



# EPG Nutrition Impact: Label Comparisons



## Frozen dairy desserts

### Control

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

\*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.

### With EPG

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

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## Plant-based proteins

### Control

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

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### With EPG

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 patty (113g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	<b>40%</b>
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 4.2mg	25%
Potassium 0mg	0%

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## Protein/meal replacement bars

### Control

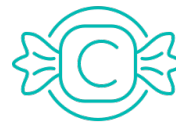
Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 bar (58g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>310</b>
% Daily Value*	
<b>Total Fat</b> 22g	<b>28%</b>
Saturated Fat 11g	<b>55%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total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

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### With EPG

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

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## Confectionery

### Control

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(32g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	<b>30%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber < 1g	<b>2%</b>
Total Sugars 18g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein</b> 2g	<b>4%</b>

Not a significant source of vitamin D, calcium, iron, and potassium.  
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### With EPG

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(32g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber < 1g	<b>2%</b>
Total Sugars 17g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 3g	<b>6%</b>

Not a significant source of vitamin D, calcium, iron, and potassium.  
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## Nut butters/spreads

### Control

Nutrition Facts	
34 servings per container	
<b>Serving size</b>	<b>2 Tbsp (33g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 185mg	4%

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### With EPG

Nutrition Facts	
34 servings per container	
<b>Serving size</b>	<b>2 Tbsp (33g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 185mg	4%

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## Breaded/battered proteins & vegetable products

### Control

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 medium (117g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>380</b>
% Daily Value*	
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.7mg	4%
Potassium 705mg	15%

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### With EPG

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 medium (117g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.7mg	4%
Potassium 705mg	15%

\*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.