

*1 teaspoon of fat*

**Contains 5 grams of fat**

**= 45 fat calories**



When reading the fat grams on a food label,  
divide the number by 5 to get the  
equivalent teaspoons of butter.

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*Gardenburger, 2.5oz*

**Contains the equivalent of  
a half teaspoon of butter.**

*3 grams of fat  
110 calories*



*Hamburger, 3oz*

**Contains the equivalent of  
3 1/2 teaspoon of butter.**

*17 grams of fat  
240 calories*



*Quarter Pounder  
with Cheese*

**Contains the equivalent  
of 6 teaspoon of butter.**

*30 grams of fat  
530 calories*



**NOTICE THE FACTS, MAKE INFORMED NUTRITION CHOICES!**

# Nutrition Facts

Serving Size Prime Rib, cooked (281g)  
 Servings Per Container : 10 ounces

**Amount Per Serving**

**Calories** 1104      Calories from Fat 830

**% Daily Value\***

**Total Fat** 92g      142%

Saturated Fat 38g      191%

Trans Fat

**Cholesterol** 239mg      80%

**Sodium** 180mg      7%

**Total Carbohydrate** 0g      0%

Dietary Fiber 0g      0%

Sugars 0g

**Protein** 64g

Vitamin A 0% • Vitamin C 0%

Calcium 3% • Iron 36%

\*Percent Daily Values are based on a 2,000 calorie diet.  
 Your daily values may be higher or lower depending on  
 your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NutritionData.com

*10 ounce Prime Rib*

**Contains the equivalent of  
 19 teaspoons of butter.**



**NOTICE THE FACTS. MAKE INFORMED NUTRITION CHOICES!**

# Nutrition Facts

Serving Size 3 oz 85g (85g)

Servings Per Container 1

## Amount Per Serving

**Calories** 144      Calories from Fat 41

## % Daily Value\*

**Total Fat** 5g 7%

Saturated Fat 2g 8%

Trans Fat

**Cholesterol** 61mg 20%

**Sodium** 32mg 1%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 24g

Vitamin A 0% • Vitamin C 0%

Calcium 1% • Iron 11%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NutritionData.com

*Bottom round roast  
beef cooked, roasted*

*Contains the equivalent  
of one teaspoon of butter.*



## KEY POINTS:

- 1. Watch portion size.*
- 2. Choose leaner items.*
- 3. Balance out your plate with choices of fruits and vegetables and grains.*