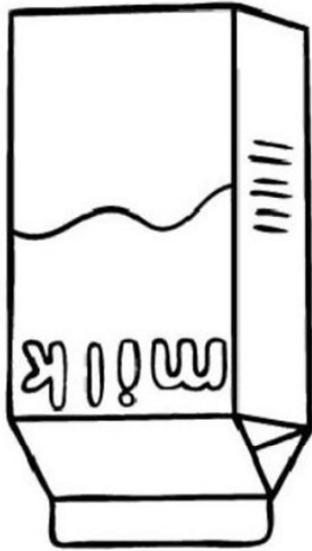


What makes your bones strong?

Nutrition Facts	
8 servings per container	
Serving Size 1 cup (240ml)	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0.1mcg	0%
Calcium 280mg	20%
Iron 0.1mg	0%
Potassium 320mg	6%



MILK

APPLE



Nutrition Facts	
Serving Size 1 large apple (242g / 8 oz.)	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value**	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 260mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 1g	
Vitamin A 2%	Vitamin C 8%
Calcium 2%	Iron 2%

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

How much dietary fiber is in an apple? _____

Total calories plus sugar in oatmeal:

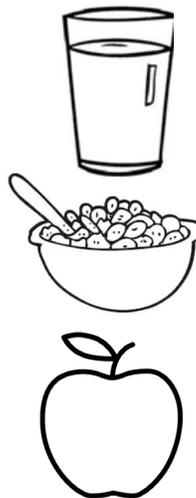
Nutrition Facts	
About 30 servings per container	
Serving size 1/2 cup dry (40g)	
Amount per serving	
Calories 150	
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Monounsaturated Fat 1g	
Polysaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.5mg	8%
Thiamin 0.2mg	15%
Phosphorus 130mg	10%
Magnesium 40mg	10%

If you add two teaspoons of sugar + 18 calories to total



OATMEAL

How many calories am I eating for breakfast?



+

total
