

Mila's Breakfast Choices



Mila has little time in the morning to prepare breakfast. She often has *bibingka* (sweet rice cake) for breakfast, or leftovers such as pork *longanisa* and fried rice.

Look at the Nutrition Facts labels. Help Mila select some breakfast foods that are lower in saturated fat than her usual choices.

Which should she choose? Write the number of your choice for each pair in the space between the labels.

1 – Pork *Longanisa*, Sweet

Nutrition Facts	
Serving Size 2 links (66g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 150
% Daily Value*	
Total Fat 27g	41%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 320mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 8g	
Vitamin A 4%	Vitamin C 2%
Calcium 0%	Iron 4%

2 – Chicken *Siopao* (Steamed Bun With Chicken filling)

Nutrition Facts	
Serving Size 114g	
Servings Per Container 6	
Amount Per Serving	
Calories 300	Calories from Fat 30
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 260mg	11%
Total Carbohydrate 52g	17%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 12g	
Vitamin A 100%	Vitamin C 0%
Calcium 2%	Iron 6%

Lower saturated fat choice

3 – *Balut* (Duck Egg, Raw)

Nutrition Facts	
Serving Size 1 egg (70g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 620mg	206%
Sodium 100mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 9%	Vitamin C 0%
Calcium 4%	Iron 15%

4 – Hard Boiled Egg

Nutrition Facts	
Serving Size 1 egg	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 210mg	71%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 0%

Lower saturated fat choice

* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Mila's Breakfast Choices *(continued)*

5 – Fruit Danish

Nutrition Facts	
Serving Size 1/8 (57g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 1g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 2g	
Vitamin A 0%	• Vitamin C 4%
Calcium 10%	• Iron 2%

Lower
saturated
fat choice

6 – Banana

Nutrition Facts	
Serving Size 1 medium (126g)	
Servings Per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

7 – Butter

Nutrition Facts	
Serving Size 1Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 8%	• Vitamin C 0%
Calcium 0%	• Iron 0%

Lower
saturated
fat choice

8 – Light Margarine (Soft Tub)

Nutrition Facts	
Serving Size 1Tbsp (14g)	
Servings Per Container 80	
Amount Per Serving	
Calories 50	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 10%	• Vitamin C 0%
Calcium 0%	• Iron 0%

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Mila's Breakfast Choices *(continued)*

9 – Fried Rice

Nutrition Facts	
Serving Size 1 cup (185g)	
Servings Per Container 4	
Amount Per Serving	
Calories 450	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 121mg	120%
Sodium 1082mg	45%
Total Carbohydrate 80g	27%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 12g	
Vitamin A 6%	• Vitamin C 1%
Calcium 2%	• Iron 28%

10 – White Rice, Steamed

Nutrition Facts	
Serving Size 1 cup (158g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 45g	15%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 11%

Lower saturated fat choice

11 – Strawberry-flavored Milk

Nutrition Facts	
Serving Size 8 fl oz	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 100mg	4%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 30g	
Protein 7g	
Vitamin A 6%	• Vitamin C 0%
Calcium 25%	• Iron 0%

12 – Soy Milk, Vanilla

Nutrition Facts	
Serving Size 8 fl oz	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 6g	
Vitamin A 10%	• Vitamin C 0%
Calcium 30%	• Iron 8%

Lower saturated fat choice

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