

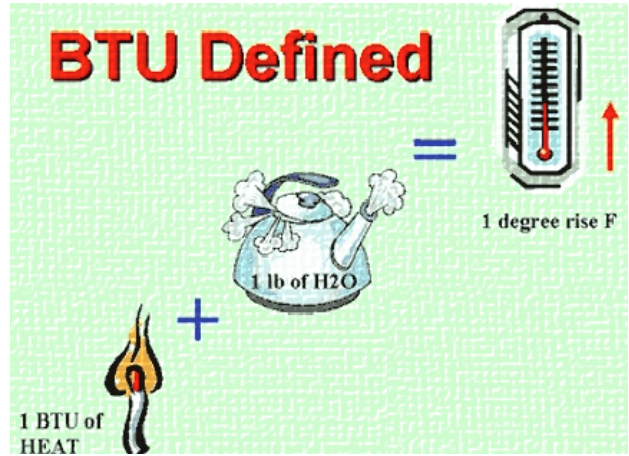
## Fire and Ice

- I. Calorie
  - a. Food differences

| <b>Nutrition Facts</b>  |           |                      |            |
|---|-----------|----------------------|------------|
| Serving Size 2/3 cup (55g)  |           |                      |            |
| Servings Per Container About 8  |           |                      |            |
| Amount Per Serving  |           |                      |            |
| <b>Calories</b> 230   |           | Calories from Fat 72 |            |
|   |           | % Daily Value*       |            |
| <b>Total Fat</b> 8g   |           |                      | <b>12%</b> |
| Saturated Fat 1g  |           |                      | <b>5%</b>  |
| <i>Trans Fat</i> 0g   |           |                      |            |
| <b>Cholesterol</b> 0mg  |           |                      | <b>0%</b>  |
| <b>Sodium</b> 160mg   |           |                      | <b>7%</b>  |
| <b>Total Carbohydrate</b> 37g   |           |                      | <b>12%</b> |
| Dietary Fiber 4g  |           |                      | <b>16%</b> |
| Sugars 1g   |           |                      |            |
| <b>Protein</b> 3g   |           |                      |            |
| Vitamin A   |           |                      | 10%        |
| Vitamin C   |           |                      | 8%         |
| Calcium   |           |                      | 20%        |
| Iron  |           |                      | 45%        |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>Your daily value 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       |
| Dietary Fiber   |           | 25g                  | 30g        |

- b. Food labels

II. Stove Tops  
a. Oven



b. Grilling



III. Frozen Foods  
a. Defrost

b. Freezer burn