

## Juego de Etiquetas de Comidas para Meriendas

Paree la etiqueta con el nombre de la comida. Córtelas en tiras de papel y póngalas encima de las etiquetas de comida apropiada.

<b>1.</b>	PAPAS FRITAS GRANDES
<b>2.</b>	HELADO DE VAINILLA
<b>3.</b>	CACAHUATES
<b>4.</b>	TROZOS DE PESCADO
<b>5.</b>	BRÓCOLI
<b>6.</b>	JUGO DE MANZANA
<b>7.</b>	CEREAL DE GRANOLA
<b>8.</b>	ZANAHORIAS
<b>9.</b>	BURRITO DE FRIJOLES
<b>10.</b>	PAN DE TRIGO INTEGRAL
<b>11.</b>	BAGEL

<p><b>1.</b></p> <p><b>Nutrition Facts</b> Serving Size 1 serving (176g) Servings Per Container 1</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> <th></th> </tr> </thead> <tbody> <tr> <td><b>Calories</b></td> <td>540</td> <td>Calories from Fat 230</td> </tr> <tr> <td colspan="3" style="text-align: right;">%Daily Value*</td> </tr> <tr> <td><b>Total Fat</b></td> <td>26g</td> <td>40 %</td> </tr> <tr> <td>  Saturated Fat</td> <td>4.5g</td> <td>23 %</td> </tr> <tr> <td>  Trans Fat</td> <td>0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b></td> <td>0mg</td> <td>0 %</td> </tr> <tr> <td><b>Sodium</b></td> <td>350mg</td> <td>15 %</td> </tr> <tr> <td><b>Total Carbohydrate</b></td> <td>68g</td> <td>23 %</td> </tr> <tr> <td>  Dietary Fiber</td> <td>6g</td> <td>24 %</td> </tr> <tr> <td>  Sugars</td> <td>0g</td> <td></td> </tr> <tr> <td><b>Protein</b></td> <td>8g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>0%</td> <td>• Vitamin C 35%</td> </tr> <tr> <td>Calcium</td> <td>2%</td> <td>• Iron 8%</td> </tr> </tbody> </table> <p>* Percent Daily Values are based on a 2,000 calorie diet.</p> <p style="text-align: right;">LOW=5% or less HIGH=20% or more</p>	Amount Per Serving			<b>Calories</b>	540	Calories from Fat 230	%Daily Value*			<b>Total Fat</b>	26g	40 %	Saturated Fat	4.5g	23 %	Trans Fat	0g		<b>Cholesterol</b>	0mg	0 %	<b>Sodium</b>	350mg	15 %	<b>Total Carbohydrate</b>	68g	23 %	Dietary Fiber	6g	24 %	Sugars	0g		<b>Protein</b>	8g		Vitamin A	0%	• Vitamin C 35%	Calcium	2%	• Iron 8%	<p><b>2.</b></p> <p><b>Nutrition Facts</b> Serving Size 1/2 cup (65g) Servings Per Container 18</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> <th></th> </tr> </thead> <tbody> <tr> <td><b>Calories</b></td> <td>150</td> <td>Calories from Fat 90</td> </tr> <tr> <td colspan="3" style="text-align: right;">%Daily Value*</td> </tr> <tr> <td><b>Total Fat</b></td> <td>10g</td> <td>15 %</td> </tr> <tr> <td>  Saturated Fat</td> <td>6g</td> <td>30 %</td> </tr> <tr> <td>  Trans Fat</td> <td>0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b></td> <td>35mg</td> <td>12 %</td> </tr> <tr> <td><b>Sodium</b></td> <td>30mg</td> <td>1 %</td> </tr> <tr> <td><b>Total Carbohydrate</b></td> <td>14g</td> <td>5 %</td> </tr> <tr> <td>  Dietary Fiber</td> <td>0g</td> <td>0 %</td> </tr> <tr> <td>  Sugars</td> <td>11g</td> <td></td> </tr> <tr> <td><b>Protein</b></td> <td>2g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>8%</td> <td>• Vitamin C 0%</td> </tr> <tr> <td>Calcium</td> <td>6%</td> <td>• Iron 0%</td> </tr> </tbody> </table> <p>* Percent Daily Values are based on a 2,000 calorie diet.</p> <p style="text-align: right;">LOW=5% or less HIGH=20% or more</p>	Amount Per Serving			<b>Calories</b>	150	Calories from Fat 90	%Daily Value*			<b>Total Fat</b>	10g	15 %	Saturated Fat	6g	30 %	Trans Fat	0g		<b>Cholesterol</b>	35mg	12 %	<b>Sodium</b>	30mg	1 %	<b>Total Carbohydrate</b>	14g	5 %	Dietary Fiber	0g	0 %	Sugars	11g		<b>Protein</b>	2g		Vitamin A	8%	• Vitamin C 0%	Calcium	6%	• Iron 0%	<p><b>3.</b></p> <p><b>Nutrition Facts</b> Serving Size 1/4 cup (37g) Servings Per Container 10</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> <th></th> </tr> </thead> <tbody> <tr> <td><b>Calories</b></td> <td>220</td> <td>Calories from Fat 170</td> </tr> <tr> <td colspan="3" style="text-align: right;">%Daily Value*</td> </tr> <tr> <td><b>Total Fat</b></td> <td>18g</td> <td>28 %</td> </tr> <tr> <td>  Saturated Fat</td> <td>2.5g</td> <td>13 %</td> </tr> <tr> <td>  Trans Fat</td> <td>0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b></td> <td>0mg</td> <td>0 %</td> </tr> <tr> <td><b>Sodium</b></td> <td>300mg</td> <td>13 %</td> </tr> <tr> <td><b>Total Carbohydrate</b></td> <td>8g</td> <td>3 %</td> </tr> <tr> <td>  Dietary Fiber</td> <td>3g</td> <td>12 %</td> </tr> <tr> <td>  Sugars</td> <td>2g</td> <td></td> </tr> <tr> <td><b>Protein</b></td> <td>9g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>0%</td> <td>• Vitamin C 0%</td> </tr> <tr> <td>Calcium</td> <td>0%</td> <td>• Iron 4%</td> </tr> </tbody> </table> <p>* Percent Daily Values are based on a 2,000 calorie diet.</p> <p style="text-align: right;">LOW=5% or less HIGH=20% or more</p>	Amount Per Serving			<b>Calories</b>	220	Calories from Fat 170	%Daily Value*			<b>Total Fat</b>	18g	28 %	Saturated Fat	2.5g	13 %	Trans Fat	0g		<b>Cholesterol</b>	0mg	0 %	<b>Sodium</b>	300mg	13 %	<b>Total Carbohydrate</b>	8g	3 %	Dietary Fiber	3g	12 %	Sugars	2g		<b>Protein</b>	9g		Vitamin A	0%	• Vitamin C 0%	Calcium	0%	• Iron 4%
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