

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	Calories from Fat 8	
% Daily Value*		
Total Fat	1g	1%
Saturated Fat	0g	1%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	132mg	6%
Total Carbohydrate	12g	4%
Dietary Fiber	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 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

White Bread

Nutrition Facts		
Serving Size 1 slice (28g)		
Servings Per Container 2		
Amount Per Serving		
Calories 68	Calories from Fat 8	
% Daily Value*		
Total Fat	1g	1%
Saturated Fat	0g	1%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrate	13g	4%
Dietary Fiber	1g	2%
Sugars	1g	2%
Protein	2g	4%
Vitamin A 0% • Vitamin C 0%		
Calcium 3% • Iron 5%		
*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

Tortilla Wrap

Nutrition Facts		
Serving Size 1 wrap		
Amount Per Serving		
Calories 210	Calories from Fat 54	
% Daily Value*		
Total Fat	6.0g	9%
Saturated Fat	1.5g	7%
<i>Trans</i> Fat		
Cholesterol	0mg	0%
Sodium	540mg	23%
Total Carbohydrate	36g	12%
Dietary Fiber	2g	20%
Sugars	2g	8%
Protein	6g	12%
Vitamin A 4% • Vitamin C 0%		
Calcium 15% • Iron 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Mayonnaise

Nutrition Facts		
Serving Size 1 tbsp (15g)		
Amount Per Serving		
Calories 49	Calories from Fat 44	
% Daily Value*		
Total Fat	5g	7%
Saturated Fat	1g	15%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	107mg	4%
Total Carbohydrate	1g	10%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	0g	0%
Vitamin A 0% • Vitamin C 0%		
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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Mustard

Nutrition Facts		
Serving Size 1 tsp (5g)		
Amount Per Serving		
Calories 3	Calories from Fat 1	
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	3g	
Cholesterol	0mg	0%
Sodium	56mg	2%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	0g	0%
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Ranch Dressing

Nutrition Facts		
Serving Size 1 tbsp (15g)		
Amount Per Serving		
Calories 70	Calories from Fat 65	
% Daily Value*		
Total Fat	7.0g	11%
Saturated Fat	1.3g	6%
<i>Trans</i> Fat		
Cholesterol	10mg	2%
Sodium	130mg	6%
Total Carbohydrate	1g	1%
Dietary Fiber	0g	0%
Sugars	1g	4%
Protein	1g	2%
Vitamin A 4% • Vitamin C 0%		
Calcium 15% • Iron 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

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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 from Fat 8	
		% Daily Value*
Total Fat	1g	1%
Saturated Fat	0g	1%
<i>Trans</i> Fat	0g	
Cholesterol	22mg	7%
Sodium	661mg	28%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Sugars	3g	1%
Protein	11g	20%
Vitamin A 0% • Vitamin 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Ham

Nutrition Facts		
Serving Size 1 slice		
*1 slice is 4" in diameter, 1/8" thick		
Amount Per Serving		
Calories 70	Calories from Fat 25	
		% Daily Value*
Total Fat	3g	4%
Saturated Fat	1g	5%
<i>Trans</i> Fat	0g	
Cholesterol	30mg	10%
Sodium	450mg	19%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Bologna

Nutrition Facts		
Serving Size 1 slice		
*1 slice is 4" in diameter, 1/8" thick		
Amount Per Serving		
Calories 70	Calories from Fat 60	
		% Daily Value*
Total Fat	5g	10%
Saturated Fat	3g	15%
<i>Trans</i> Fat	0g	
Cholesterol	15mg	5%
Sodium	230mg	10%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	3g	6%
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • 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		
Amount Per Serving		
Calories 113	Calories from Fat 84	
		% Daily Value*
Total Fat	9g	14%
Saturated Fat	6g	30%
<i>Unsaturated</i> Fat	3g	7%
Cholesterol	29mg	10%
Sodium	174mg	7%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	7g	10%
Vitamin A 6% • Vitamin C 0%		
Calcium 20% • Iron 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

American Cheese

Nutrition Facts		
Serving Size 1 slice		
Amount Per Serving		
Calories 96	Calories from Fat 67	
		% Daily Value*
Total Fat	7g	11%
Saturated Fat	4	22%
<i>Unsaturated</i> Fat	3g	7%
Cholesterol	0mg	8%
Sodium	132mg	15%
Total Carbohydrate	12g	1%
Dietary Fiber	2g	0%
Sugars	3g	2%
Protein	5g	10%
Vitamin A 16% • Vitamin C 0%		
Calcium 57% • Iron 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Provolone

Nutrition Facts		
Serving Size 1 slice		
Amount Per Serving		
Calories 98	Calories from Fat 67	
		% Daily Value*
Total Fat	7g	1%
Saturated Fat	5g	1%
<i>Unsaturated</i> Fat	2g	
Cholesterol	19mg	0%
Sodium	245mg	6%
Total Carbohydrate	0g	4%
Dietary Fiber	0g	8%
Sugars	0g	3%
Protein	7g	7%
Vitamin A 5% • Vitamin C 0%		
Calcium 21% • Iron 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

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Bacon

Nutrition Facts		
Serving Size 1 slice		
Amount Per Serving		
Calories 42	Calories from Fat 29	
% Daily Value*		
Total Fat	3g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	9mg	3%
Sodium	192mg	8%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	3g	5%
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Pickles

Nutrition Facts		
Serving Size 1 slice		
Amount Per Serving		
Calories 1	Calories from Fat 0	
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	61mg	3%
Total Carbohydrate	0.2g	0%
Dietary Fiber	0.1g	0%
Sugars	0.1g	0%
Protein	0g	0%
Vitamin A 0% • Vitamin C 0%		
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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Onion

Nutrition Facts		
Serving Size 1 large slice (15g)		
Amount Per Serving		
Calories 15	Calories from Fat 0	
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	3.5g	1%
Dietary Fiber	0.6g	3%
Sugars	1.6g	2%
Protein	0.4g	1%
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Avocado

Nutrition Facts		
Serving Size 1/2 avocado		
Amount Per Serving		
Calories 70	Calories from Fat 25	
% Daily Value*		
Total Fat	3g	4%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	450mg	19%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Tomato

Nutrition Facts		
Serving Size 1 slice		
Amount Per Serving		
Calories 4	Calories from Fat 0	
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Sugars	1g	0%
Protein	0g	0%
Vitamin A 167% • Vitamin 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.		
	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

Lettuce

Nutrition Facts		
Serving Size 1 cup shredded		
Amount Per Serving		
Calories 8	Calories from Fat 1	
% Daily Value*		
Total Fat	0g	1%
Saturated Fat	0g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	1g	2%
Sugars	1g	0%
Protein	1g	2%
Vitamin A 55% • Vitamin C 19%		
Calcium 2% • 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 Carbohydrate		300g 375g
Dietary Fiber		25g 30g