

Quick & Easy:

Peanut Butter, Banana, and Honey Sandwich

2 Slices bread, whole wheat
2 tbsp Peanut Butter
½ banana, sliced
1 tsp. of honey

Nutrition Facts	
Serving Size (135g)	
Servings Per Container	
Amount Per Serving	
Calories 390	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 48g	16%
Dietary Fiber 8g	32%
Sugars 15g	
Protein 13g	
Vitamin A 0%	• Vitamin C 6%
Calcium 15%	• Iron 15%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	