

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.

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.*