

Job Aid

## The Newest Vital Sign Assessment

<b>Nutrition Facts</b>			
Serving Size		½ cup	
Servings per container		4	
Amount per serving			
Calories	250	Fat Cal	120
			%DV
<b>Total Fat</b>	13g		20%
Sat Fat	9g		40%
<b>Cholesterol</b>	28mg		12%
<b>Sodium</b>	55mg		2%
<b>Total Carbohydrate</b>	30g		12%
Dietary Fiber	2g		
Sugars	23g		
<b>Protein</b>	4g		8%

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

**Ingredients:** Cream, Skim Milk, Liquid Sugar, Water, Egg Yolks, Brown Sugar, Milkfat, Peanut Oil, Sugar, Butter, Salt, Carrageenan, Vanilla Extract.

The content for this material was excerpted from *The Newest Vital Sign—A Health Literacy Assessment Tool* website available at: <http://www.newestvitalsign.org/nvs-resources.aspx>

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