Nutrition Facts

Serving Size: 1 cup (228g) Servings per Container 2

Amount Per Serving

Calories 135 Calories from Fat 75

	% of Daily \	/alues*
Total Fat 12g		18%
Saturated Fat 0.5g		15%
Cholesterol 30mg		10%
Sodium 270mg		20%
Total Carbohydrate 31mg		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A 4%	Vitamin C 2%	>
Calcuim 20%	Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Calories Less than Less than Less than Less than	2,000 65g 20g 300mg 2,400mg 300g 25g	2,500 80g 25g 300mg 2,400mg 375g 30g
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NUTRITION FACTS LABEL GUIDE

Use this to compare foods!

Start with Serving Size

Nutrition information listed on food labels is based on **ONE** serving. If the food package contains two servings, the calories and other nutrient numbers listed will double.

Get Less of these Nutrients

Eating too much of these nutrients may increase your risk of heart disease, high blood pressure and some cancers.

Limit sodium (salt) intake to less than 480mg per serving.

Use the % Daily Value

The %DV is based on the amounts of nutrients recommended for Americans aged 4 and older to eat every day.

5% DV or less per serving is low. 20% DV or more per serving is high.

Check Calories*

400 calories or more per serving is high. 100 calories per serving is moderate.

No more than 35% of the total calories should come from fat. 'Based off a 2000 calorie diet.

Get Enough Nutrients

Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

What about sugar?

Check the ingredient list and avoid foods with added sugars like high fructose corn syrup, fruit juice concentrate and sucrose.

