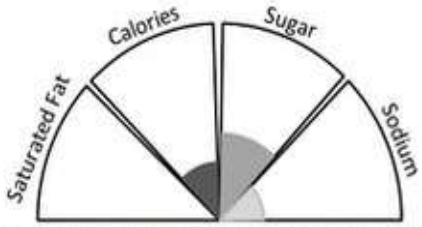
EXAMPLES OF GRAPHICS TO SHOW FOOD VALUES

Scales are:

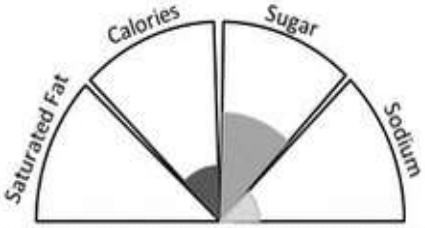
0-10+ grams for Saturated Fat, Sugar

0-1,000+ mg for Calories, Sodium.

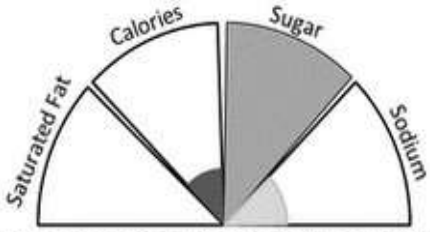
GROCERIES



HealthVly-Mshrm Barley Soup NoSaltAdd-240g



Lucerne-1% Cottage Cheese No Salt Add-114g



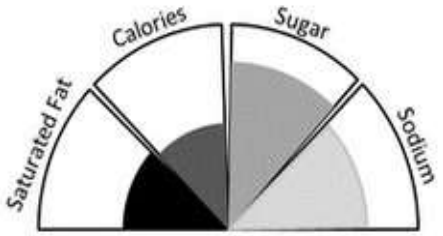
Dannon+Stonyfield-Plain Nonfat Yogurt-170g

Kielbasa, Pan-fried (USDA) 1 link-370g

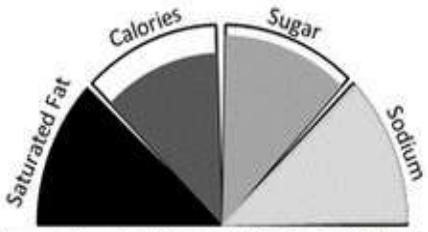
SANDWICHES

Boar's Head NoSaltAdd Turkey on Ezekiel-193g

Subway-Veggie Delite, 6"-160g



McDonald's-Hamburger-105g



Panera-Tomato+Mozzarella Panini on Ciabatta