

BackPack Nutritional Analysis - 4/18/2012

Product	From USDA Recommended Daily Values based on a 2000 calorie diet																	
	Per Serving % of Daily Values																	
	Number of Servings	Calories	Fat	Cholesterol	Sodium	Potassium	Carbs/Fiber	Calcium	Iron	Riboflavin	Niacin	Thiamin	Vitamin A	Vitamin C	Vitamin D	Vitamin E	Vitamin B4	Vitamin B6
Spaghetti Rings	4	75	0.5	0	11.5	0	5.5	1	5	0	0	0	5	2	0	0	0	0
Corn	4	40	1	0	0.5	0	3	0	0	0	0	0	0	3	0	0	0	0
Applesauce	4	30	0	0	0	1.5	2.5	0	1	0	0	0	0	4	0	0	0	0
Tang	4	0	0		2.5	0.5	0	0	0	5	5	0	5	50	0	5	5	0
Pudding	2	147	6	3	6	0	8	10	1	0	0	0	0	0	0	0	0	0
Granola Bars	2	140	5.5	0	2.5	0	7	2	4	0	0	0	0	0	0	0	0	0
PB Crackers	1	190	14	0	13		4	2	6	0	0	0	2	0	1	0	0	0
Rice Crispy Treats	4	45	2	0	2	0	3	0	0	5	5	5	0	0	0	0	0	5
Strawberry Fruit Snacks	3	30	0	0	0	0	2	0	0	0	0	0	0	30	0	0	0	0
Totals	28	697	29%	3%	38%	2%	35%	15%	17%	10%	10%	5%	12%	89%	1%	5%	5%	5%
Total Per Day	14	947	30%	3%	46.5%	4%	51%	15%	23%	15%	20%	10%	22%	240%	1%	10%	10%	10%

Food Group	From USDA's MyPlate.Gov					
	Fruit	Vegetables	Protein	Dairy	Grains	Oils
Total Servings per day	1.5	2	2.5	1.5	3.5	2.5
Recommended per day	1 Cup	1.5 Cups	5 oz	3 cups	3 oz	5 tsp