

# Cheddar Cheese A - 30% M.F.

## Nutrition Facts

Per 3 Cm Cube (30 g)

Amount	% Daily value
Calories 120	
Fat 10 g	15%
Saturated 6 g + Trans 0.3 g	32%
Cholesterol 25 mg	
Sodium 210 mg	9%
Carbohydrate 1 g	0%
Fiber 0 g	0%
Sugars 0 g	
Protein 7 g	
Vitamin A	10%
Vitamin C	0%
Calcium	20%
Iron	0%

Nutrition Facts	
Per 3 cm cube (30 g)	
Amount	% Daily Value
<b>Calories</b> 120	
<b>Fat</b> 10 g	15 %
Saturated 6 g	32 %
+ Trans 0.3 g	
<b>Cholesterol</b> 25 mg	
<b>Sodium</b> 210 mg	9 %
<b>Carbohydrate</b> 1 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
<b>Protein</b> 7 g	
Vitamin A 10 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %

# Cheddar cheese B - 25% M.F.

## Nutrition Facts

Per 3 Cm Cube (30 g)

Amount	% Daily value
Calories 80	
Fat 5 g	8%
Saturated 3 g + Trans 0.1 g	16%
Cholesterol 20 mg	
Sodium 210 mg	9%
Carbohydrate 1 g	0%
Fibre 0 g	
Sugars 0 g	
Protein 7 g	
Vitamin A	10%
Vitamin C	0%
Calcium	20%
Iron	0%

Nutrition Facts			
Per 3 cm cube (30 g)			
Amount		% Daily Value	
<b>Calories 80</b>			
<b>Fat 5 g</b>		8 %	
Saturated 3 g + Trans 0.1 g		16 %	
<b>Cholesterol 20 mg</b>			
<b>Sodium 210 mg</b>		9 %	
<b>Carbohydrate 1 g</b>			
Fibre 0 g		0 %	
Sugars 0 g			
<b>Protein 7 g</b>			
Vitamin A	10 %	Vitamin C	0 %
Calcium	20 %	Iron	0 %

# Canned soup A - Sodium reduced vegetable soup

## Nutrition Facts

Per 1 cup (250 mL)

Amount	% Daily value
Calories 150	
Fat 2.5 g	4%
Saturated 1 g + Trans 0 g	5%
Cholesterol 0 mg	
Sodium 250 mg	10%
Carbohydrate 25 g	8%
Fibre 5 g	20%
Sugars 7 g	
Protein 6 g	
Vitamin A	15%
Vitamin C	6%
Calcium	2%
Iron	10%

Nutrition Facts	
Per 1 cup (250 mL)	
Amount	% Daily Value
<b>Calories</b> 150	
<b>Fat</b> 2.5 g	4 %
Saturated 1 g + Trans 0 g	5 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 250 mg	10 %
<b>Carbohydrate</b> 25 g	8 %
Fibre 5 g	20 %
Sugars 7 g	
<b>Protein</b> 6 g	
Vitamin A 15 %	Vitamin C 6 %
Calcium 2 %	Iron 10 %

## Canned soup B - Cream of mushroom

### Nutrition Facts

Per 1 cup (250 mL)

Amount	% Daily value
Calories 160	
Fat 11 g	17%
Saturated 2 g + Trans 0 g	10%
Cholesterol 5 mg	
Sodium 1080 mg	45%
Carbohydrate 13 g	4%
Fibre 1 g	
Sugars 2 g	
Protein 1 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

Nutrition Facts			
Per 1 cup (250 mL)			
Amount	% Daily Value		
<b>Calories</b> 160			
<b>Fat</b> 11 g		17 %	
Saturated 2 g		10 %	
+ Trans 0 g			
<b>Cholesterol</b> 5 mg			
<b>Sodium</b> 1080 mg		45 %	
<b>Carbohydrate</b> 13 g		4 %	
Fibre 1 g		4 %	
Sugars 2 g			
<b>Protein</b> 1 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 2 %	Iron 4 %		

# Canned salmon, wild pacific A - Boneless and skinless

## Nutrition Facts

Per 1/2 can (85 g)

Amount	% Daily value
Calories 140	
Fat 7 g	11%
Saturated 1.5 g + Trans 0 g	8%
Cholesterol 40 mg	
Sodium 420 mg	18%
Carbohydrate 0 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 18 g	
Vitamin A	4%
Vitamin C	0%
Calcium	0%
Iron	4%

Nutrition Facts			
Per 1/2 can (85 g)			
Amount	% Daily Value		
<b>Calories 140</b>			
<b>Fat 7 g</b>	<b>11 %</b>		
Saturated 1.5 g + Trans 0 g	8 %		
<b>Cholesterol 40 mg</b>			
<b>Sodium 420 mg</b>	<b>18 %</b>		
<b>Carbohydrate 0 g</b>	<b>0 %</b>		
Fibre 0 g	0 %		
Sugars 0 g			
<b>Protein 18 g</b>			
Vitamin A 4 %	Vitamin C 0 %		
<b>Calcium 0 %</b>	Iron 4 %		

