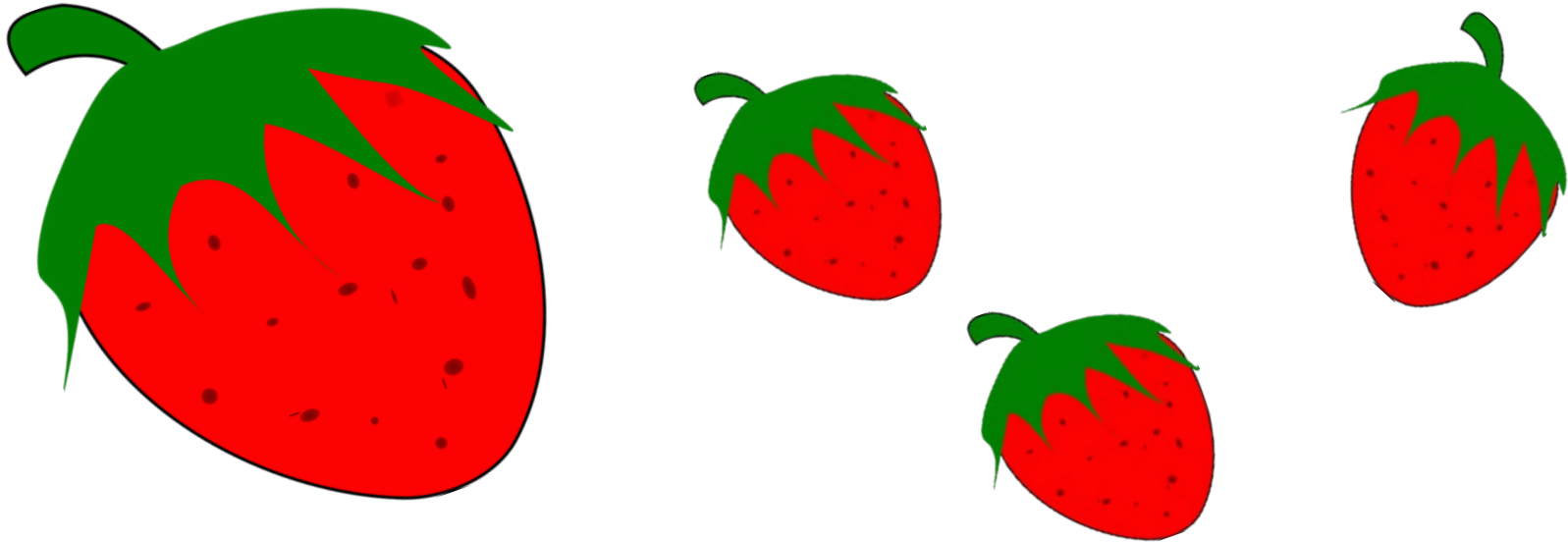
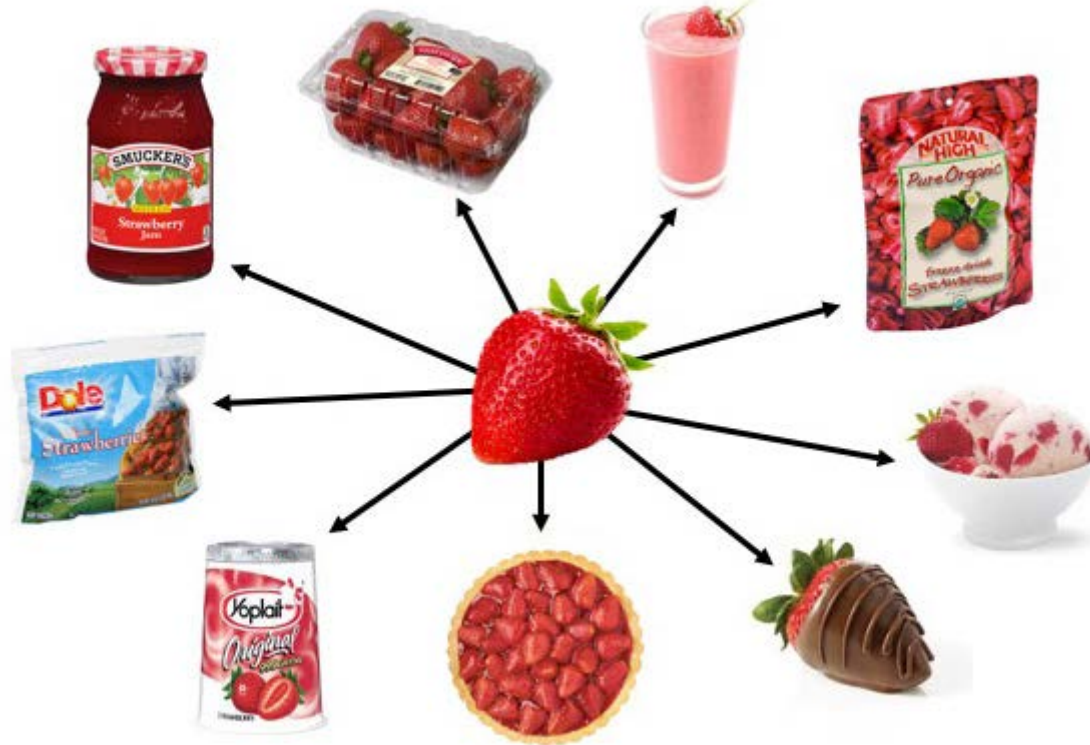


