

Cordelia's Food Blog

Use the Nutrition Labels to analyze the nutritional content of Cordelia's **breakfast**.

Frosted Flakes

Nutrition Facts

Serving Size: 1 cup (37 g)
Servings Per Container: About 10

Amount Per Serving		
Calories	130	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	190 mg	8%
Total Carbohydrate	33 g	12%
Dietary Fiber	1 g	4%
Sugars	12 g	24%
Protein	2g	
Vitamin D 2 mcg	10%	Calcium 0 g
Vitamin C 0 g		Iron 7.2 mg 40%

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

Whole Milk

Nutrition Facts

Serving Size: 1 cup (240 mL)
Servings Per Container: About 8

Amount Per Serving		
Calories	160	
		% Daily Value*
Total Fat	8 g	10%
Saturated Fat	5 g	25%
Trans Fat	0 g	0%
Cholesterol	35 mg	11%
Sodium	135 mg	6%
Total Carbohydrate	13 g	5%
Dietary Fiber	0 g	0%
Sugars	0 g	0%
Protein	9 g	
Vitamin D 15%		Calcium 25%
Potassium 0%		Iron 0%

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

Hazelnut Coffee Creamer

Nutrition Facts

Serving Size: 1 tbsp (15 mL)
Servings Per Container: About 63

Amount Per Serving		
Calories	35	
		% Daily Value*
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	5 g	2%
Dietary Fiber	0 g	0%
Sugars	5 g	10%
Protein	0 g	
Vitamin D 0%		Calcium 0%
Potassium 0%		Iron 0%

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

**Coffee does not have a significant amount of nutritional value*



Cordelia's Food Diary

Use the Nutrition Labels to analyze the nutritional content of Cordelia's **snacks**.

Snack-size Fuego Takis

Nutrition Facts

Serving Size: 1 package (35 g)
Servings Per Container: 1

Amount Per Serving

Calories 180

	% Daily Value*	
Total Fat	10 g	13%
Saturated Fat	3 g	15%
Trans Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	410 mg	18%
Total Carbohydrate	21 g	8%
Dietary Fiber	2 g	7%
Sugars	1 g	.02%
Protein	2g	
Vitamin D	0%	Calcium 2%
Vitamin C	0%	Iron 0%

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

Apple

Nutrition Facts

Serving Size: 1 apple (100 g)
Servings Per Container:

Amount Per Serving

Calories 52

	% Daily Value*	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	13.8 g	5%
Dietary Fiber	2.4 g	7%
Sugars	0 g	0%
Protein	.3 g	
Vitamin C	8 mg	8%
Potassium	190 mg	4%

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

KFC Cookies

Nutrition Facts

Serving Size: 2 cookies (33 g)
Servings Per Container:

Amount Per Serving

Calories 120

	% Daily Value*	
Total Fat	6 g	9%
Saturated Fat	3 g	15%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	70 mg	3%
Total Carbohydrate	18 g	6%
Dietary Fiber	1 g	0%
Sugars	5 g	4%
Protein	1 g	
Vitamin D	0%	Calcium 0%
Potassium	0%	Iron 0%

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



This product contains bioengineered ingredients, also known as GMOs or Genetically Modified Organisms. Bioengineered foods or ingredients have changes introduced into their DNA through genetic engineering.

Cordelia's Food Diary

Use the Nutrition Labels to analyze the nutritional content of Cordelia's **lunch** and **dinner**.

Slice of Pepperoni Pizza

Nutrition Facts

Serving Size: 1 slice (104 g)
Servings Per Container: 1

Amount Per Serving			
Calories		270	
		% Daily Value*	
Total Fat	11 g	16%	
Saturated Fat	4 g	21%	
Trans Fat	0 g	0%	
Cholesterol	20 g	6%	
Sodium	540 mg	23%	
Total Carbohydrate	33 g	11%	
Dietary Fiber	1 g	5%	
Sugars	2 g	.04%	
Protein	10 g		
Vitamin D	0%	Calcium	8%
Potassium	4%	Iron	10%

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

Cherry Coke

Nutrition Facts

Serving Size: 1 can (12 oz)
Servings Per Container: 1

Amount Per Serving			
Calories		150	
		% Daily Value*	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Trans Fat	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	35 mg	1%	
Total Carbohydrate	42 g	15%	
Dietary Fiber	0 g	0%	
Sugars	42 g	83%	
Protein	0 g		
Vitamin D	0%	Calcium	0%
Potassium	0%	Iron	0%

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

KFC Famous Bowl

Nutrition Facts

Serving Size: 1 bowl
Servings Per Container: 1

Amount Per Serving			
Calories		740	
		% Daily Value*	
Total Fat	35 g	54%	
Saturated Fat	6 g	30%	
Trans Fat	0 g	0%	
Cholesterol	45 g	15%	
Sodium	2350 mg	98%	
Total Carbohydrate	81 g	27%	
Dietary Fiber	6 g	24%	
Sugars	6 g	12%	
Protein	26 g		
Vitamin A	17%	Calcium	20%
Vitamin C	8%	Iron	25%

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