EPG Nutrition Impact: Label Comparisons





Control

Nutrition	Facts
3.5 servings per contai	ner
Serving size 1	/2 cup (101g)
Amount Per Serving	0 - 0
Calories	270
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 10g	50%
Trans Fat 0.5g	
Cholesterol 75mg	25%
Sodium 60mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 17g Added Su	igars 34%
Protein 4g	8%
Vitamin D 0.7mcg	4%
Calcium 480mg	35%
Iron 0.1mg	0%
Potassium 600mg	15%

With EPG

3.5 servings per container	
Serving size 1/2 cup	(101g)
Amount Per Serving	
Calories	150
%	Daily Value*
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 17g Added Sugars	34%
Protein 4g	8%
Vitamin D 0.7mcg	4%
Calcium 50mg	4%
Iron 0.1mg	0%
Potassium 600mg	15%



Control

2 servings per container	
Serving size 1 patt	y (113g)
Amount Per Serving	
Calories	260
%	Daily Value*
Total Fat 18g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 350mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 4.2mg	25%
Potassium 0mg	0%

With EPG

2 servings per container	
Serving size 1 p	batty (113g
Amount Per Serving	
Calories	130
	% Daily Value
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugar	s 0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 4.2mg	25%
Potassium 0mg	0%



Control

Nutrition	Facts
4 servings per containe	r
Serving size	1 bar (58g)
Amount Per Serving	
Calories	310
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Suga	ars 8%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2mg	10%
Potassium 220mg	4%

With EPG

4 servings per container	
Serving size 1	bar (58g)
Amount Per Serving	100
Calories	180
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2mg	10%
Potassium 220mg	4%



Control

Nutrition Fa	CIS
Serving size	(32g)
Amount Per Serving Calories	170
%	Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber < 1g	2%
Total Sugars 18g	
Includes 15g Added Sugars	30%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron potassium	n, and
*The % Daily Value (DV) tells you how much a nu serving of food contributes to a daily diet. 2,000 day is used for general nutrition advice.	

With EPG

1 servings per container	
Serving size	(32g
Amount Per Serving Calories	100
	% Daily Value
Total Fat 3g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 25mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber < 1g	2%
Total Sugars 17g	
Includes 13g Added Sugars	s 26%
Protein 3g	6%
Not a significant source of vitamin D, calcium potassium	, iron, and



Control

With EPG



Breaded/battered proteins & vegetable products

<u>Control</u>

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With EPG

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Amount Per Serving Calories Total Fat 16g Saturated Fat 3.5g Trans Fat 0g Cholesterol 0mg Sodium 140mg Total Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	acts
Amount Per Serving Calories * Total Fat 16g Saturated Fat 3.5g <i>Trans</i> Fat 0g Cholesterol 0mg Sodium 140mg Total Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	
Calories ************************************	sp (33g)
% Total Fat 16g Saturated Fat 3.5g Trans Fat 0g Cholesterol 0mg Sodium 140mg Total Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	100
Total Fat 16g Saturated Fat 3.5g Trans Fat 0g Cholesterol 0mg Sodium 140mg Total Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	190
Saturated Fat 3.5g Trans Fat 0g Cholesterol 0mg Sodium 140mg Total Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	Daily Value*
Trans Fat 0g Cholesterol 0mg Sodium 140mg Total Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	21%
Cholesterol Omg Sodium 140mg Total Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D Omcg Calcium 17mg	18%
Sodium 140mg Total Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	
Total Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	0%
Dietary Fiber 2g Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	6%
Total Sugars 3g Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	3%
Includes 2g Added Sugars Protein 7g Vitamin D 0mcg Calcium 17mg	7%
Protein 7g Vitamin D 0mcg Calcium 17mg	
Vitamin D 0mcg Calcium 17mg	4%
Calcium 17mg	14%
	0%
Iron 1mg	2%
Iron 1mg	6%
Potassium 185mg	4%

*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.

Nutrition	Facts
34 servings per contair	ner
Serving size	2 Tbsp (33g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sug	gars 4%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 185mg	4%
*The % Daily Value (DV) tells you how serving of food contributes to a daily of day is used for general nutrition advice	diet. 2,000 calories a

Nutrition Fa	acts	Nut
1 servings per container		1 servin
Serving size 1 mediu	m (117g)	Serving
Amount Per Serving	000	Amount P
Calories	380	Calo
c	% Daily Value*	
Total Fat 19g	24%	Total Fat 4
Saturated Fat 2.5g	13%	Saturate
Trans Fat 0g		Trans Fa
Cholesterol Omg	0%	Cholester
Sodium 270mg	12%	Sodium 27
Total Carbohydrate 48g	17%	Total Carb
Dietary Fiber 5g	18%	Dietary
Total Sugars 0g		Total Su
Includes 0g Added Sugars	0%	Inclu
Protein 4g	8%	Protein 4g
Vitamin D 0mcg	0%	Vitamin D
Calcium 26mg	2%	Calcium 26
Iron 0.7mg	4%	Iron 0.7mg
Potassium 705mg	15%	Potassium
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2,00 day is used for general nutrition advice.		*The % Daily serving of foo day is used fo

Nutrition Fa	cts
1 servings per container	
Serving size 1 medium	(117g)
Amount Per Serving	10
Calories 2	240
% Da	aily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 270mg	12%
Total Carbohydrate 48g	17%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.7mg	4%
Potassium 705mg	15%
* The % Daily Value (DV) tells you how much a nutr serving of food contributes to a daily diet. 2,000 ca day is used for general nutrition advice.	