

Leyendo las Etiquetas

Etiqueta 1: Aderezo Ranch:

Esta comida tiene _____ mg de sodio en _____

Nutrition Facts	Amount Per Serving		%DV*	
Serv. Size 2 Tbsp (30g) Servings 16	Total Fat 15g	23%	Total Carb. 2g	1%
	Sat Fat 2g	11%	Dietary Fiber 0g	0%
Calories 140 Fat Cal. 130	Trans Fat 0g		Sugars 2g	
	Cholest. 10mg	3%	Protein 0g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium 310mg	13%		
	Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 0%			

Etiqueta 2: Aderezo para ensaladas:

Esta comida tiene _____ mg de sodio en _____

Nutrition Facts	Amount Per Serving		%DV*	
Serv. Size 2 Tbsp (30mL) Servings: About 8	Total Fat 3g	5%	Sugars 4g	
	Sodium 40mg	2%	Protein 0g	
Calories 50 Fat Cal. 130	Total Carb. 5g	1%		
	Not a significant source of Sat Fat, Trans Fat, Cholest, Fiber, Vitamin A, Vitamin C, Calcium and Iron,			
* Percent Daily Values (DV) are based on a 2,000 calorie diet.				

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Etiqueta 3: Vegetales enlatados:

Esta comida tiene _____ mg de sodio en _____

Nutrition Facts	Amount Per Serving	%DV*
Serv. Size 1/2 cup (125g) Servings per container: About 3.5	Total Fat 1g	2%
Calories 80 Calories from Fat 10	Saturated Fat 0g	0%
	Trans Fat 0g	
	Cholesterol 0mg	0%
	Sodium 319mg	13%
	Total Carb. 17g	6%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Etiqueta 4: Vegetales congelados:

Esta comida tiene _____ mg de sodio en _____

Nutrition Facts	Amount Per Serving	%DV*
Serv. Size 2/3 cup (90g) Servings per container: About 9	Total Fat 1g	2%
Calories 100 Calories from Fat 10	Saturated Fat 0g	0%
	Trans Fat 0g	
	Cholesterol 0mg	0%
	Sodium 0mg	0%
	Total Carb. 21g	7%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.