Well Body Program Session C:

The Truth about Nutrition

Build a Sandwich - Nutritional Labels

Whole Grain

Nutrition Facts

Serving Size 1 slice (28g)

Servings Per Container 2			
Amount Per Serving			
Calories 70	Calorie	es from Fat 8	
	%	Daily Value*	
Total Fat	1g	1%	
Saturated Fa	at Og	1%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium 132	ng	6%	
Total Carbol	nydrate	12g 4%	
Dietary Fibe	r 2g	8%	
Sugars 3g		3%	
Protein 4g		7%	
Vitamin A 0%	•	Vitamin C 0%	
Calcium 3%	•	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on			

White Bread

Nutrition Facts

Serving Size 1 slice (28g) Servings Per Container 2

- 0-				
Amount Per	Serving			
Calories	s 68	Cal	lories fr	om Fat 8
			% Dai	ly Value*
Total Fa	at	1g		1%
Satura	ted Fa	t (Og	1%
Trans	Fat	0g		
Cholest	erol	0m	ıg	0%
Sodium	170n	ng		7%
Total Ca	arboh	ydı	ate 13g	4%
Dietar	/ Fiber	. :	1g	2%
Sugars	1g			2%
Protein	2g			4%
Vitamin A	A 0%		• Vit	amin C 0%
Calcium 3	3%		• Iro	n 5%
	lues may			000 calorie diet. r depending on
	Calorie	s	2,000	2,500
Total Fat	Less Ti	nan	65g	80g
Sat Fat	Less TI	nan	20g	25g
Cholesterol	Less TI	nan	300mg	300mg
Sodium	Less TI	nan	2,400mg	2,400mg

Tortilla Wrap

Nutrition Facts

Serving Size 1 wrap

Serving				
210 Ca	lories fr	om Fat 54		
	% Dai	ly Value*		
t 6.	0g	9%		
ed Fat	1.5g	7%		
at				
erol On	ng	0%		
540mg		23%		
rbohyd	rate 36g	12%		
/ Fiber	2g	20%		
2g		8%		
6g		12%		
4%	Vit	amin C 0%		
.5%	• Iro	n 20%		
*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		
		80g		
	-	25g		
		300mg		
		2,400mg		
arate er	25g	375g 30a		
	ed Fat	210 Calories fr		

Mayonnaise

20g 25g 300mg 300mg 2,400mg 2,400mg

Nutrition Facts

Serving Size 1 tbsp (15g)

Less Than

Sat Fat

Sodium Les Total Carbohydrate Dietary Fiber

Amount Per S	Serving				
Calories	s 49	Cal	ories f	rom F	at 44
			% Da	ily Va	lue*
Total Fa	at	5g			7%
Satura	ted Fa	t :	lg		15%
Trans	Fat	0g			
Cholest	erol	0m	ıg		0%
Sodium	107n	ng			4%
Total Ca	arboh	ydr	ate 1	3	10%
Dietary	y Fiber	r ()g		0%
Sugars	0g				0%
Protein	0g				0%
Vitamin A	٩ 0%		V	itamin	C 0%
Calcium (0%		• In	on 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.					
	Calorie	s	2,000	2,500	
Total Fat	Less T		65g	80g	
Sat Fat	Less T		20g	25g	
Cholesterol	Less T		300mg	300m	-
Sodium	Less T	han	2,400mg	, ,	mg
Total Carbohy			300g	375g	
Dietary Fib	er		25g	30g	

Mustard

300g 25g

Nutrition Facts

Serving Size 1 tsp (5g)

Total Carbohydrate Dietary Fiber

	<u> </u>	<u> </u>	
Amount Per S	Serving		
Calories	3 Ca	lories fr	om Fat 1
		% Dai	ly Value*
Total Fa	nt Og		0%
Saturat	ted Fat	0g	0%
Trans	Fat 3g		
Cholest	erol On	ng	0%
Sodium	56mg		2%
Total Ca	arbohyd	rate 0g	0%
Dietary	/ Fiber	0g	0%
Sugars	0g		0%
Protein	0g		0%
Vitamin A	A 0%	• Vi	tamin C 0%
Calcium ()%	• Iro	on 1%
*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 Carbohy	drate	300g	375g

25g

30g

Ranch Dressing

Nutrition Facts

Serving Size 1 tbsp (15g)

Amount Per S	erving		
Calories	70 Ca	lories fr	om Fat 65
		% Dai	ly Value*
Total Fa	i t 7.0)g	11%
Saturat	ed Fat	1.3g	6%
Trans F	at		
Cholest	erol 10	mg	2%
Sodium	130mg		6%
Total Ca	rbohyd	rate 1g	1%
Dietary	Fiber	0g	0%
Sugars	1g		4%
Protein	1g		2%
Vitamin A	4%	 Vit 	amin C 0%
Calcium 1	.5%	• Iro	n 20%
*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 Carbohy	drate	300g	375g
Dietary Fibe	er	25g	30g