# Canned salmon, wild pacific B - With skin and bones, no added salt

## Nutrition Facts

Per ½ can (85 g)

Amount	% Daily value
Calories 140	
Fat 12 g	19%
Saturated 2 g + Trans 0 g	10%
Cholesterol 40 mg	
Sodium 70 mg	3%
Carbohydrate 0 g	0%
Fibre 0 g	
Sugars 0 g	
Protein 16 g	
Vitamin A	4%
Vitamin C	0%
Calcium	15%
Iron	6%

Nutrition Facts			
Per 1/2 can (85 g)			
Amount	% Daily Value		
<b>Calories 140</b>			
<b>Fat 12 g</b>	19 %		
Saturated 2 g + Trans 0 g	10 %		
<b>Cholesterol 40 mg</b>			
<b>Sodium 70 mg</b>	3 %		
<b>Carbohydrate 0 g</b>	0 %		
Fibre 0 g	0 %		
Sugars 0 g			
<b>Protein 16 g</b>			
Vitamin A 4 %	Vitamin C 0 %		
<b>Calcium 15 %</b>	Iron 6 %		

## Pasta A - Whole wheat

### Nutrition Facts

Per 1/5 Package (85 g)

Amount	% Daily value
Calories 290	
Fat 1.5 g	2%
Saturated 0.3 g + Trans 0 g	2%
Cholesterol 0 mg	
Sodium 0 mg	0%
Carbohydrate 60 g	20%
Fibre 7 g	28%
Sugars 2 g	
Protein 10 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	25%

## Nutrition Facts

Per 1/5 package (85 g)

Amount	% Daily Value
<b>Calories 290</b>	
<b>Fat 1.5 g</b>	<b>2 %</b>
Saturated 0.3 g + Trans 0 g	2 %
<b>Cholesterol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0 %</b>
<b>Carbohydrate 60 g</b>	<b>20 %</b>
<b>Fibre 7 g</b>	<b>28 %</b>
Sugars 2 g	
<b>Protein 10 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	<b>Iron 25 %</b>

## Pasta B - White pasta

### Nutrition Facts

Per 1/5 Package (85 g)

Amount	% Daily value
Calories 310	
Fat 1 g	2%
Saturated 0 g + Trans 0 g	0%
Cholesterol 0 mg	
Sodium 0 mg	0%
Carbohydrate 65 g	22%
Fibre 3 g	12%
Sugars 2 g	
Protein 11 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	25%

Nutrition Facts			
Per 1/5 package (85 g)			
Amount	% Daily Value		
<b>Calories</b> 310			
<b>Fat</b> 1 g			2%
Saturated 0 g + Trans 0 g			0%
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 0 mg			0%
<b>Carbohydrate</b> 65 g			22%
Fibre 3 g			12%
Sugars 2 g			
<b>Protein</b> 11 g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	25%



## Bread A - Whole wheat bread

### Nutrition Facts

Per 1 slice (39 g)

Amount	% Daily value
Calories 90	
Fat 1.5 g	2%
Saturated 0.4 g + Trans 0 g	2%
Cholesterol 0 mg	
Sodium 190 mg	8%
Carbohydrate 15 g	5%
Fibre 4 g	16%
Sugars 2 g	
Protein 4 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	8%

## Nutrition Facts

Per 1 slice (39 g)

Amount	% Daily Value
<b>Calories 90</b>	
<b>Fat 1.5 g</b>	2 %
Saturated 0.4 g + Trans 0 g	2 %
<b>Cholesterol 0 mg</b>	
<b>Sodium 190 mg</b>	8 %
<b>Carbohydrate 15 g</b>	5 %
<b>Fibre 4 g</b>	16 %
Sugars 2 g	
<b>Protein 4 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

## Bread B - White bread

### Nutrition Facts

Per 1 slice (37 g)

Amount	% Daily value
Calories 90	
Fat 1 g	2%
Saturated 0 g + Trans 0 g	0%
Cholesterol 0 mg	
Sodium 200 mg	8%
Carbohydrate 17 g	6%
Fibre 1 g	4%
Sugars 1 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	8%

## Nutrition Facts

Per 1 slice (37 g)

Amount	% Daily Value
<b>Calories 90</b>	
<b>Fat 1 g</b>	<b>2%</b>
Saturated 0 g + Trans 0 g	0 %
<b>Cholesterol 0 mg</b>	
<b>Sodium 200 mg</b>	<b>8 %</b>
<b>Carbohydrate 17 g</b>	<b>6 %</b>
Fibre 1 g	4 %
Sugars 1 g	
<b>Protein 3 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %