



Pam's Breakfast Choices

Pam has little time in the morning to prepare breakfast. She often has a honey bun or doughnut. Look at the food labels. Which breakfast foods are lower in saturated fat than her usual choices? **Write the number of your choice for each pair in the space between the labels.**

1. Honey Bun

Nutrition Facts	
1 servings per container	
Serving size	1 honey bun (85g)
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 10.3g	52%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 260mg	11%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	4%
Total Sugars 21g	
Includes 19g Added Sugars	38%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 139mg	10%
Iron 1.2mg	6%
Potassium 81.6mg	2%

2. Plain Bagel

Nutrition Facts	
6 servings per container	
Serving size	1 bagel (75g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 4.5mg	25%
Potassium 56mg	2%

Lower saturated fat choice

3. Jelly Doughnut

Nutrition Facts	
1 servings per container	
Serving size	1 doughnut (85g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 390mg	17%
Total Carbohydrate 33g	12%
Dietary Fiber < 1g	3%
Total Sugars 18g	
Includes 16g Added Sugars	32%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1.5mg	8%
Potassium 67mg	2%

4. English Muffin

Nutrition Facts	
6 servings per container	
Serving size	1 muffin (57g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 2mg	10%
Potassium 62mg	2%

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.



Pam's Breakfast Choices (continued)

5. Banana Muffin

Nutrition Facts	
1 servings per container	
Serving size	1 muffin (128g)
Amount Per Serving	
Calories	480
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 3.4g	17%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 430mg	19%
Total Carbohydrate 69g	25%
Dietary Fiber 1g	4%
Total Sugars 42g	
Includes 37g Added Sugars	74%
Protein 6g	12%
Vitamin D 0.1mcg	0%
Calcium 59mg	4%
Iron 1.6mg	8%
Potassium 147mg	4%

Lower saturated fat choice

6. Banana

Nutrition Facts	
1 servings per container	
Serving size	1 banana (126g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 6.3mg	0%
Iron 0.3mg	2%
Potassium 451mg	10%

7. Butter

Nutrition Facts	
32 servings per container	
Serving size	1 Tbsp (14g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0.21mcg	2%
Calcium 3.4mg	0%
Iron 0mg	0%
Potassium 3.4mg	0%

Lower saturated fat choice

8. Light Margarine (Tub)

Nutrition Facts	
80 servings per container	
Serving size	1 Tbsp (14g)
Amount Per Serving	
Calories	45
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.2g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0.2mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 5mg	0%

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Pam's Breakfast Choices (continued)

9. Canadian Bacon

Nutrition Facts	
6 servings per container	
Serving size	2 slices (46g)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 710mg	31%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0.5mcg	2%
Calcium 4.6mg	0%
Iron 0.4mg	2%
Potassium 179mg	4%

Lower saturated fat choice

10. Pork Sausage Links

Nutrition Facts	
8 servings per container	
Serving size	3 links (60g)
Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 5.3g	27%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 490mg	21%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0.8mcg	4%
Calcium 5.4mg	0%
Iron 0.7mg	4%
Potassium 205mg	4%

11. Low-Fat American Cheese

Nutrition Facts	
8 servings per container	
Serving size	1 ounce (28.35g)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 1.5mcg	8%
Calcium 150mg	10%
Iron 0mg	0%
Potassium 94mg	2%

Lower saturated fat choice

12. Regular American Cheese

Nutrition Facts	
8 servings per container	
Serving size	1 ounce (28.35g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3.8g	19%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 360mg	16%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 1.9mcg	10%
Calcium 406mg	30%
Iron 0.3mg	2%
Potassium 77mg	2%

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