Dietary Fiber

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Turkey

Nutrition Facts

Serving Size 1 slice

*1 slice is 4" in diameter, 1/8" thick

Amount Per Serving		
Calories 60	Calories f	rom Fat 8
	% Da	ily Value*
Total Fat	1g	1%
Saturated Fa	at Og	1%
Trans Fat	0g	
Cholesterol	22mg	7%
Sodium 661	ng	28%
Total Carbol	nydrate 3g	1%
Dietary Fibe	r Og	0%
Sugars 3g		1%
Protein 11g		20%
Vitamin A 0%	• Vi	tamin C 0%

Calcium 1% • Iron 3%

*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 Carbohyd	Irate	300g	375g
Dietary Fibe	r	25g	30g

Ham

Nutrition Facts

Serving Size 1 slice

*1 slice is 4" in diameter, 1/8" thick

Amount Per Serving		
Calories 70	Calorie	s from Fat 25
	%	Daily Value*
Total Fat	3g	4%
Saturated Fa	at 1g	5%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium 450r	ng	19%
Total Carbol	nydrate	3g 1%
Dietary Fibe	r Og	1%
Sugars 3g		1%
Protein 10)	18%
Vitamin A 0%	•	Vitamin C 0%

Calcium 0% • Iron 3%

*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 Carbohy	drate	300g	375g
Dietary Fib	er	25g	30g

Bologna

Nutrition Facts

Serving Size 1 slice

*1 slice is 4" in diameter, 1/8" thick

Amount Per Serving		
Calories 70	Calorie	es from Fat 60
	%	Daily Value*
Total Fat	5g	10%
Saturated Fa	it 3g	15%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium 230r	ng	10%
Total Carbol	nydrate	e 0g 0 %
Dietary Fibe	r Og	0%
Sugars Og		0%
Protein 3g		6%
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 2%
*Description Delle Melices		

Calcium O% • 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	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

Cheddar

Nutrition Facts

Serving Size 1 slice

Dietary Fiber

Amount Per	Serving		
Calories	113 Ca	lories fr	om Fat 84
		% Dai	ly Value*
Total Fa	at 9g		14%
Satura	ted Fat	6g	30%
Unsati	<i>ırated</i> Fa	t 3g	7%
Cholest	erol 29	mg	10%
Sodium	174mg		7%
Total Ca	arbohydi	rate 0g	0%
Dietar	/ Fiber	0g	0%
Sugars	0g		0%
Protein	7g		10%
Vitamin A	4 6%	• Vit	amin C 0%
Calcium 2	20%	• Iro	n 1%
*Percent Daily	Values are ba	sed on a 2,0	000 calorie diet.
			r depending on
your calorie n	eds.		
	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 Carbohy	drate	300g	375g

25g

30g

American Cheese

Nutrition Facts

Serving Size 1 slice

Amount Per	Serving		
Calories	96 Ca	lories fr	om Fat 67
		% Dai	ly Value*
Total Fa	at 7g		11%
Satura	ted Fat	4	22%
Unsati	<i>ırated</i> Fa	t 3g	7%
Cholest	erol On	ng	8%
Sodium	132mg		15%
Total Ca	arbohyd	rate 12	g 1%
Dietan	/ Fiber	2g	0%
Sugars	3g		2%
Protein	5g		10%
Vitamin A	A 16%	• Vit	amin C 0%
Calcium 5	57%	• Iro	n 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 Carbohy		300g	375g
Dietary Fib	er	25g	30g

Provolone

Nutrition Facts

Serving Size 1 slice

Dietary Fiber

Amount Per S	Serving			
Calories	98 Ca	lories fr	om Fat 67	
		% Dai	ly Value*	
Total Fa	t 7g		1%	
Saturat	ed Fat	5g	1%	
Unsatu	<i>rated</i> Fat	t 2 g		
Cholest	erol 19	mg	0%	
Sodium	245mg		6%	
Total Ca	rbohydi	ate Og	4%	
Dietary	Fiber (Og	8%	
Sugars	0g		3%	
Protein	7g		7%	
Vitamin A	\ 5%	• Vit	amin C 0%	
Calcium 2	1%	• Iro	n 1%	
*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	

25g

30g

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Bacon

Pickles

Onion

Nutrition Facts

Serving Size 1 slice

Amount Per S	Serving			
Calories	42 Ca	lories	from Fa	t 29
		% Da	aily Val	ue*
Total Fa	ı t 3g			5%
Saturat	ed Fat	1g		5%
Trans F	at Og			
Cholest	erol 9m	ng		3%
Sodium	192mg			8%
Total Ca	rbohyd	rate 0	g	0%
Dietary	Fiber	0g		0%
Sugars	0g			0%
Protein	3g			5%
Vitamin A	\ 0%	• V	itamin (C 0%
Calcium 0	1%	• Ir	on 1%	
*Percent Daily Your Daily Val your calorie ne	ues may be hi			
	Calories	2,000	2,500	
Total Fat	Less Than	65g	80g	
Sat Fat	Less Than	20g	25g	

Nutrition Facts

Serving Size 1 slice

Amount Per Serving		
Calories 1	Calories from	Fat 0
	% Daily \	Value*
Total Fat	0g	0%
Saturated Fa	at Og	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium 61m	ıg	3%
Total Carbol	nydrate 0.2g	0%
Dietary Fibe	r 0.1g	0%
Sugars 0.1g		0%
Protein 0g		0%
Vitamin A 0%	 Vitam 	in C 0%
Calcium 0%	• Iron ∩	%

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 Carbohy	drate	300g	375g
Dietary Fib	er	25g	30g

Nutrition Facts

Serving Size 1 large slice (15g)

Amount Per Serving			
Calories 15	Calories	s from Fa	it 0
	% C	aily Va	lue*
Total Fat	0g		0%
Saturated Fa	t Og		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 2mg			0%
Total Carboh	ydrate	3.5g	1%
Dietary Fibe	r 0.6g		3%
Sugars 1.6g			2%
Protein 0.4g			1%
Vitamin A 0%	•	Vitamin	C 0%
Calcium 0%	•	Iron 1%	
*Percent Daily Values a			
Your Daily Values may your calorie needs.		2.500	ing on

	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 Carbohyd	rate	300g	375g
Dietary Fibe	r	25g	30a

Avocado

300mg 2,400mg

Nutrition Facts

300ma

375g

2,400mg

Serving Size 1/2 avocado

Sat Fat Less Than 20g Cholesterol Less Than 300n

Less Than

Sodium

Total Carbohydrate

Amount Per S	erving					
Calories	70	Calo	ries fro	om Fat 25		
	% Daily Value*					
Total Fa	t	3g		4%		
Saturat	ed Fa	t 1g		5%		
Trans F	at	0g				
Cholest	erol	30m	g	10%		
Sodium	450n	ng		19%		
Total Ca	rboh	ydra	te 3g	1%		
Dietary	/ Fiber	· 0g		1%		
Sugars	3g			1%		
Protein	10			18%		
Vitamin A	A 0%	•	Vita	amin C 0%		
Calcium 0)%	•	Iror	า 3%		
*Percent Daily Your Daily Val	ues may			00 calorie diet. depending on		
your calorie ne			000	2 500		
your calorie ne	Calorie	-	2,000	2,500		
your calorie ne	Calorie Less T	han 6	i5g	80g		
your calorie ne Total Fat Sat Fat	Calorie	han 6 han 2	55g 10g	80g 25g		
your calorie ne	Calorie Less T Less T	han 6 han 2 han 3	i5g	80g 25g 300mg		
Total Fat Sat Fat Cholesterol	Less T Less T Less T Less T	han 6 han 2 han 3 han 2	55g 20g 500mg	80g 25g		
Total Fat Sat Fat Cholesterol Sodium	Calorie Less T Less T Less T Less T drate	han 6 han 2 han 3 han 2	55g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg		

Tomato

Nutrition Facts

Serving Size 1 slice

Amount Per Serving		
Calories 4	Calories from F	at 0
	% Daily V	alue*
Total Fat	0g	0%
Saturated Fa	at Og	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium 1mg	8	0%
Total Carbol	hydrate 1g	0%
Dietary Fibe	er Og	0%
Sugars 1g		0%
Protein 0g		0%
Vitamin A 1679	% • Vitamir	n C 3%
Calcium 3%	 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. Total Fat

Cholesterol Less Than 300mg 300ma 2,400mg 300g Total Carbohydrate 375g

Lettuce

Nutrition Facts

Serving Size 1 cup shredded

Amount Per Serving		
Calories 8	Calories from	Fat 1
	% Daily \	/alue*
Total Fat	0g	1%
Saturated Fa	it Og	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium 4mg		0%
Total Carboh	ı ydrat ı2g	1%
Dietary Fiber	r 1g	2%
Sugars 1g		0%
Protein 1g		2%
Vitamin A 55%	 Vitamir 	າ C 19%
Calcium 2%	 Iron 3% 	·
*Percent Daily Values a Your Daily Values may		

Carcium 27	0 -	1101	1 3/0				
*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