

READ IT BEFORE YOU EAT IT!

Serving Size

The information on the Nutrition Facts Label is based on **ONE SERVING**. Look at the serving size and compare it to how many servings you are actually consuming. If you eat **MORE THAN ONE SERVING**, you will consume more calories and nutrients than are listed on the Label.

Vitamins & Minerals

Choose foods that contain the higher % Daily Value (at least 5%) of vitamins A & C, potassium, calcium, & iron.

Nutrition Facts

Serving Size 1/2 cup (about 82g)
Servings Per Container 8

Amount Per Serving

Calories 200 Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 9g 45%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 40mg 2%

Total Carbohydrate 17g 6%

Dietary Fiber 1g 4%

Sugars 14g

Protein 3g

Vitamin A 10% • Vitamin C 0%

Calcium 10% • Iron 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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Fat & Sodium

LIMIT your intake of saturated fat, *trans* fat, & cholesterol to reduce the risk of **heart disease**.

LIMIT your intake of sodium to avoid **high blood pressure**.

Carbs & Sugar

Choose healthy sources of carbohydrates, which include fruits, vegetables, beans, & “whole” grains (ex: whole wheat or oats, or brown rice)

Avoid foods **with added sugars**, (ex: sucrose, glucose, fructose, corn syrup, or maple syrup)