

# Lesson 1: Animal Health

## Nutritional Labels for Lab Resource

### String Cheese

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 piece (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0mg	0%
Potassium 0mg	0%
* 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.	

### Orange Juice

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 cup (240 ml)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 25g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 0mg	0%
Potassium 520mg	10%
Vitamin C 90mg	100%
*The % Daily Value 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.	

Note: In liquids, 1 ml = 1 g.

String cheese label from <https://www.upstatefarmsfs.com/string-cheese> and orange juice label from <https://smithsbrand.com/home/products/juices--teas>.



## Spinach

Nutrition Facts		
Serving Size: 1 cup (30g)		
Amount Per Serving		
<b>Calories</b>	7	Calories from Fat 1
% Daily Value*		
<b>Total Fat</b>	0.12 g	<b>0%</b>
Saturated Fat	0.02 g	<b>0%</b>
Trans Fat		
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	23.7 mg	<b>1%</b>
<b>Potassium</b>	167.4 mg	<b>5%</b>
<b>Total Carbohydrate</b>	1.09 g	<b>0%</b>
Dietary Fiber	0.66 g	<b>3%</b>
Sugars	0.13 g	
Sugar Alcohols		
<b>Protein</b>	0.86 g	
<b>Vitamin A</b>	2813.1 IU	56%
<b>Vitamin C</b>	8.43 mg	14%
<b>Calcium</b>	29.7 mg	3%
<b>Iron</b>	0.81 mg	5%

## Baby Carrot

Nutrition Facts		
Serving Size: 1 large (15g)		
Amount Per Serving		
<b>Calories</b>	5	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0.02 g	<b>0%</b>
Saturated Fat	0 g	<b>0%</b>
Trans Fat		
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	11.7 mg	<b>0%</b>
<b>Potassium</b>	35.55 mg	<b>1%</b>
<b>Total Carbohydrate</b>	1.24 g	<b>0%</b>
Dietary Fiber	0.44 g	<b>2%</b>
Sugars	0.71 g	
Sugar Alcohols		
<b>Protein</b>	0.1 g	
<b>Vitamin A</b>	2068.5 IU	41%
<b>Vitamin C</b>	0.39 mg	1%
<b>Calcium</b>	4.8 mg	0%
<b>Iron</b>	0.13 mg	1%

The spinach label is from <https://www.quitehealthy.com/nutrition-facts/spinach/114571.html> and the baby carrot label is from <https://www.quitehealthy.com/nutrition-facts/carrot/119601.html>

