NORTH CAROLINA FFA ASSOCIATION
FOOD SCIENCE CAREER DEVELOPMENT EVENT
2016 TEAM ACTIVITY

Recommended Daily Allowance Chart and Nutrition Facts Panels

Instructions: Examine the Recommended Daily Allowance Chart and Nutrition Facts Panels included in this handout to answer the accompanying questions. **MAKE NO MARKS ON THIS PAPER.**

Recommended Daily Allowance for 2,000 calorie and 2,500 calorie diets		
	2,000 Calorie Diet	2,500 Calorie Diet
Total Fat	65 grams	80 grams
Sat. Fat	20 grams	25 grams
Cholesterol	300 mg	300 mg
Sodium	2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrates	300 grams	375 grams
Dietary Fiber	25 grams	30 grams
Protein	50 grams	65 grams

Use the 2016.1 Wellsley Farms Fully Cooked Bacon) Nutrition Facts Panel below and/or the Recommended Daily Allowance Chart to answer questions 1 through 3.

WELLSLEY FARMS™

READY TO EAT
FULLY COOKED
BACON
SMOKE FLAVORING ADDED

If you like authentic smoky flavor, this is the bacon for you! We double smoke every slice for a rich, hearty flavor that can't be matched. Fully cooked so you can whip up mouth watering meals in a sna Stack with fresh lettuce and ripe tomato for a savory BLT or load it on a melted cheddar omelette for breakfast bursting with flavor. Best of all, our bacon is cut thick for a crispy, juicy bite every time.

Nutrition Facts
Serving Size 2 slices (15g)
Servings Per Container about 21

Amount Per Serving
Calories 60 Calories from Fat 40

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 190mg	%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5g	

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

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

		2,000	2,500
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

CURED WITH: WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE.

Distributed by: BJ's Wholesale Club
25 Research Drive, Westborough, MA 01581
Questions? 1-800-934-1204
Made in U.S.A.

BJ's MORE GUARANTEE

Every Wellsley Farms product comes with our **100% Money-Back Guarantee**. It's just one of the many ways a BJ's membership gives you MORE.

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GLUTEN FREE FOODS gf

Bacon is fully cooked • Just heat and eat

Refrigerate after opening • Use within 14 days

Heating Instructions:

To heat in microwave: Remove wrapper and place bacon on microwave safe plate or paper towel. Heat bacon for approxima 5 to seconds per slice to desired crispness (adjust time to suit y microwave). Appliances vary. Heating times are approximate. **Caution:** product will be hot.

Skillet Instructions: Place bacon slices in preheated skillet. Co on medium high heat for 1-2 minutes or to desired crispness, turning occasionally.

Use the Nutrition Facts Panel below and/or the Recommended Daily Allowance Chart to answer questions 4 through 7.

2016.2 Special K Brownie Nutrition Facts Panel

Nutrition Facts

Serving Size 1 Brownie (20g)
Servings Per Container 7

Amount Per Serving

Calories 80 Calories from Fat 25

	% Daily Value*
Total Fat	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 13g	%
Dietary Fiber 3g	%
Sugars 6g	
Protein	

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

* 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
Sat. 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

INGREDIENTS: WHEAT FLOUR, SUGAR, SOLUBLE CORN FIBER, VEGETABLE OIL (SOYBEAN OIL WITH TBHQ FOR FRESHNESS, PARTIALLY HYDROGENATED PALM KERNEL, PALM OIL), MODIFIED WHEAT STARCH, FRUCTOSE, DEXTROSE, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, GLYCERIN, COCOA POWDER, CONTAINS 2% OR LESS OF INVERT SUGAR, EGG WHITES, SALT, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SOY LECITHIN, NATURAL FLAVOR, SODIUM ALGINATE, CORN SYRUP, ACACIA GUM, IODIZED SALT (SALT, POTASSIUM IODATE), NONFAT MILK.

CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS.

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Ask us about other new products
newfromkellogg.com

Use the Nutrition Facts Panel below and/or the Recommended Daily Allowance Chart to answer questions 8 through 10.

2016.3 Town House Sea Salt Pita Chips Nutrition Facts Panel

Nutrition Facts

Serving Size 6 Crackers (15g)
Servings Per Container About 17

Amount Per Serving

Calories Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 140mg	%
Total Carbohydrate 11g	4%
Dietary Fiber	3%
Sugars less than 1g	
Protein 1g	

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

* 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
Sat. 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

INGREDIENTS: WHEAT FLOUR, SOYBEAN OIL WITH TBHQ FOR FRESHNESS, RICE FLOUR, SUGAR, OAT FIBER, SEA SALT. CONTAINS TWO PERCENT OR LESS OF YEAST, WHEY, SOY LECITHIN.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

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