

Nutrition Facts

Serving Size: 1 cup (228g)

Servings Per Container: 2

Amount Per Serving

Calories **135**

% of Daily Values*

Total Fat 12g **18%**

Saturated Fat 0.5g **15%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 270mg **20%**

Total Carbohydrate 31mg **10%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 2g Added Sugars **4%**

Protein 5g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 4mg 22%

Potassium 240 mg 6%

*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	78g	97.5g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2300mg	2,875mg
Total Carbohydrate		275g	344g
Dietary Fiber		25g	30g

NUTRITION FACTS LABEL GUIDE

Use this guide to learn about nutrition. Each section is color-coordinated with the label.

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 amount of nutrients recommended for Americans ages 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*

For snacks, 400 calories 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 More of These 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.

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