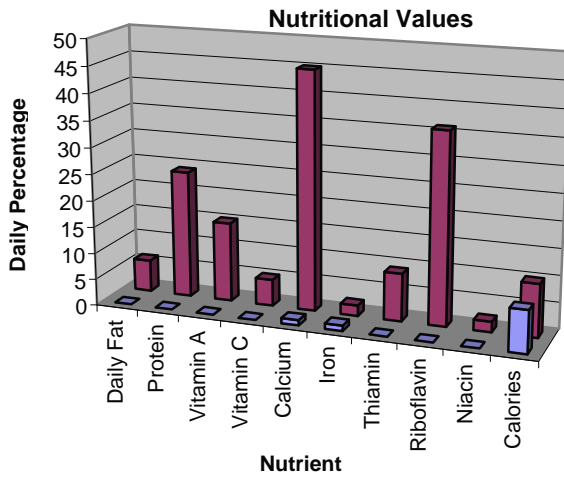


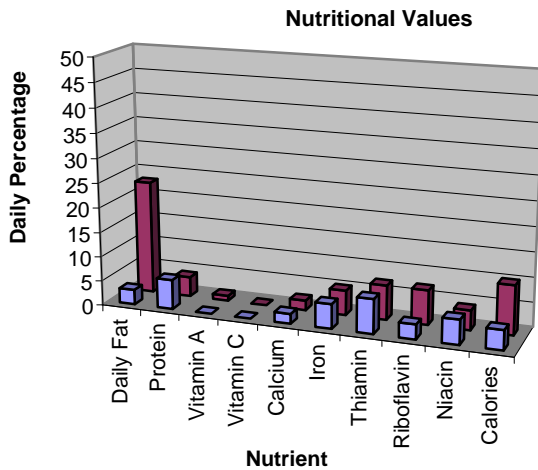
# Sample Nutritional Food Label Graphs

## Compare 1% Lowfat Milk and Soft Drinks



Daily	Soda	1% Milk
Fat	0	6
Protein	0	24
Vitamin A	0	15
Vitamin C	0	5
Calcium	1	45
Iron	1	2
Thiamin	0	9
Riboflavin	0	36
Niacin	0	2
Calories	8	10

## Compare Whole Wheat Bread Slice and Plain Cake Doughnut



Daily	Bread Slice	Doughnut
Fat	3	23
Protein	6	4
Vitamin A	0	1
Vitamin C	0	0
Calcium	2	2
Iron	5	5
Thiamin	7	7
Riboflavin	3	7
Niacin	5	4
Calories	4	10