

Practice Nutrition Facts

Use the example of a turkey and cheese sandwich and fill in the data charts provided. The sandwich has 4 slices of turkey, 1 slice of provolone cheese, wheat bread, 2 tbsp of mayonnaise, half of a tomato, and 0.25 cups of lettuce.

Nutrition Information from Nutrient Labels

	Whole Wheat Bread	Mesquite turkey	Reduced fat provolone cheese	Tomato	Lettuce	Mayonnaise
Serving size	1 slice = 26 g	6 slices = 51 g	1 slice = 19 g	3 medium = 186 g	1 cup = 47 g	2 tbsp = 13 g
Calories	50	50	50	40	8	90
Fat	1 g	1 g	3.5 g	0.5 g	0 g	10 g
Cholesterol	0 mg	20 mg	10 mg	0 mg	0 mg	5 mg
Carbs	10 g	2 g	0 g	9.0 g	1.55 g	0 g
Protein	4 g	8 g	5 g	2 g	0.58 g	0 g
Sodium	160 mg	440 mg	200 mg	15 mg	0 g	70 mg

Daily Recommended Amounts

Grains	Vegetables	Fruits	Milk	Meat & Beans
7 oz	3 cups	2 cups	3 cups	6 oz

Analysis Questions

- How much does this sandwich represent out of the totals for the day?

Grains	Vegetables	Fruits	Milk	Meat & Beans

- How many of each nutrient do you find in each ingredient?

	Whole Wheat Bread	Mesquite turkey	Reduced fat provolone cheese	Tomato	Lettuce	Mayonnaise
Calories						
Fat						
Cholesterol						
Carbs						
Protein						
Sodium						

Publix Super Market Hearty Shrimp and Roasted Vegetables

Ingredients: Serving size = 6

3 cups fresh baby potatoes (12oz), halved
 6 oz fresh green beans, halved
 6 slices pre-cooked bacon
 4 cloves of garlic

2 tablespoons butter
 ½ cup julienne-cut sun-dried tomatoes
 1 ½ lb shrimp
 ½ cup parmesan cheese

Nutrition Label Facts

	Fresh Baby Potatoes	Fresh Green Beans	Pre-cooked Bacon	Garlic
Serving size	5 potatoes = 148 g	1 cup = 110 g	2 slices = 12 g	3 cloves = 9 g
Calories	90	34	60	13
Fat	0 g	0 g	5 g	0 g
Cholesterol	0 mg	0 mg	10 mg	0 mg
Carbs	16 g	8 g	0 g	3 g
Protein	3 g	2 g	3 g	1 g
Sodium	20 mg	7 mg	200 mg	2 mg

	Butter	Sun-dried Tomatoes	Shrimp	Parmesan Cheese
Serving size	1 tbsp = 14 g	0.5 oz	4 oz	2 tsp = 5g
Calories	50	40	80	20
Fat	5 g	0 g	0 g	1.5 g
Cholesterol	0 mg	0 mg	115 mg	5 mg
Carbs	0 g	8 g	0 g	0 g
Protein	0 g	2 g	18 g	2 g
Sodium	95 mg	15 mg	550 mg	75 mg

Analysis

- How much of each ingredient are you consuming if you ate 1 serving of the meal?

Potatoes	Green beans	Bacon	Garlic	Butter	Sun-dried tomatoes	Shrimp	Parmesan cheese

- List the food groups that each ingredient (not including butter) fits into and include the serving size of each ingredient from above.

Grains	Vegetables	Fruits	Milk	Meat & Beans