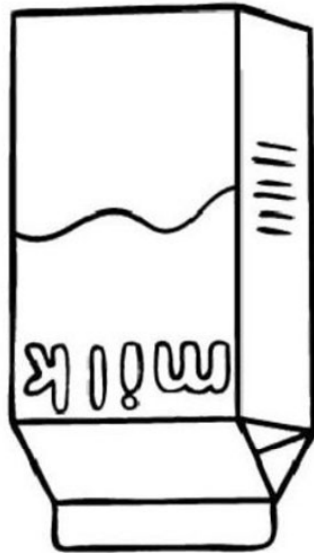


What makes your bones strong?

| 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% |

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
