

Practice Nutrition Facts Key

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

	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 in the totals for the day?

Grains	Vegetables	Fruits	Milk	Meat & Beans
1.8 oz	0.38 cups	0 cups	0.1 cups	1.2 oz

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

	Whole Wheat Bread	Mesquite turkey	Reduced fat provolone cheese	Tomato	Lettuce	Mayonnaise	Total
Calories	100	33	50	7	2	90	282
Fat	2 g	0.7 g	3.5 g	0 g	0 g	10 g	16.2 g
Cholesterol	0 mg	13 mg	10 mg	0 mg	0 mg	5 mg	28 mg
Carbs	20 g	1.3 g	0 g	1.5 g	0.4 g	0 g	23.2 g
Protein	8 g	5.3 g	5 g	0.3 g	0.2 g	0 g	18.8
Sodium	320 mg	293 mg	200 mg	2.5 mg	0 mg	70 mg	885.5 mg

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

1. 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
.5 c	.26c	.02oz	.1c	0.33 tbsp	0.083 cups	4oz	0.083 cups

2. List the food groups that each ingredient fits into.

Grains	Vegetables	Fruits	Milk	Meat & Beans
	Green beans - .26c Potatoes - .5c Garlic - .1c Sun-dried tomatoes - .1c		Parmesan cheese - .1c	Shrimp – 4oz Bacon - .02oz

Potatoes, green beans, and garlic had to be converted into cups and then added to the sun-dried tomatoes. Parmesan cheese was already in cups. Shrimp had to be converted from pounds to ounces. Bacon had to be converted from grams to ounces.