

COMMON FOOD VALUES

THIRTY SHARES EACH OF CALORIES, PROTEIN, CALCIUM, PHOSPHORUS AND IRON ARE NEEDED EACH DAY BY THE AVERAGE ADULT.

ONE CALORIE SHARE
ONE PROTEIN SHARE

ONE IRON SHARE

ONE CALCIUM SHARE
ONE PHOSPHORUS SHARE

SWEET POTATO
1/2 MEDIUM

WHITE POTATO
1 MEDIUM

AMERICAN CHEESE
1/4 MEDIUM

MILK
1 CUP

BEEF LIVER
1 OUNCE

FRESH SPINACH
1/4 CUP

PRUNES
4 MEDIUM

FRESH CARROTS
1/2 CUP

BELIEVE IT OR NOT

THE DAY'S SUPPLY, FOR AN AVERAGE ADULT, OF THE NUTRIENT MARKED ON THE LABEL, IS SHOWN IN EACH FOOD PORTION.

IN MOST INSTANCES, FOODS ON THIS TABLE, CONTAIN OTHER NUTRIENTS BESIDES THOSE STRESSED IN THIS EXHIBIT.

