

Super-sized bagels



3 inch diameter
140 calories



6 inch diameter
350 calories

Super-sized sodas

6 oz
60 calories
3.5 tsp sugar



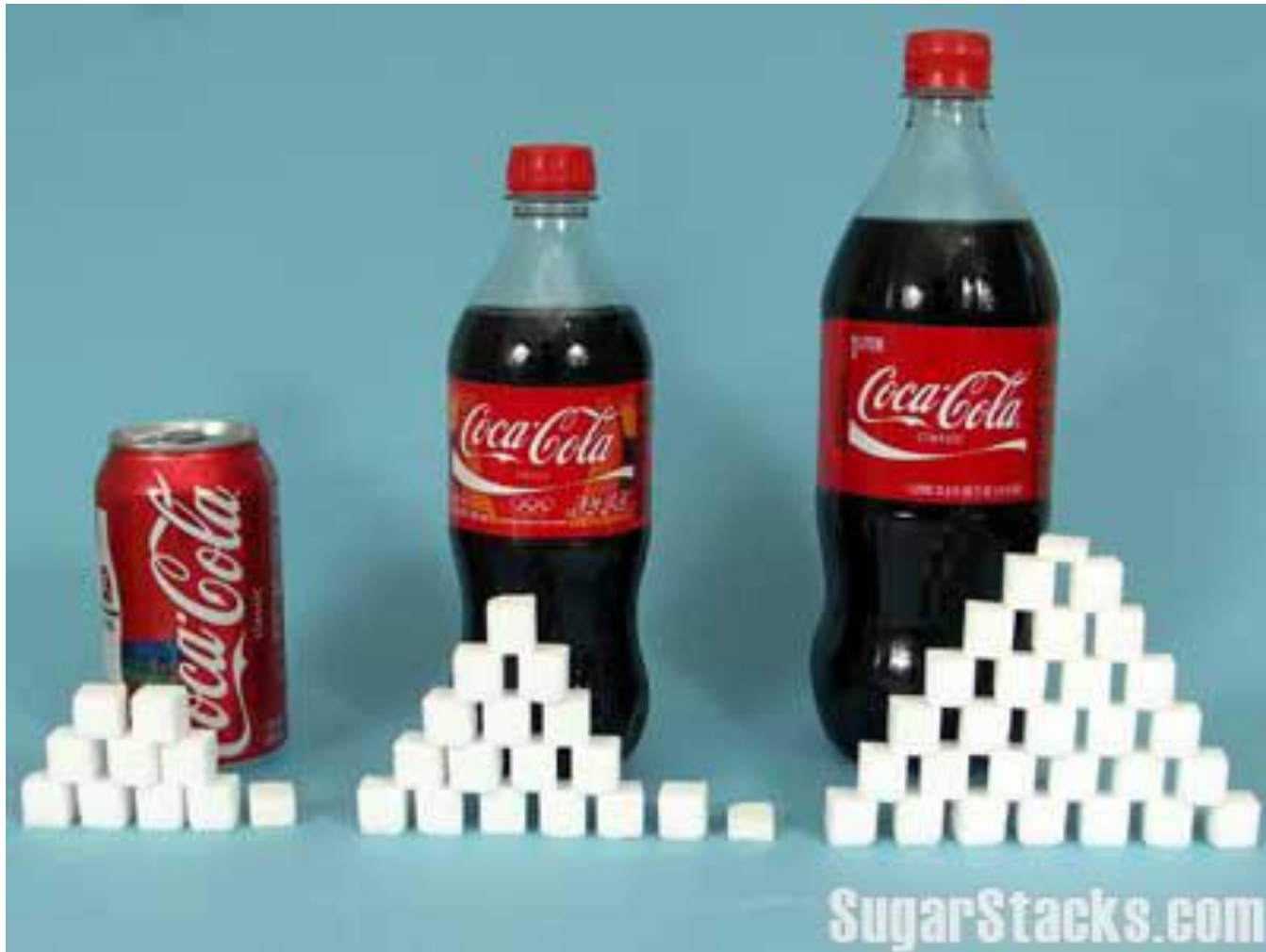
12 oz
110 calories
7 tsp sugar



32 oz
310 calories
21 tsp sugar



Sugar Adds Up!



Serving Size vs. Portion Size

| Nutrition Facts | |
|-------------------------------------------|----------------------|
| Serving Size 1 ounce Servings in bag 4 | |
| Amount Per Serving | |
| Calories 155 | Calories from Fat 93 |
| % Daily Value* | |
| Total Fat 11g | 16% |
| Saturated Fat 3g | 15% |
| Trans Fat | |
| Cholesterol 0mg | 0% |
| Sodium 148mg | 6% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 1g | 5% |
| Sugars 1g | |
| Protein 2g | |
| Vitamin A 0% | • Vitamin C 99% |
| Calcium 1% | • Iron 3% |

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



4 servings in one bag!

If you eat the entire bag, you need to multiply the nutrition information by 4!

620 calories
44 grams of fat

<http://hp2010.nhlbihin.net/portion/>