2015 FFA/CDE Worksheet

Item Name	Quantity (grams)	Calories (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Cholesterol (mg)
Totals	100										
%DV											

% DV based on a 2,000 calorie diet.

Nutrient	DV
Total Fat	65 g
Saturated Fat	20 g
Sodium	2400 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g
Cholesterol	300 mg