



# Jr. Chef Club Fruits & Vitamins Lesson 6

MyPyramid Poster:



Example of a Milk Carton Label: Identifying vitamin A and D percentages

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container About 2	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 40</b>
<b>% Daily Value*</b>	
<b>Total Fat 5g</b>	<b>7%</b>
<b>Saturated Fat 3g</b>	<b>14%</b>
<b>Cholesterol 20mg</b>	<b>6%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 11g</b>	
<b>Protein 8g</b>	
<b>Vitamin A 10%</b>	<b>Vitamin C 4%</b>
<b>Calcium 30%</b>	<b>Iron 0%</b>
	<b>Vitamin D 25%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	<b>Calories: 2,000    2,500</b>
<b>Total Fat</b>	Less than 65g    80g
<b>Sat Fat</b>	Less than 20g    25g
<b>Cholesterol</b>	Less than 300mg    300mg
<b>Sodium</b>	Less than 2,400mg    2,400mg
<b>Total Carbohydrate</b>	300g    375g
<b>Dietary Fiber</b>	25g    30g
<b>Protein</b>	50g    65g

**GRADE PASTEURIZED HOMOGENIZED MILK, VITAMIN A AND VITAMIN D ENRICHED**

**FAT REduced 8g TO 5g**

**INGREDIENTS: MILK, VITAMIN A AND VITAMIN D**

**FILLED**

**Uncondensed**

If for any reason you are not completely satisfied, simply return the carton for a full refund. No proof of purchase or receipt necessary. We prefer. We want you to be happy. When writing, please include the plant code on the carton.

Distributed by: Albertson's General Stores, Boise, ID

**Example Fruit Gradient Poster:**



**Juice Information Posters:**

Poster 1-Back & Front



Poster 2- Back & Front

