Virginia's Breakfast Choices

Virginia has little time in the morning to prepare breakfast. She often has a cinnamon roll or a doughnut.

Look at the food labels. Help Virginia 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 – Cinnamon Roll

Nutrition Facts
Serving Size 1 roll (85g)
Servings Per Container 15

Amount Per Serving

Calories 320 Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 3.5g	**18%**
Trans Fat 1.5g	
Cholesterol 50mg	**17%**
Sodium 280mg	**12%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 2g	**8%**
Sugars 19g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 4%

2 – Plain Bagel

Nutrition Facts
Serving Size 1 bagel (75g)
Servings Per Container 6

Amount Per Serving

Calories 210 Calories from Fat 5

	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 390mg	**16%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 8g	

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 15%

Lower saturated fat choice

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3 – Doughnut

Nutrition Facts
Serving Size 1 doughnut (54g)
Servings Per Container 5

Amount Per Serving

Calories 290 Calories from Fat 170

	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 6g	**30%**
Trans Fat 2g	
Cholesterol 10mg	**3%**
Sodium 240mg	**10%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 1g	**0%**
Sugars 15g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%

4 – English Muffin

Nutrition Facts
Serving Size 1 muffin (57g)
Servings Per Container 6

Amount Per Serving

Calories 130 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 15% • Iron 8%

Lower saturated fat choice

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

Virginia's Breakfast Choices *(continued)*

5 – Fruit Danish

Nutrition Facts
Serving Size 1/8 package (57g)
Servings Per Container 8

Amount Per Serving

Calories 160 Calories from Fat 7

	% 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

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6 – Banana

Nutrition Facts
Serving Size 1 medium (126g)
Servings 1

Amount Per Serving

Calories 110 Calories from Fat 0

	% Daily Value*
Total Fat 0.5g	**1%**
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 1 Tbsp (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

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8 – Light Margarine (Soft Tub)

Nutrition Facts
Serving Size 1 Tbsp (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% • Vitamin E 8% • Iron 0%

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Virginia's Breakfast Choices *(continued)*

9 – Chorizo

Nutrition Facts
Serving Size 1 link (60g)
Servings Per Container 5

Amount Per Serving

Calories 270 Calories from Fat 210

	% Daily Value*
Total Fat 23g	**35%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 53mg	**18%**
Sodium 740mg	**31%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 15g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 5%

Lower saturated fat choice

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10 – Lean Pork

Nutrition Facts
Serving Size 2 oz
Servings Per Container 5

Amount Per Serving

Calories 100 Calories from Fat 25

	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 32mg	**1%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 16g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 5%

11 – Refried Beans

Nutrition Facts
Serving Size 1/2 cup
Servings Per Container 3.5

Amount Per Serving

Calories 200 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 760mg	**32%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 10g	**0%**
Sugars 1g	
Protein 6g	

Vitamin A 0% • Vitamin C 2%
Calcium 6% • Iron 10%

Lower saturated fat choice

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12 – Cooked Beans

Nutrition Facts
Serving Size 1/2 cup
Servings Per Container 3

Amount Per Serving

Calories 90 Calories from Fat 5

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 460mg	**19%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 6g	**24%**
Sugars 1g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 10%

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Virginia's Breakfast Choices *(continued)*

13 – Low-fat Cheddar Cheese

Nutrition Facts
Serving Size 1 oz
Servings Per Container 8

Amount Per Serving

Calories 50 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 8g	

Vitamin A 4% • Vitamin C 0%
Calcium 10% • Iron 0%

Lower saturated fat choice

14 – Regular Cheddar Cheese

Nutrition Facts
Serving Size 1 oz
Servings Per Container 7

Amount Per Serving

Calories 120 Calories from Fat 90

	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 180mg	**8%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 6g	

Vitamin A 6% • Vitamin C 0%
Calcium 20% • Iron 0%

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