

YOU'LL FIND DETAILED INFORMATION TO SHOW YOU NUTRITIONAL VALUE AND MAKE IT EASIER TO CHOOSE HEALTHY FOODS.

1. START HERE

2. CHECK CALORIES

4. LIMIT THESE NUTRIENTS

5. GET PLENTY OF THESE NUTRIENTS

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Proteins 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

3. DAILY VALUE

5% OR LESS=LOW

20% OR MORE=HIGH

* 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 |