Strawberry Product Nutrition Fact Labels



Brainstorming Activity: How many foods can you think of that have strawberry or strawberry flavoring? Are all foods with strawberries as an ingredient considered healthy?



Nutrition Facts/ Datos de Nutrición

4 servings per container/4 raciones por envase

Serving size/Tamaño por ración

2 Pastries/2 Pastelillos (96g)

Amount per serving/Cantidad por ración

Calories/Calorías 370

% DV*/% VD*

Total Fat/Grasa Total 9g 12%

Saturated Fat/Grasa Saturada 3g 15%

Trans Fat/Grasa Trans 0g

Polyunsaturated Fat/Grasa Poliinsaturada 3.5g

Monounsaturated Fat/Grasa Monoinsaturada 2g

Cholesterol/Colesterol 0mg 0%

Sodium/Sodio 320mg 14%

Total Carbohydrate/Carbohidrato Total 70g 25%

Dietary Fiber/Fibra Dietética 1g 4%

Total Sugars/Azúcares Totales 30g

Incl. 30g Added Sugars / Incl. 30g azúcares añadidos 60%

Protein/Proteínas 3g

Vit. D/Vit. D 0mcg 0% • Calcium/Calcio 10mg 0%

Iron/Hierro 1.5mg 8% • Potassium/Potasio 50mg 0%

Thiamin/Tiamina 4% • Riboflavin/Riboflavina 10%

Niacin/Niacina 10% • Folate/Folato 40mcg DFE 10%
(25mcg folic acid/ácido fólico)

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.



Nutrition Facts

Serving Size: 1 cup whole strawberries (144g)

Amount Per Serving

Calories 46

Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 1mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 3g 12%

Sugars 7g

Protein 1g

Vitamin A 0% • Vitamin C 141%

Calcium 2% • Iron 3%

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

<https://strawberryplants.org/strawberry-nutrition-facts/>

<https://www.kellogg.com/us/products/pop-tarts-frosted-strawberry-product.html>

Nutrition Facts

Serving Size 1 Tbsp (20g)

Amount Per Serving

Calories 50

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 13g 4%

Total Sugars 12g

Incl 9 of Added Sugars 19%

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

<https://www.smuckers.com/products/fruit-spreads/jam/strawberry-jam>



Nutrition Facts

Serving size: 3 Pieces (15g)

Servings Per Container: about 151

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 0g 0%

Trans Fat 0g

Sodium 5mg 0%

Total Carbohydrate 14g 5%

Sugars 10g

Protein 0g

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

Not a significant source of Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron.

<https://www.candy.com/strawberry-filled-hard-candies-26-2-oz-bag-240ct>

Nutrition Facts

Serving Size (181g)
Servings Per Container 1

Amount Per Serving

Calories 240 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 53g **18%**

Dietary Fiber 6g **24%**

Sugars 18g

Protein 10g

Vitamin A 6% • Vitamin C 2%

Calcium 15% • Iron 90%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



GLUTEN FREE

Nutrition Facts

Serving Size
1 Container (113g)

Servings Per
Container: 6

Calories 90

Calories from Fat 0

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

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 0g	0%	Total Carbohydrate 23g	8%
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Soluble Fiber 1g	
Cholesterol 0mg	0%	Insoluble Fiber 0g	
Sodium 0mg	0%	Sugars 21g	
Potassium 70mg	2%	Protein 0g	
Vitamin A 0% • Vitamin C 20% • Calcium 0% • Iron 0%			

<https://www.motts.com/products/applesauce/no-sugar-added-strawberry-applesauce>

https://www.kelloggs.com/en_US/recipes/frosted-mini-wheats-served-hot-recipe.html